

TRICARE BENEFICIARY BULLETIN – DECEMBER 2, 2010 – 581

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 TRAVELING WITH TRICARE DURING THE HOLIDAY SEASON.

FROM MINOR STOMACH ACHES TO POTENTIALLY LIFE-THREATENING ALLERGIC REACTIONS, THERE IS A WHOLE RANGE OF ILLNESSES THAT CAN DAMPEN HOLIDAY TRAVELS. TRICARE BENEFICIARIES TRAVELING DURING THE HOLIDAYS SHOULD KNOW THEY HAVE THE SAME COMPREHENSIVE BENEFITS WHILE TRAVELING AS THEY DO AT HOME.

TO REDUCE THE CHANCE OF HEALTH CARE PROBLEMS WHILE

TRAVELING, BENEFICIARIES SHOULD SEE THEIR DOCTOR TO TAKE CARE OF ANY REGULAR OFFICE VISITS OR TREATMENT FOR ONGOING CONDITIONS BEFORE LEAVING TOWN. TRICARE PRIME BENEFICIARIES GET ROUTINE CARE FROM THEIR PRIMARY CARE MANAGER OR PCM, WHILE TRICARE STANDARD BENEFICIARIES CAN GO TO ANY TRICARE-AUTHORIZED PROVIDER.

FOR URGENT CARE WHILE TRAVELING, BENEFICIARIES SHOULD CONTACT THEIR PCM FOR A REFERRAL OR CALL THEIR REGIONAL HEALTH CARE CONTRACTOR FOR ASSISTANCE **BEFORE** RECEIVING CARE. FOR PRIME BENEFICIARIES, FAILURE TO OBTAIN A REFERRAL MAY CAUSE CARE TO BE COVERED UNDER THE POINT-OF-SERVICE OPTION, WHICH MEANS HIGHER COSTS. WHEN USING TRICARE STANDARD, BENEFICIARIES CAN SEE ANY TRICARE-AUTHORIZED PROVIDER.

IF BENEFICIARIES NEED EMERGENCY CARE WHILE AWAY FROM HOME, THEY SHOULD SEEK TREATMENT IMMEDIATELY BY CALLING 911 OR GOING TO THE NEAREST HOSPITAL EMERGENCY

ROOM. PRIME BENEFICIARIES DO NOT NEED PRIOR AUTHORIZATION FOR EMERGENCY CARE, BUT THEY SHOULD NOTIFY THEIR PCM WITHIN 24 HOURS OR ON THE NEXT BUSINESS DAY SO FOLLOW-UP CARE CAN BE COORDINATED. TRICARE STANDARD BENEFICIARIES HAVE NO FOLLOW-UP REQUIREMENTS AFTER RECEIVING EMERGENCY CARE.

FOR MORE INFORMATION ABOUT TRAVELING WITH TRICARE, BENEFICIARIES CAN GO TO TRICARE.MIL.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT UP: LORRAINE CWIEKA REPORTS THAT TRICARE BENEFITS FOLLOW STUDENTS WHILE ON WINTER BREAK

WITH WINTER BREAK FAST APPROACHING, MANY COLLEGE STUDENTS ARE LOOKING FORWARD TO VISITING FAMILY OR FRIENDS OVER THE HOLIDAYS. MAKING SURE THEIR TRICARE BENEFITS FOLLOW THEM DURING THE HOLIDAY SEASON IS A

SIMPLE PROCESS.

TO AVOID HIGHER OUT-OF-POCKET COSTS AND POINT-OF-SERVICE CHARGES, STUDENTS USING TRICARE PRIME MUST GET ALL OF THEIR ROUTINE CARE FROM THEIR PRIMARY CARE MANAGER BEFORE HEADING HOME OR ELSEWHERE FOR THE WINTER BREAK. IF A STUDENT NEEDS SPECIALTY OR URGENT CARE, A REFERRAL FROM HIS OR HER PRIMARY CARE MANAGER IS NECESSARY OR POINT-OF-SERVICE CHARGES WILL APPLY.

IF THERE'S AN EMERGENCY, A COLLEGE STUDENT ON TRICARE PRIME SHOULD CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY. HIS OR HER PRIMARY CARE MANAGER **MUST** BE NOTIFIED WITHIN 24 HOURS OF THE EMERGENCY ROOM VISIT.

WHEN A STUDENT IS USING TRICARE STANDARD, TRICARE'S MOST FLEXIBLE OPTION, HE OR SHE CAN SEE ANY TRICARE-AUTHORIZED PROVIDER.

STUDENTS USING EITHER TRICARE STANDARD OR PRIME CAN USE TRICARE'S PHARMACY BENEFIT ANYWHERE AS LONG AS THEIR DEERS INFORMATION IS CURRENT AND THEY HAVE A VALID ID CARD. FOR INFORMATION ABOUT UPDATING DEERS, GO TO TRICARE.MIL/DEERS.

FOR MORE INFORMATION ABOUT TRICARE CHOICES FOR COLLEGE STUDENTS, GO TO TRICARE.MIL/COLLEGESTUDENTS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

TRICARE UNDERSTANDS THAT DENTAL HEALTH IS AN IMPORTANT PART OF OVERALL HEALTH. THERE ARE TWO SEPARATE, VOLUNTARY, PREMIUM-BASED DENTAL INSURANCE PLANS FOR MILITARY AND RETIREE BENEFICIARIES, BUT THE TRICARE MEDICAL BENEFIT DOES COVER ADJUNCTIVE DENTAL CARE.

SO WHAT IS "ADJUNCTIVE" DENTAL CARE? ADJUNCTIVE DENTAL CARE IS A VERY LIMITED DENTAL BENEFIT UNDER THE

MEDICAL PLAN AND MAY BE CONSIDERED AN IMPORTANT PART OF TREATING A TRICARE COVERED MEDICAL CONDITION. THE FOLLOWING ARE SOME EXAMPLES OF ADJUNCTIVE DENTAL PROCEDURES THAT TRICARE MAY COVER:

- INTRAORAL ABSCESSSES;
- EXTRAORAL ABSCESSSES;
- CELLULITIS AND OSTEITIS;
- TOTAL OR COMPLETE TONGUE-TIE;
- SEVERE CONGENITAL ANOMALY;
- FACIAL TRAUMA REQUIRING REMOVAL OF TEETH OR TOOTH FRAGMENTS

ALL ADJUNCTIVE DENTAL CARE REQUIRES PREAUTHORIZATION BY THE REGIONAL HEALTH CARE CONTRACTOR TO ENSURE THE SERVICES WILL BE COVERED. PREAUTHORIZATION REQUIREMENTS MAY BE WAIVED ONLY WHEN ADJUNCTIVE DENTAL CARE INVOLVES A MEDICAL EMERGENCY.

VISIT TRICARE.MIL/DENTAL FOR MORE INFORMATION ON TRICARE DENTAL PROGRAMS.

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

TAIL MUSIC (:03)