

TRICARE BENEFICIARY BULLETIN – OCTOBER 28, 2010 – 590

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 FLU VACCINE OPTIONS FOR TRICARE FOR LIFE BENEFICIARIES.

TRICARE FOR LIFE, OR TFL, BENEFICIARIES HAVE A WEALTH OF OPTIONS WHEN IT COMES TO STAYING PROTECTED DURING FLU SEASON.

INFLUENZA VACCINES ARE COVERED BY MEDICARE AT NO COST TO TFL BENEFICIARIES; HOWEVER, THEY MUST BE ADMINISTERED BY A MEDICARE PROVIDER WHO AGREES TO ACCEPT THE MEDICARE-APPROVED AMOUNT AS FULL PAYMENT.

FLU SHOTS ARE ALSO COVERED BY TRICARE IF OBTAINED AT PARTICIPATING TRICARE NETWORK PHARMACIES IN THE U.S. BENEFICIARIES SHOULD CALL AHEAD TO THEIR PHARMACY TO DETERMINE IF IT PARTICIPATES IN THE TRICARE PROGRAM AND HAS VACCINE AVAILABLE.

TFL BENEFICIARIES WHO LIVE IN U.S. TERRITORIES OVERSEAS MAY ACCESS EITHER MEDICARE PROVIDERS OR TRICARE RETAIL PHARMACIES TO GET A FLU SHOT WITHIN THE TERRITORY. MEDICARE WILL **NOT** PAY FOR CARE OUTSIDE THE U.S. AND ITS TERRITORIES.

THOSE WHO LIVE OVERSEAS OUTSIDE OF U.S. TERRITORIES SHOULD MAKE AN APPOINTMENT WITH A LOCAL PROVIDER. BENEFICIARIES MAY HAVE TO PAY THE PROVIDER AT THE TIME OF SERVICE AND FILE A CLAIM FOR THE OFFICE VISIT.

IN THE PHILIPPINES, TFL BENEFICIARIES MUST SEE A CERTIFIED PROVIDER. A CERTIFIED PROVIDER LIST IS AVAILABLE AT

TRICARE.MIL.

FOR MORE INFORMATION ABOUT SEASONAL VACCINES AND TRICARE VISIT THE FLU PAGE AT TRICARE.MIL/FLU.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT, LORRAINE CWIEKA REPORTS ON TRICARE'S COVERAGE OF THE HPV VACCINE.

IN A RECENT STUDY PUBLISHED IN THE *LANCET* MEDICAL JOURNAL, SCIENTISTS IDENTIFIED THE EIGHT HUMAN PAPILOMAVIRUS, OR HPV, TYPES RESPONSIBLE FOR MORE THAN 90 PERCENT OF CERVICAL CANCER CASES WORLDWIDE.

CURRENTLY, CERVARIX AND GARDASIL VACCINES ARE LICENSED BY THE FOOD AND DRUG ADMINISTRATION AND RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND

PREVENTION TO PROTECT FEMALES AGAINST THE TYPES OF HPV THAT CAUSE MOST CERVICAL CANCERS AND OTHER GENITAL CANCERS. TRICARE COVERS BOTH VACCINES.

THE FOOD AND DRUG ADMINISTRATION RECOMMENDS THAT GIRLS BETWEEN THE AGES OF 11 AND 12 RECEIVE THE FULL SERIES OF HPV VACCINE TO PROTECT AGAINST CERVICAL CANCER AND PRECANCEROUS ABNORMALITIES. GARDASIL ALSO PROTECTS AGAINST TWO ADDITIONAL TYPES OF HPV THAT MAY CAUSE MOST GENITAL WARTS. GIRLS AND YOUNG WOMEN AGES 13 THROUGH 26 WHO HAVE NOT STARTED OR FINISHED THE VACCINE SERIES SHOULD RECEIVE ALL MISSING DOSES FOR THE GREATEST PROTECTION.

INTERESTED BENEFICIARIES SHOULD SPEAK WITH THEIR HEALTHCARE PROVIDER TO LEARN MORE ABOUT THE HPV VACCINE AND HOW IT MAY PROTECT THEM AND THEIR CHILDREN. TO LEARN MORE ABOUT MILITARY VACCINES, VISIT VACCINES.MIL AND CLICK "VACCINES AND DISEASES". AND FOR MORE INFORMATION ON HPV VACCINES, VISIT CDC.GOV/HPV.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

ADOPTING A HEALTHY LIFESTYLE MEANS MORE THAN JUST EATING RIGHT AND WORKING OUT. JUST LIKE ADEQUATE NUTRITION AND PHYSICAL ACTIVITY, GETTING SUFFICIENT SLEEP IS AN IMPORTANT PART OF A HEALTHY LIFESTYLE.

ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, THERE IS GROWING EVIDENCE THAT A CHRONIC LACK OF SLEEP CAN ACTUALLY CONTRIBUTE TO THE RISK FOR DEVELOPING OBESITY, DIABETES, CARDIOVASCULAR DISEASE AND INFECTIONS.

EXERCISE IN THE LATE AFTERNOON IS LINKED TO IMPROVED NIGHT-TIME SLEEP. A GOOD WORKOUT RAISES THE BODY TEMPERATURE, BURNS MORE CALORIES AND MAKES YOU MORE ALERT. HOWEVER, EXERCISE TOO CLOSE TO BEDTIME CAN ACTUALLY INTERFERE WITH SLEEP, SO BE SURE TO ALLOW YOURSELF TIME TO COOL OFF BEFORE GOING TO BED.

MEDICAL STUDIES ALSO SUGGEST THAT TOO LITTLE SLEEP CAN AFFECT YOUR BODY'S HORMONES AND METABOLISM IN WAYS THAT PROMOTE DIABETES. THE RESEARCH INDICATES THAT CHRONIC SLEEP DEPRIVATION MAY LEAD TO ELEVATED LEVELS OF THE STRESS HORMONE, CORTISOL. ELEVATED CORTISOL MAY IN TURN PROMOTE INSULIN RESISTANCE WHICH INTERFERES WITH THE BODY'S USE OF INSULIN TO MOVE GLUCOSE INTO CELLS FOR ENERGY.

SO REMEMBER TO MAKE GETTING ENOUGH SLEEP A PRIORITY IN MAINTAINING YOUR HEALTHY LIFESTYLE. AND IF YOU HAVE CHRONIC PROBLEMS WITH SLEEP, CHECK WITH YOUR PRIMARY CARE PROVIDER FOR ADDITIONAL EVALUATION AND ADVICE.

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

TAIL MUSIC (:03)