

TRICARE BENEFICIARY BULLETIN – NOVEMBER 4, 2010 – 616

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: LORRAINE CWIEKA REPORTS ON SHOWING THANKS WITH A DONATION OF HEALTH.

THE GOOD HEALTH AND GENEROUS SPIRIT FOUND IN ABUNDANCE AMONG SERVICE MEMBERS AND THEIR FAMILIES CAN PLAY AN IMPORTANT ROLE IN THE NATIONAL MARROW DONOR PROGRAM.

THE C.W. BILL YOUNG/DEPARTMENT OF DEFENSE MARROW DONOR PROGRAM WORKS WITH THE NATIONAL MARROW DONOR PROGRAM TO PROVIDE COMPLETE SUPPORT FOR

MEMBERS OF THE MILITARY COMMUNITY WHO VOLUNTEER TO BE BONE MARROW DONORS. ACTIVE DUTY SERVICE MEMBERS, THEIR FAMILY MEMBERS, DOD CIVILIANS, NATIONAL GUARD OR RESERVE PERSONNEL IN GOOD HEALTH AND UNDER THE AGE OF 60, CAN REGISTER AT A NUMBER OF LOCATIONS AROUND THE COUNTRY.

POTENTIAL BONE MARROW DONORS PROVIDE A SWAB OF CELLS FROM INSIDE THEIR CHEEK OR A SMALL BLOOD SAMPLE TO BE PLACED ON THE REGISTRY. ONCE A NEED IS DETERMINED AND A MATCH IS FOUND ON THE REGISTRY, THE DONOR STILL HAS THE CHOICE TO DONATE OR NOT.

THERE IS A GREAT NEED FOR BONE MARROW DONATIONS.

ACCORDING THE NATIONAL MARROW DONOR PROGRAM, MOST PATIENTS WHO ARE IN NEED OF A BONE MARROW TRANSPLANT DO NOT HAVE A MATCH IN THEIR FAMILY.

VISIT WWW.DODMARROW.ORG FOR MORE INFORMATION ABOUT THE C.W. BILL YOUNG/DOD MARROW DONOR PROGRAM AND INFORMATION ON HOW TO BECOME PART OF THE NATIONAL

MARROW DONOR PROGRAM REGISTRY.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

EVERY YEAR, THE THIRD THURSDAY IN NOVEMBER IS A DAY WHEN MILLIONS OF AMERICANS MAKE A COMMITMENT TO SMOKE LESS OR QUIT USING TOBACCO PRODUCTS ALTOGETHER FOR AT LEAST ONE DAY. THE GREAT AMERICAN SMOKEOUT CHALLENGES PEOPLE TO STOP USING TOBACCO AND RAISES AWARENESS OF THE MANY EFFECTIVE WAYS TO QUIT FOR GOOD.

SMOKING CAN CAUSE CARDIOVASCULAR AND PULMONARY DISEASE AND CANCER. TRICARE IS DEDICATED TO HELPING ACTIVE DUTY PERSONNEL, VETERANS, RETIREES, AND THEIR FAMILIES SUCCEED IN THE ATTEMPT TO QUIT SMOKING. TRICARE OFFERS TWO WAYS TO GET THE NECESSARY ASSISTANCE NEEDED TO BREAK THE SMOKING CYCLE.

ALL NON-MEDICARE ELIGIBLE BENEFICIARIES CAN RECEIVE ASSISTANCE WITH SMOKING CESSATION THROUGH TRICARE'S TOLL-FREE SMOKING QUITLINE. THE QUITLINES ARE NOW AVAILABLE IN EACH TRICARE REGION OFFERING SUPPORT 24 HOURS PER DAY, SEVEN DAYS PER WEEK, 365 DAYS PER YEAR. VISIT TRICARE.MIL/MYBENFIT FOR REGIONAL TOLL-FREE NUMBERS.

ALL TRICARE BENEFICIARIES CAN GET SMOKING AND SMOKELESS TOBACCO CESSATION SUPPORT THROUGH THE DEFENSE DEPARTMENT'S COMPREHENSIVE WEB SITE, UCANQUIT2.ORG. THE WEB SITE OFFERS INTERACTIVE, WEB-BASED TOBACCO CESSATION TRAINING ALONG WITH LIVE, REAL-TIME ENCOURAGEMENT FROM TRAINED TOBACCO CESSATION COACHES VIA THE 24/7 "CHAT" FEATURE. USERS CAN EXCHANGE INFORMATION THROUGH THE WEB SITE'S BLOG AND ELECTRONIC BULLETIN BOARD AND LINK TO THE WEB SITE'S TWITTER, FACEBOOK, MYSPACE AND YOUTUBE PAGES.

GET STARTED ON YOUR QUIT PLAN TODAY!

FINALLY, ANNEMARIE FELICIO REPORTS ON REGISTERING YOUR
NEWBORN IN DEERS.

IF YOU ARE WELCOMING A NEW BABY INTO YOUR FAMILY, IT IS
VERY IMPORTANT FOR YOU TO REGISTER YOUR NEWBORN IN
THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM,
OR DEERS, TO ESTABLISH TRICARE ELIGIBILITY.

IF YOU OR ONE OF YOUR FAMILY MEMBERS IS REGISTERED IN
DEERS, YOUR NEW CHILD IS AUTOMATICALLY COVERED UNDER
YOUR PLAN AS A TRICARE PRIME BENEFICIARY FOR THE FIRST
60 DAYS AFTER BIRTH. TO MAKE SURE THAT YOUR NEW CHILD'S
TRICARE PRIME COVERAGE CONTINUES AFTER THE FIRST 60
DAYS, YOU MUST TAKE THE FOLLOWING TWO STEPS:

- REGISTER YOUR CHILD IN DEERS AT A UNIFORMED SERVICES
IDENTIFICATION CARD-ISSUING FACILITY. A BIRTH
CERTIFICATE OR CERTIFICATE OF LIVE BIRTH FROM THE
HOSPITAL IS REQUIRED, AS WELL AS A SOCIAL SECURITY
NUMBER.

- AFTER YOU REGISTER YOUR BABY IN DEERS, ENROLL HIM OR HER IN TRICARE PRIME OR TRICARE PRIME REMOTE FOR ACTIVE DUTY FAMILY MEMBERS WITHIN 60 DAYS AFTER BIRTH. YOU CAN USE THE BENEFICIARY WEB ENROLLMENT WEBSITE AT DMDC.OSD.MIL/APPJ/BWE/ OR SUBMIT A *TRICARE PRIME ENROLLMENT APPLICATION AND PCM CHANGE FORM* TO YOUR REGIONAL CONTRACTOR.

FOR ADDITIONAL INFORMATION, VISIT THE NEAREST MILITARY PERSONNEL OFFICE OR ID CARD-ISSUING FACILITY, OR CONTACT THE DEFENSE MANPOWER DATA CENTER SUPPORT OFFICE AT 1-800-538-9552.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)