

TRICARE BENEFICIARY BULLETIN – NOVEMBER 24, 2010 – 683

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 HOW TO TRANSFER YOUR MEDICAL RECORDS WHEN YOU MOVE.

WHEN MOVING OR MAKING A PERMANENT CHANGE OF STATION, IT IS ALWAYS **YOUR** RESPONSIBILITY TO REQUEST A COPY OF YOUR MEDICAL RECORDS BE SENT TO YOUR NEW HEALTH CARE PROVIDER OR MILITARY TREATMENT FACILITY. TRANSFERRING YOUR MEDICAL RECORDS TO YOUR NEW LOCATION WILL ASSIST YOUR NEW PROVIDER IN MANY ASPECTS OF YOUR CARE, APPROPRIATE TO YOUR SPECIFIC MEDICAL HISTORY AND NEEDS.

THE MOST IMPORTANT THING TO REMEMBER ABOUT TRANSFERRING YOUR MEDICAL RECORDS IS TO PLAN AHEAD. ALL REQUESTS FOR RECORDS MUST BE DONE IN WRITING. IF YOU REQUEST RECORDS FOR FAMILY MEMBERS OVER 18, EACH PATIENT WILL HAVE TO COMPLETE A RELEASE FORM. GENERALLY, YOU SHOULD REQUEST YOUR MEDICAL RECORDS AT LEAST 30 DAYS IN ADVANCE. TALK TO YOUR PRIMARY CARE MANAGER OR CHECK WITH YOUR MEDICAL RECORDS CUSTODIAN OR OTHER MEDICAL RECORD AUTHORITY AT YOUR MTF TO DETERMINE ITS POLICY AND ASK WHAT STEPS YOU NEED TO TAKE TO TRANSFER YOUR RECORDS TO YOUR NEW LOCATION.

RECORDS FROM A CIVILIAN PROVIDER CAN BE FORWARDED DIRECTLY TO YOUR NEW PROVIDER OR MTF OR GIVEN DIRECTLY TO YOU. ALSO REMEMBER TO CONTACT ANY SPECIALTY CARE PROVIDERS YOU OR YOUR FAMILY MEMBERS HAVE VISITED TO ASK ABOUT TRANSFERRING RECORDS.

AND FINALLY, WHEREVER YOU ARE MOVING, ALWAYS UPDATE YOUR PERSONAL INFORMATION IN THE DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

WHETHER IT'S "BUTTERFLIES IN THE STOMACH" OR A QUICKENED HEART BEAT, MOST PEOPLE FEEL ANXIOUS AT SOME TIME OR ANOTHER.

CONSTANT ANXIETIES AND DEPRESSION CAN TAKE A TOLL ON A SERVICE MEMBER'S HEALTH AND NEGATIVELY IMPACT THEIR DAILY LIFE. IT CAN BE DIFFICULT FOR A SERVICE MEMBER WITH THESE TWO EMOTIONS TO TELL IF THEY ARE GOING THROUGH A ROUGH PATCH OR IF IT IS SOMETHING MORE.

WHILE MANY ARE RELUCTANT TO SEEK BEHAVIORAL HEALTH CARE, TRICARE STRONGLY ENCOURAGES SERVICE MEMBERS AND THEIR FAMILIES NOT TO WAIT UNTIL THE PROBLEM WORSENS. TRICARE COVERAGE INCLUDES HELP WITH ANXIETY,

DEPRESSION, TRAUMATIC STRESS OR OTHER BEHAVIORAL HEALTH PROBLEMS SERVICE MEMBERS AND THEIR FAMILIES MAY BE FACING.

ONE PROGRAM AVAILABLE TO BENEFICIARIES IS THE TRICARE ASSISTANCE PROGRAM, OR TRIAP. TRIAP BRINGS SHORT-TERM PROFESSIONAL COUNSELING ASSISTANCE DIRECTLY INTO THE HOME. BENEFICIARIES WITH A COMPUTER AND WEB CAM CAN SPEAK “FACE-TO-FACE” WITH A LICENSED COUNSELOR OVER THE INTERNET AT ANY TIME OF THE DAY OR NIGHT. ELIGIBLE BENEFICIARIES CAN ACCESS TRIAP AN UNLIMITED NUMBER OF TIMES, AND THESE NON-MEDICAL SERVICES ARE CONFIDENTIAL AS WELL.

LEARN MORE ABOUT THE BEHAVIORAL HEALTH CARE OPTIONS AVAILABLE THROUGH THE DEFENSE DEPARTMENT, TRICARE, THE SERVICES AND COMMUNITIES AROUND THE COUNTRY AT TRICARE.MIL/MENTALHEALTH.

FINALLY, ANNEMARIE FELICIO REMINDS US TO FOCUS ON FAMILY AND FRIENDS, AND NOT FOOD, THIS HOLIDAY SEASON!

IT'S EASY TO OVER-INDULGE DURING THE HOLIDAY SEASON. IT'S A TIME WHEN EVERYONE WHIPS UP THEIR MOST DECADENT RECIPES AND HEADS TO GATHERINGS WITH FAMILY, FRIENDS AND CO-WORKERS.

RESEARCHERS AT THE NATIONAL INSTITUTES OF HEALTH FOUND THE WEIGHT PEOPLE GAIN DURING THE FALL AND WINTER SEASONS IS GENERALLY NOT LOST DURING THE REST OF THE YEAR.

HERE ARE SOME TIPS FOR HAVING A HEALTHY HOLIDAY SEASON:

- IF YOU'RE HEADING OUT TO A PARTY, EAT A LIGHT, HEALTHY SNACK BEFORE YOU GO. THIS WILL HELP CURB YOUR HUNGER AND DECREASE YOUR VISITS TO THE BUFFET TABLE.

- MODIFY YOUR FAVORITE HOLIDAY RECIPES TO REDUCE THE AMOUNT OF FAT AND CALORIES. OPT FOR LOW-FAT CHEESE OR VEGETABLES IN PLACE OF MEAT.
- BRING A HEALTHY HOLIDAY DISH TO THE PARTY TO HELP YOURSELF AND EVERYONE ELSE EAT A LITTLE LIGHTER.
- LIMIT YOUR ALCOHOLIC BEVERAGE INTAKE. CUT OR LIMIT YOUR ALCOHOL CALORIES BY DRINKING MORE WATER.
- FIND FUN AND CREATIVE WAYS YOUR FRIENDS AND FAMILY CAN SPEND TIME BEING ACTIVE INSTEAD OF EATING. BE SURE TO SPEND TIME TOGETHER THAT DOESN'T REVOLVE AROUND A MEAL.
- SIGN UP FOR A 5K WALK OR RUN TO KEEP YOUR MIND FOCUSED ON PHYSICAL ACTIVITY GOALS. MAINTAIN YOUR PHYSICAL ACTIVITY DURING THE HOLIDAYS — BETTER YET, TRY AND GET MORE ACTIVE! IT WILL MAKE THOSE NEW YEAR'S RESOLUTIONS EVEN EASIER TO ATTAIN.

VISIT WWW.CDC.GOV/HEALTHYWEIGHT FOR MORE INFORMATION ABOUT ATTAINING AND MAINTAINING A HEALTHY WEIGHT. TRICARE'S "GET FIT" WEB PAGE AT

TRICARE.MIL/GETFIT ALSO HAS HELPFUL INFORMATION FOR
BENEFICIARIES LOOKING TO LEAD A HEALTHIER LIFESTYLE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNMARIE FELICIO.

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

TAIL MUSIC (:03)