

TRICARE BENEFICIARY BULLETIN – NOVEMBER 10, 2010 – 670

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 HOW TRICARE AND THE VETERANS ADMINISTRATION COORDINATE CARE TO SUPPORT VETERANS.

FOR SERVICE MEMBERS WHO BELIEVE THEY HAVE SUSTAINED A DISEASE OR DISABILITY CONNECTED TO THEIR SERVICE, THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO THEM THROUGH TRICARE NETWORK PROVIDERS AND, OR THE VETERANS ADMINISTRATION.

WHEN SERVICE MEMBERS LEAVE ACTIVE DUTY, THEY MAY BE ELIGIBLE FOR BENEFITS OFFERED BY TRICARE AND THE VA,

DEPENDING ON WHETHER THEY RETIRE OR HOW THEY SEPARATE FROM THE MILITARY. IF RETIRING, THEY ARE ELIGIBLE FOR TRICARE AS A MILITARY RETIREE AND MAY BE ELIGIBLE FOR CERTAIN VA BENEFITS. SERVICE MEMBERS WHO SEPARATE DUE TO A SERVICE-CONNECTED DISEASE OR INJURY MAY BE ELIGIBLE FOR VA HEALTH BENEFITS AND CERTAIN TRICARE BENEFITS.

A SERVICE MEMBER GETTING READY TO BE MEDICALLY-RETIRED CAN FIND OUT IF HE OR SHE QUALIFIES FOR VA HEALTH BENEFITS FOR A SERVICE-CONNECTED INJURY BY CONSULTING WITH A VA BENEFIT COUNSELOR. VA BENEFIT COUNSELORS WILL ASSIST THEM IN SUBMITTING A HEALTH BENEFITS APPLICATION AND DETERMINING WHAT THEIR MILITARY AND VA MEDICAL BOARD RATINGS MEAN WITH RESPECT TO HEALTH CARE COVERAGE. VETERANS WHO QUALIFY FOR VA HEALTH BENEFITS USUALLY RECEIVE CARE FOR THEIR SERVICE-CONNECTED INJURY AT THE VA.

MEDICALLY-RETIRED VETERANS MAY ALSO BE ELIGIBLE TO

RECEIVE ALL OTHER HEALTH CARE THROUGH TRICARE. UNDER THEIR TRICARE BENEFITS, THEY MAY HAVE A CHOICE BETWEEN TRICARE PRIME, OR STANDARD AND EXTRA. THEIR ELIGIBLE FAMILY MEMBERS ARE ALSO AFFORDED THE SAME OPTIONS.

RETIREES CAN LEARN MORE ABOUT VA HEALTH BENEFITS BY VISITING TRICARE.MIL/TRICARETOVA. INFORMATION ABOUT TRICARE-COVERED SERVICES CAN BE FOUND AT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NOVEMBER IS AMERICAN DIABETES MONTH AND TRICARE OFFICIALS REMIND BENEFICIARIES WHILE ENJOYING THE HOLIDAYS, TO BE MINDFUL OF THE TYPES AND AMOUNT OF FOOD THAT MAY AFFECT THEIR BLOOD GLUCOSE LEVELS.

BENEFICIARIES SHOULD INDULGE IN THOSE UNHEALTHY

HOLIDAY TREATS IN MODERATION AND CONTINUE THEIR PHYSICAL ACTIVITY. NOW MAY ALSO BE A GOOD TIME TO MAKE HEALTHY CARBOHYDRATES SUCH AS WHOLE FRUITS, NUTRIENT-RICH GRAINS AND VEGETABLES PART OF YOUR FAMILY'S HOLIDAY TRADITION – MINUS THE BUTTER AND GRAVY. AND INCORPORATING FIBER-RICH FOODS LIKE WHEAT BRAN AND LOW-FAT PROTEINS SUCH AS LEAN TURKEY – BAKED, NO DEEP-FRIED – INTO YOUR HOLIDAY MENU IS ALSO A GOOD IDEA.

PHYSICAL ACTIVITY SHOULD BE SQUEEZED INTO ANY HOLIDAY PLANS. MALL SHOPPING WITH RELATIVES, A BRISK WALK WITH GRANDCHILDREN OR DANCING AT A PARTY ARE GOOD WAYS TO BURN SOME OF THOSE EXTRA HOLIDAY CALORIES AND MAY BE HELPFUL FOR THOSE WORKING TO MANAGE THEIR DIABETES AND STAY HEALTHY.

IF BENEFICIARIES HAVE DIABETES AND REQUIRE MEDICATION, ADJUSTMENTS MAY BE NECESSARY TO MAINTAIN GOOD CONTROL IF HE OR SHE STRAY FROM THEIR USUAL DIET.

BENEFICIARIES SHOULD DISCUSS THEIR NEEDS WITH A
PHYSICIAN.

FOR MORE DETAILS ABOUT TRICARE BENEFITS FOR DIABETES,
CHECK WHAT'S COVERED UNDER THE "QUICK LINKS" AT
TRICARE.MIL.

FINALLY, LORRAINE CWIEKA REPORTS ON THE BENEFITS OF
USING TRICARE STANDARD.

APPROXIMATELY 2.1 MILLION TRICARE BENEFICIARIES USE
TRICARE STANDARD, THE FLEXIBLE AND CONVENIENT HEALTH
CARE PLAN. STANDARD OFFERS THE FLEXIBILITY OF SEEING
TRICARE-AUTHORIZED NETWORK AND NON-NETWORK
PROVIDERS, AND THE CONVENIENCE OF NOT HAVING TO
ENROLL OR PAY ANNUAL FEES.

BENEFICIARIES CHOOSE STANDARD FOR MANY REASONS
INCLUDING: SATISFACTION WITH THE TREATMENT THEY
CURRENTLY RECEIVE FROM A SPECIFIC CIVILIAN PROVIDER

THAT MAY NOT BE IN THE TRICARE PROVIDER NETWORK; THEY TRAVEL FREQUENTLY, LIVE FAR AWAY FROM A MILITARY TREATMENT FACILITY, ARE AWAY AT SCHOOL OR THEY MAY HAVE OTHER HEALTH INSURANCE. TRICARE STANDARD GIVES BENEFICIARIES THE PEACE OF MIND THAT THEY HAVE ACCESS TO QUALITY, LOW-COST HEALTH CARE WHEREVER THEY LIVE OR TRAVEL.

STANDARD OFFERS AFFORDABLE COST SHARES AND DEDUCTIBLES. STANDARD BENEFICIARIES WHO ARE ACTIVE DUTY FAMILY MEMBERS PAY A 15 PERCENT COST SHARE TO SEE A NETWORK PROVIDER AND A 20 PERCENT COST SHARE TO SEE A NON-NETWORK PROVIDER, AFTER SATISFYING A YEARLY DEDUCTIBLE.

PROVIDERS WILL OFTEN FILE CLAIMS FOR PATIENTS FOR TRICARE STANDARD BENEFICIARIES. THERE MAY BE TIMES WHEN BENEFICIARIES MAY NEED TO FILE THEIR OWN CLAIMS, SUCH AS FOR CARE RECEIVED WHILE TRAVELING OVERSEAS. BENEFICIARIES CAN FIND MORE INFORMATION ABOUT FILING

CLAIMS AND DOWNLOAD CLAIMS FORMS ON THE TRICARE
WEBSITE AT TRICARE.MIL/CLAIMS.

FOR MORE INFORMATION ABOUT TRICARE STANDARD, VISIT
TRICARE.MIL/STANDARD. BENEFICIARIES CAN ALSO SIGN-UP
FOR TRICARE E-MAIL UPDATES AT TRICARE.MIL/SUBSCRIPTIONS,
AND STAY CONNECTED WITH TRICARE ON FACEBOOK AND
TWITTER!

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)