

TRICARE BENEFICIARY BULLETIN – OCTOBER 14, 2010 – 615

WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON KNOWING WHEN TO SEEK URGENT VERSUS EMERGENCY CARE.

KNOWING THE DIFFERENCES BETWEEN URGENT CARE AND EMERGENCY CARE CAN HELP YOU SEEK THE MOST APPROPRIATE AND COST-EFFECTIVE SERVICE. WHEN YOUR CONDITION IS NOT LIFE-THREATENING, IT CAN ACTUALLY BE FASTER AND MORE CONVENIENT FOR YOU IF YOU CHOOSE TO RECEIVE CARE FROM YOUR DOCTOR OR AT AN URGENT CARE CENTER RATHER THAN AT AN EMERGENCY ROOM.

TRICARE DEFINES URGENT CARE AS MEDICALLY NECESSARY TREATMENT FOR AN ILLNESS OR INJURY THAT WOULD NOT

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RESULT IN FURTHER DISABILITY OR DEATH IF NOT TREATED IMMEDIATELY, BUT THAT REQUIRES PROFESSIONAL ATTENTION WITHIN 24 HOURS. IN MANY CASES, YOU CAN RECEIVE URGENT CARE FROM YOUR HEALTH CARE PROVIDER BY MAKING A

SAME-DAY APPOINTMENT.

TRICARE DEFINES AN EMERGENCY AS A MEDICAL, MATERNITY OR PSYCHIATRIC CONDITION THAT WOULD LEAD SOMEONE WITH AN AVERAGE KNOWLEDGE OF HEALTH AND MEDICINE TO BELIEVE THAT A SERIOUS MEDICAL CONDITION EXISTS; THAT THE ABSENCE OF IMMEDIATE MEDICAL ATTENTION WOULD RESULT IN A THREAT TO LIFE, LIMB OR SIGHT; WHEN A PERSON HAS SEVERE, PAINFUL SYMPTOMS REQUIRING IMMEDIATE ATTENTION TO RELIEVE SUFFERING; OR WHEN A PERSON IS AT IMMEDIATE RISK TO SELF OR OTHERS.

IF YOU REQUIRE EMERGENCY CARE, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM. IF YOU ARE ADMITTED, YOU MAY NEED TO OBTAIN AUTHORIZATION DEPENDING ON THE TYPE OF CARE. YOU OR YOUR HEALTH CARE PROVIDER CAN CONTACT YOUR REGIONAL CONTRACTOR FOR ASSISTANCE.

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FOR MORE INFORMATION ABOUT WHAT SERVICES ARE COVERED UNDER TRICARE, VISIT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

TRICK OR TREAT! IT'S THAT TIME OF YEAR AGAIN, WHEN KIDS

LOOK FORWARD TO HALLOWEEN SWEETS AND PARENTS WORRY ABOUT THE DAMAGE SUGAR DOES TO THEIR KIDS' TEETH.

TRICARE OFFICIALS REMIND BENEFICIARIES THAT BRUSHING AND FLOSSING AFTER EATING SUGARY TREATS IS THE BEST WAY TO KEEP CAVITIES AWAY AND MAINTAIN THEIR CHILD'S ORAL HEALTH, HALLOWEEN AND YEAR-ROUND.

TRICARE UNDERSTANDS THE IMPORTANCE OF GOOD ORAL HEALTH YEAR-ROUND AND THINK HALLOWEEN IS A GOOD TIME FOR PARENTS TO REEVALUATE BEST PRACTICES.

HERE ARE SEVERAL TIPS TO HELP OUR BENEFICIARIES AND

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THEIR KIDS MAINTAIN A HEALTHY SMILE:

- BRUSH TEETH TWICE A DAY;
- AVOID EXCESSIVE SNACKING ON SWEETS AND

- CARBOHYDRATE RICH FOODS;

- RINSE WITH WATER AFTER MEALS;

- CLEAN BETWEEN TEETH WITH FLOSS AND/OR

- INTERDENTAL BRUSHES; AND

- GET REGULAR DENTAL CHECKUPS.

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FOR MORE DENTAL HYGIENE TIPS AND COVERAGE INFORMATION, VISIT THE TRICARE DENTAL PROGRAM WEBSITE AT TRICARE DENTAL PROGRAM.COM. THE WEBSITE OFFERS SEVERAL TOOLS, SUCH AS THE CHILDREN'S CAVITY RISK ASSESSMENT, WHICH FOCUS ON PREVENTING CAVITIES AND THE IMPORTANCE OF GOOD ORAL HEALTH.

AND FINALLY, LORRAINE CWIEKA REPORTS ON TRICARE'S SUPPORT FOR NATIONAL BREAST CANCER AWARENESS MONTH. OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH. IT IS A GREAT OPPORTUNITY FOR TRICARE TO PROMOTE THE IMPORTANCE OF EARLY DETECTION AND PROMPT TREATMENT.

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EARLY DIAGNOSIS IS KEY TO BEATING BREAST CANCER. TRICARE ENCOURAGES WOMEN TO CONDUCT BREAST SELF-EXAMS AND GET ANNUAL MAMMOGRAMS. MAMMOGRAMS PLAY A KEY ROLE IN EARLY BREAST CANCER DETECTION AND HELP DECREASE BREAST CANCER DEATHS. THEY CAN BE USED TO CHECK FOR BREAST CANCER IN WOMEN WHO HAVE NO SIGNS OR SYMPTOMS OF THE DISEASE OR TO CHECK FOR BREAST CANCER AFTER A LUMP OR OTHER SIGN OR SYMPTOM OF THE DISEASE HAS BEEN FOUND.

TO ENCOURAGE WOMEN TO GET MAMMOGRAMS, TRICARE

BENEFICIARIES IN SPECIFIC AGE AND RISK CATEGORIES HAVE NO COPAYMENT FOR MAMMOGRAMS.

TRICARE BENEFICIARIES ARE ENTITLED TO AN ANNUAL MAMMOGRAM BEGINNING AT AGE 40 AND AT A DOCTOR'S DISCRETION FOR WOMEN YOUNGER THAN 40 WHO ARE AT HIGH RISK OF DEVELOPING BREAST CANCER. BENEFICIARIES IDENTIFIED AS BEING AT HIGH RISK FOR BREAST CANCER ARE COVERED FOR ANNUAL MAMMOGRAMS BEGINNING AT AGE 35.

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BREAST CANCER CAN ALSO DEVELOP IN MEN. EACH YEAR, ABOUT 2,000 MEN IN THE U.S. LEARN THEY HAVE THE DISEASE. TRICARE OFFERS SIMILAR TREATMENT OPTIONS FOR MEN. TRICARE BENEFICIARIES CAN FIND INFORMATION ABOUT BREAST CANCER EXAMS AND SCREENING AT TRICARE.MIL. FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN.
WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)
TAIL MUSIC (:03)

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