

TRICARE BENEFICIARY BULLETIN – OCTOBER 21, 2010 – 643

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: TRICARE URGES VIGILANCE WHEN SHARING PERSONAL INFORMATION, REPORTS LORRAINE CWIEKA.

IDENTITY THEFT HAS BECOME A SIGNIFICANT ISSUE IN RECENT YEARS AND CASES INVOLVING FRAUD AND SIMILAR CRIMES ARE RISING.

SOCIAL SECURITY NUMBERS, BIRTH DATES AND ADDRESSES ARE ALL EXAMPLES OF PERSONALLY IDENTIFIABLE INFORMATION, OR PII, THAT CAN BE USED TO STEAL AN IDENTITY TO COMMIT FRAUD. TRICARE REMINDS

BENEFICIARIES TO BE VIGILANT WHEN ASKED TO DISCLOSE THEIR PERSONAL INFORMATION.

EMAIL AND SOCIAL NETWORKS HAVE MADE IT EASIER FOR PREDATORS TO OBTAIN PERSONAL INFORMATION BUT TELEPHONE “SCAMS” ARE STILL COMMONLY USED METHODS OF OBTAINING PERSONAL INFORMATION.

THE DEFENSE DEPARTMENT OFTEN CONTRACTS WITH MARKETING RESEARCH COMPANIES TO OBTAIN FEEDBACK ABOUT BENEFICIARY HEALTH CARE EXPERIENCES. THESE TELEPHONE SURVEYS ARE VALUABLE IN EFFORTS TO GAUGE SATISFACTION AS WELL AS IDENTIFY AREAS FOR IMPROVEMENT. HOWEVER, TRICARE BENEFICIARIES ARE REMINDED THESE SURVEYORS WILL **NOT** ASK FOR SOCIAL SECURITY NUMBERS, BIRTH DATES, ADDRESSES OR OTHER PII.

BENEFICIARIES CAN TAKE SIMPLE STEPS TO SAFEGUARD AGAINST IDENTITY THEFT INCLUDING:

- SHREDDING DOCUMENTS THAT CONTAIN PERSONAL INFORMATION BEFORE DISCARDING;
- CHECKING CREDIT CARD AND BANK STATEMENTS FOR DISCREPANCIES;
- CHECKING HEALTH CARE EOBs FOR DISCREPANCIES;
- REFUSING TO GIVE OUT SOCIAL SECURITY NUMBERS WHEN SOLICITED BY STRANGERS; AND
- LIMITING THE AMOUNT OF PERSONAL INFORMATION SHARED ONLINE OR OVER THE PHONE.

FOR MORE INFORMATION ABOUT PROTECTING TRICARE PERSONAL INFORMATION VISIT THE TRICARE WEB PAGE AT TRICARE.MIL/PII.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT, ANNEMARIE FELICIO REPORTS THAT FOR THE BEST HEALTH RESULTS, TAKE YOUR MEDICINE AS PRESCRIBED.

DRUGS MUST BE TAKEN EXACTLY AS PRESCRIBED, WITHOUT MISSING DOSES, IF THEY ARE TO WORK TO THEIR FULL POTENTIAL. FAILURE TO TAKE MEDICATIONS EXACTLY AS DIRECTED, ALSO CALLED MEDICATION ADHERENCE, CAN LEAD TO ILLNESS OR EVEN DEATH.

ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, FACTORS THAT CAN AFFECT MEDICATION ADHERENCE INCLUDE A PATIENT'S BELIEF THAT TREATMENT IS UNNECESSARY OR NOT EFFECTIVE, CONFUSION ABOUT HOW AND WHEN TO TAKE MEDICATION AND THE COST OF MEDICATIONS.

IF THE BENEFITS AND RISKS OF TAKING PRESCRIBED MEDICATIONS ARE NOT CLEAR, YOU SHOULD DISCUSS CONCERNS WITH YOUR DOCTOR OR PHARMACIST. MANY MAINTENANCE MEDICATIONS ARE INTENDED TO REDUCE RISK FOR SERIOUS, LIFE-CHANGING EVENTS SUCH AS HEART ATTACKS OR STROKES. YOU MAY OR MAY NOT FEEL ANY DIFFERENT WHILE TAKING THESE MEDICATIONS, BUT THEY CAN HAVE A MAJOR IMPACT ON YOUR FUTURE HEALTH.

YOU SHOULD ALSO TALK TO YOUR DOCTOR OR PHARMACIST TO EXPLORE LESS COSTLY BUT EQUALLY EFFECTIVE ALTERNATIVES TO PRESCRIBED MEDICATIONS. FILLING PRESCRIPTIONS AT A MILITARY PHARMACY OR BY TRICARE HOME DELIVERY OPTION CAN DECREASE OUT-OF-POCKET COSTS.

AND FINALLY, ALLOW ENOUGH TIME TO GET REFILLS. FOR MAINTENANCE MEDICATIONS, THE TRICARE HOME DELIVERY OPTION OFFERS LOWER OUT-OF-POCKET COSTS, PROVIDES 90-DAY SUPPLIES OF MEDICATIONS, AND ALLOWS BENEFICIARIES TO SIGN UP FOR AUTOMATIC REFILLS.

LEARN MORE ABOUT MEDICATION ADHERENCE AND OTHER RELATED TOPICS, VISIT [FDA.GOV/DRUGS/RESOURCESFORYOU](https://www.fda.gov/drugs/resourcesforyou). AND FOR MORE INFORMATION ABOUT ENROLLING IN THE TRICARE PHARMACY HOME DELIVERY PROGRAM, VISIT [TRICARE.MIL/HOMEDELIVERY](https://www.tricare.mil/homedelivery).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE
FELICIO.

VACCINES ARE ONE OF THE MOST IMPORTANT MEDICAL
BREAKTHROUGHS IN HISTORY AND PROTECT CHILDREN FROM
DISEASES THAT, IN THE PAST AND AROUND THE WORLD TODAY,
CAUSED SERIOUS ILLNESS AND OFTEN DEATH. INFANT
IMMUNIZATIONS GIVE CHILDREN A HEALTHY START IN LIFE.
TRICARE COVERS THE AGE-APPROPRIATE VACCINES
RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND
PREVENTION AND ADMINISTERED BY A PRIMARY CARE
PROVIDER. THE CURRENT VACCINE SCHEDULE RECOMMENDS
THAT INFANTS BE PROTECTED AGAINST 14 DISEASES BEFORE
THE AGE OF 2.

VACCINES ARE AN INTEGRAL PART OF TRICARE'S WELL-CHILD
BENEFIT THAT COVERS ALL ROUTINE CARE FOR CHILDREN UP
TO AGE 6. WELL-CHILD CHECK-UPS INCLUDE COMPREHENSIVE
HEALTH PROMOTION AND DISEASE PREVENTION EXAMS, AND

DEVELOPMENTAL AND BEHAVIORAL APPRAISALS. TRICARE'S WELL-CHILD CARE ALSO COVERS EYE AND VISION SCREENINGS AT BIRTH AND 6 MONTHS, AND TWO EYE EXAMS BETWEEN THE AGES OF 3 AND 6.

VACCINES ARE THOROUGHLY TESTED BY THE U.S. FOOD AND DRUG ADMINISTRATION BEFORE THEY ARE RECOMMENDED FOR USE. ANY OUT-OF-THE-ORDINARY RESPONSES TO VACCINES ARE REPORTED AND MONITORED BY DOCTORS AND PUBLIC HEALTH OFFICIALS.

PARENTS ARE ENCOURAGED TO DISCUSS ANY CONCERNS ABOUT VACCINES WITH THEIR PEDIATRICIAN. LEARN MORE ABOUT THE IMPORTANCE OF INFANT IMMUNIZATIONS AND VACCINE SCHEDULES AT CDC.GOV/VACCINES.

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

TAIL MUSIC (:03)