

TRICARE BENEFICIARY BULLETIN – DECEMBER 9, 2010 – 601

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 AN UPCOMING WEBINAR ON HOW TO MAKE TRICARE WORK FOR YOU!

TRICARE BENEFICIARIES CAN GET AN IN-DEPTH UNDERSTANDING OF THEIR BENEFITS DURING AN INTERACTIVE WEBINAR CALLED, "WHAT'S TRICARE ANYWAY?"

TRICARE AND MILITARY ONESOURCE ARE HOSTING THE WEBINAR ON MONDAY, DECEMBER. 13, FROM 11 A.M. TO 12:30 P.M. EASTERN TIME.

TRICARE CUSTOMER SERVICE REPRESENTATIVES WILL COVER GENERAL BENEFIT INFORMATION, INCLUDING: ESTABLISHING ELIGIBILITY, COMPARING THE AVAILABLE HEALTH CARE PLANS AND LEARNING ABOUT SPECIAL PROGRAMS. HELPFUL ONLINE RESOURCES FOUND AT TRICARE.MIL WILL ALSO BE FEATURED.

THE CUSTOMER SERVICE EXPERTS WILL LEAD THE DISCUSSION DURING THE FIRST HOUR, PROVIDING BENEFICIARIES WITH AN IN-DEPTH OVERVIEW OF THE TRICARE BENEFIT. THE LAST 30 MINUTES WILL BE DEVOTED TO ANSWERING BENEFICIARY QUESTIONS, SUBMITTED ONLINE OR OVER THE PHONE.

BENEFICIARIES ARE REMINDED THAT THIS IS A PUBLIC FORUM AND ALL THOSE WHO PLAN TO SUBMIT QUESTIONS SHOULD NOT INCLUDE ANY PERSONAL HEALTH INFORMATION OR PERSONALLY IDENTIFIABLE INFORMATION TO AVOID IDENTITY THEFT.

THIS WEBINAR REQUIRES ADVANCE REGISTRATION. THOSE

INTERESTED IN PARTICIPATING CAN REGISTER TODAY BY  
VISITING: [MILITARYONESOURCE.COM/MOS/ONLINECOMMUNITY](http://MILITARYONESOURCE.COM/MOS/ONLINECOMMUNITY).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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NEXT UP: ANNEMARIE FELICIO REPORTS ON FIGHTING  
DEPRESSION THIS HOLIDAY SEASON.

WHILE THE HOLIDAY SEASON IS OFTEN A TIME OF JOY FOR  
MANY PEOPLE, FOR OTHERS, THE HOLIDAYS MAY BRING A HOST  
OF OTHER EMOTIONS—ESPECIALLY MILITARY FAMILIES WITH  
DEPLOYED LOVED ONES. IF YOU JUST CAN'T SEEM TO SHAKE  
THE HOLIDAY BLUES, YOU MAY BE SUFFERING FROM  
DEPRESSION—BUT HELP IS AVAILABLE. TRICARE OFFERS  
MULTIPLE BENEFITS, SERVICES AND PROGRAMS TO HELP.

NON-ACTIVE DUTY TRICARE BENEFICIARIES MAY RECEIVE THE  
FIRST EIGHT BEHAVIORAL HEALTH CARE OUTPATIENT VISITS  
PER FISCAL YEAR FROM A TRICARE PROVIDER WITHOUT A  
REFERRAL OR REQUIREMENT FOR PRE-AUTHORIZATION. TO

FIND OUT MORE ABOUT GETTING HELP, GO TO THE MENTAL HEALTH AND BEHAVIOR SECTION, UNDER THE “MY BENEFIT” PORTAL AT TRICARE.MIL.

TO HELP BENEFICIARIES PRIVATELY EVALUATE THEIR EMOTIONAL WELL-BEING, THE DEFENSE DEPARTMENT OFFERS THE MILITARY HEALTH ASSESSMENT AT MILITARYMENTALHEALTH.ORG. IT'S A FREE, ANONYMOUS SELF-ASSESSMENT TO DETERMINE IF SYMPTOMS ARE CONSISTENT WITH A CONDITION OR CONCERN THAT MAY BENEFIT FROM FURTHER EVALUATION OR TREATMENT.

THE WEB-BASED TRICARE ASSISTANCE PROGRAM, OR TRIAP, USES TELECOMMUNICATION TECHNOLOGIES TO PROVIDE COUNSELING ASSISTANCE AND BEHAVIORAL HEALTH TO ACTIVE DUTY SERVICE MEMBERS, SPOUSES AND OTHER ELIGIBLE FAMILY MEMBERS 18 YEARS OF AGE OR OLDER. SERVICES INCLUDE ASSESSMENTS, SHORT-TERM COUNSELING AND, IF THE TRIAP COUNSELOR DETERMINES MORE SPECIALIZED CARE IS NECESSARY, A REFERRAL TO A MORE

COMPREHENSIVE LEVEL OF CARE. ELIGIBLE BENEFICIARIES CAN LINK TO THEIR REGIONAL CONTRACTOR'S TRIAP SITE AND GET MORE INFORMATION ABOUT THE PROGRAM AT TRICARE.MIL/TRIAP.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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IT'S NOT TOO LATE TO GET YOUR FLU VACCINE! ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, MORE THAN 200,000 PEOPLE IN THE UNITED STATES ARE HOSPITALIZED EACH YEAR DUE TO FLU-RELATED CAUSES.

THE CDC RECOMMENDS AN ANNUAL FLU VACCINE FOR THOSE IN THE FOLLOWING CATEGORIES:

- CHILDREN AGES 6 MONTHS TO 18 YEARS
- PREGNANT WOMEN
- PEOPLE AGE 50 AND OLDER
- PEOPLE WITH CERTAIN CHRONIC MEDICAL CONDITIONS

- PEOPLE WHO LIVE IN NURSING HOMES OR OTHER LONG-TERM CARE FACILITIES
- PEOPLE WHO LIVE WITH, CARE FOR OR INTERACT WITH THOSE IN THE ABOVE CATEGORIES SHOULD ALSO RECEIVE ANNUAL FLU VACCINES. THIS INCLUDES HEALTH CARE WORKERS AND CAREGIVERS.

TRICARE COVERS BOTH THE FLU SHOT AND THE NASAL-SPRAY VACCINE. HEALTHY BENEFICIARIES OF ANY AGE MAY RECEIVE THE FLU SHOT; HOWEVER, THE NASAL-SPRAY VACCINE SHOULD ONLY BE ADMINISTERED TO HEALTHY PEOPLE AGES 2 THROUGH 49, EXCEPT FOR PREGNANT WOMEN.

IF YOU ARE AN ACTIVE DUTY SERVICE MEMBER OR NATIONAL GUARD AND RESERVE MEMBER, CONTACT THE NEAREST MILITARY TREATMENT FACILITY TO DETERMINE WHERE TO RECEIVE A FLU VACCINATION.

YOU MAY ALSO VISIT YOUR NEAREST PARTICIPATING TRICARE RETAIL NETWORK PHARMACY TO RECEIVE SEASONAL FLU

VACCINATIONS WITHOUT PAYING COPAYMENTS. VISIT  
EXPRESS-SCRIPTS.COM/TRICARE TO LOCATE A PARTICIPATING  
PHARMACY.

YOU CAN ALSO RECEIVE THE FLU VACCINE FROM YOUR  
PRIMARY CARE MANAGER AT HIS OR HER OFFICE FOR NO  
COPAYMENT. MAKE AN APPOINTMENT TODAY TO GET  
VACCINATED AND HELP PROTECT YOUR FAMILY FROM THE FLU!

FOR MORE INFORMATION ON TRICARE'S FLU VACCINE  
COVERAGE, VISIT TRICARE.MIL/FLU.

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

TAIL MUSIC (:03)