

TRICARE BENEFICIARY BULLETIN – DECEMBER 9, 2010 – 666

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 AVAILABLE RESOURCES FOR TRICARE FAMILIES IN CHALLENGING TIMES.

WHETHER DEALING WITH SEPARATION ANXIETIES BECAUSE OF LONG-TERM DEPLOYMENTS OR CHILD BEHAVIOR ISSUES BECAUSE OF FREQUENT MOVES, MILITARY FAMILIES REGULARLY FACE UNIQUE CHALLENGES. THE DEFENSE DEPARTMENT HAS A WEALTH OF PROGRAMS AIMED AT SUPPORTING MILITARY FAMILIES FACING BOTH ORDINARY AND EXTRAORDINARY STRESSORS.

TRICARE COVERS FAMILY THERAPY FOR FAMILIES FACING EMOTIONAL AND OR BEHAVIORAL HEALTH CHALLENGES. FAMILY THERAPY MAY INVOLVE ALL OR SOME MEMBERS OF A FAMILY AND IS USED AS PART OF TREATMENT FOR A DIAGNOSED BEHAVIORAL HEALTH DISORDER.

TRICARE BENEFICIARIES ALSO HAVE ACCESS TO COUNSELING SERVICES AT HOME. THE TRICARE ASSISTANCE PROGRAM USES ONLINE VIDEO CHAT TO ACCESS COUNSELING SERVICES FOR ELIGIBLE BENEFICIARIES. LEARN HOW TO ACCESS THIS SERVICE AT [TRICARE.MIL/TRIAP](https://www.tricare.mil/triap).

MILITARY ONESOURCE IS A FREE INFORMATION AND REFERRAL SERVICE AVAILABLE TO ACTIVE DUTY, NATIONAL GUARD AND RESERVE SERVICE MEMBERS AND THEIR FAMILIES AT [MILITARYONESOURCE.COM](https://www.militaryonesource.com). MILITARY ONESOURCE CONSULTANTS CAN HELP SERVICE MEMBERS AND THEIR FAMILIES WITH LIFESTYLE ISSUES FROM EMOTIONAL TO FINANCIAL DIFFICULTIES, FITNESS, EDUCATION, WORK LIFE AND MILITARY LIFE CONCERNS.

FOR YOUNGER BENEFICIARIES AND THEIR FAMILIES, SESAME WORKSHOP'S *TALK, LISTEN, CONNECT* PROGRAM PROVIDES EDUCATIONAL MATERIALS THAT AID DISCUSSION AND UNDERSTANDING OF THE MORE DIFFICULT ASPECTS OF MILITARY LIFE. THE VIDEOS AND MATERIALS FEATURE THE FAMILIAR SESAME STREET CHARACTERS AND REAL-LIFE STORIES OF MILITARY FAMILIES WHO HAVE OVERCOME CHALLENGES. VISIT WWW.SESAMEWORKSHOP.ORG/TLC FOR MORE INFORMATION.

WHILE MOST MILITARY FAMILIES AND CHILDREN MANAGE THEIR LIVES SUCCESSFULLY, THOSE THAT DON'T CAN DEPEND ON TRICARE AND OTHER DOD PROGRAMS TO HELP GET THEM THROUGH SOME OF THE MOST CHALLENGING TIMES.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT UP: LORRAINE CWIEKA REPORTS ON STAYING SAFE DURING THE WINTER MONTHS.

THE NEXT SEVERAL MONTHS WILL BRING COLDER TEMPERATURES AND, IN MANY AREAS, TRICARE BENEFICIARIES WILL HAVE TO DEAL WITH SNOW AND ICE.

KNOWING THAT WINTER COMES WITH INCREASED BACK INJURIES, TRICARE BENEFICIARIES SHOULD BE VIGILANT WHEN PERFORMING INSIDE AND OUTSIDE ACTIVITIES. EVEN IF A BENEFICIARY IS NORMALLY VERY ACTIVE AND IN SHAPE, HE OR SHE CAN EASILY INJURE THEMSELVES WHILE SHOVELING SNOW. INJURIES RELATED TO SNOW REMOVAL ARE AMONG THE MOST COMMON WINTERTIME INJURIES.

TRICARE BENEFICIARIES WHO NEED CARE FOR WINTER-RELATED INJURIES CAN USE AN URGENT CARE FACILITY OR, IF NECESSARY, GO TO THE EMERGENCY ROOM.

IN ADDITION TO THESE TYPICAL WINTER INJURIES, THERE ARE SEVERAL OTHER INJURIES THAT MAY PLAGUE BENEFICIARIES DURING THE WINTER MONTHS INCLUDING FROSTBITE AND HYPOTHERMIA.

THE DEPARTMENT OF HEALTH & HUMAN SERVICES OFFERS A FEW TIPS TO PREPARE FOR A HEALTHIER AND INJURY-FREE WINTER.

- AVOID STAYING OUTSIDE FOR LONG PERIODS OF TIME;
- WEAR APPROPRIATE OUTDOOR CLOTHING;
- KEEP CLOTHING, ESPECIALLY SOCKS, DRY;
- WEAR ICE GRIPPERS ON FOOTWEAR;
- KEEP SKIN COVERED AT ALL TIMES; AND
- DRINK PLENTY OF FLUIDS TO AVOID DEHYDRATION.

WITH A LITTLE ADVANCE PLANNING AND PREPARATION, TRICARE BENEFICIARIES AND THEIR FAMILY MEMBERS WILL STAY WARM AND SAFE WHILE THEY WORK, TRAVEL AND ENJOY THE OUTDOORS THIS WINTER.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

IT'S EASY TO "PIG OUT" DURING THE HOLIDAYS. DINNER DATES, FAMILY BREAKFASTS, HOLIDAY LUNCHESES, BRUNCHES AND TRADITIONAL FAMILY DINNERS PROVIDE AMPLE OPPORTUNITIES FOR EATING, EATING AND MORE EATING. THE CENTERS FOR DISEASE CONTROL AND PREVENTION OFFERS A FEW TIPS TO HELP OVERCOME THE URGE TO OVEREAT.

- **STAY AWAY FROM THE BUFFET.** STANDING BY THE BUFFET TABLE IS NOTHING MORE THAN AN INVITATION TO OVEREAT. HOLIDAY PARTIES ARE A TIME TO CELEBRATE WITH FAMILY AND FRIENDS, NOT JUST TO CELEBRATE FOOD.

- **PICK ONE OR TWO.** MAKE SURE TO WATCH PORTION SIZES AND SELECT ONLY ONE OR TWO OF YOUR FAVORITES ITEMS.

- **DRINK WATER.** DRINKING A LARGE GLASS OF WATER 15-20 MINUTES BEFORE HAVING A HUGE HOLIDAY DINNER WILL HELP

YOU EAT LESS.

- **EAT SLOWLY.** CHEWING FOOD 30-40 TIMES PER MOUTHFUL ALLOWS THE “I’M FULL” RESPONSE FROM THE BRAIN TO TELL YOUR MOUTH THAT YOU’RE SATISFIED. IT TAKES ABOUT 20 MINUTES FOR THE BRAIN TO LET YOU KNOW YOU ARE FULL.

- **AND AVOID FAST FOOD!** THE HOLIDAY SEASON CAN KEEP YOU ON THE GO WITH MINIMAL TIME TO PREPARE MEALS. FAST FOOD MAY BE ACCESSIBLE, BUT IT’S OFTEN HIGH IN FAT. PREPARE AND FREEZE QUICK, HEALTHY MEALS AHEAD OF TIME TO STAY OUT OF THE FAST-FOOD TRAP.

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

TAIL MUSIC (:03)