

TRICARE BENEFICIARY BULLETIN – DECEMBER 30, 2010 – 632

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 REMINDS BENEFICIARIES TO KEEP THEIR TRICARE BENEFITS EVEN AFTER RETIREMENT.

RETIRING FROM AN ACTIVE DUTY CAREER IN THE MILITARY OFFERS A LOT OF CHOICES THAT WERE NOT AVAILABLE WHILE SERVING IN UNIFORM. ALONG WITH CHOICES ABOUT WHERE TO LIVE AND WHAT TO WEAR, THERE ARE ALSO DECISIONS TO BE MADE REGARDING HEALTH CARE.

WHILE ACTIVE DUTY SERVICE MEMBERS MUST USE TRICARE PRIME OR PRIME REMOTE, RETIREES WHO ARE NOT ELIGIBLE

FOR MEDICARE MAY BE ELIGIBLE FOR TRICARE PRIME OR USE TRICARE STANDARD OR TRICARE EXTRA.

IF SPACE IS AVAILABLE, CONTINUING CARE IN A MILITARY TREATMENT FACILITY, OR MTF, WITH A PRIMARY CARE MANAGER THROUGH TRICARE PRIME REQUIRES RE-ENROLLING AND PAYING AN ANNUAL FEE.

RETIREES WHO MOVE TO A LOCATION THAT IS NOT NEAR AN MTF, OR WHERE PRIME IS NOT OFFERED, MAY FIND TRICARE STANDARD OR TRICARE EXTRA TO BE THE BEST OPTIONS.

TRICARE STANDARD IS A FLEXIBLE, AFFORDABLE PLAN THAT GIVES BENEFICIARIES AND THEIR ELIGIBLE FAMILY MEMBERS A GREATER CHOICE OF PROVIDERS, NO ENROLLMENT FEES, WAIVER OF COST SHARES FOR MOST PREVENTIVE HEALTH CARE SERVICES AND THE SAME LOW CATASTROPHIC CAP AS TRICARE PRIME.

TRICARE EXTRA OFFERS EVEN LOWER OUT OF POCKET EXPENSE IF BENEFICIARIES USE NETWORK PROVIDERS. ALTHOUGH THERE

ARE NO ENROLLMENT FEES FOR TRICARE STANDARD AND TRICARE EXTRA, DEDUCTIBLES MUST BE MET BEFORE COST-SHARING BEGINS.

TRICARE RECOMMENDS YOU CONSIDER ALL AVAILABLE OPTIONS AND PLAN WELL IN ADVANCE TO ENSURE A SMOOTH TRANSITION POST-RETIREMENT. LEARN MORE ABOUT RETIREE HEALTH CARE OPTIONS, INCLUDING THE RETIREE DENTAL PROGRAM, AT TRICARE.MIL, OR VISIT YOUR LOCAL TRICARE SERVICE CENTER.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

NEXT UP: LORRAINE CWIEKA REPORTS ON THE DANGERS OF HOLIDAY DRINKING.

AS YOU HEAD OFF TO FESTIVITIES THIS WINTER, YOU'LL BE FACED WITH CHOICES TO BE MADE INVOLVING ALCOHOL.

TRICARE REMINDS YOU THAT IF YOU CHOSE TO DRINK, DRINK IN MODERATION AND PLAN AHEAD TO HAVE A SAFE WAY TO GET HOME, WHETHER IT BE A DESIGNATED DRIVER, PUBLIC TRANSPORTATION OR A CAB.

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, EXCESSIVE DRINKING IS THE LEADING RISK FACTOR FOR INJURY IN THE UNITED STATES. BURNS, FALLS, DROWNINGS AND POISONINGS ARE ALL MORE LIKELY TO OCCUR IN SITUATIONS WHERE INDIVIDUALS HAVE CONSUMED ALCOHOL.

TO HELP AVOID ACCIDENTS AND INJURIES AND TO STAY SAFE AND IN CONTROL THIS HOLIDAY SEASON, HERE ARE SOME TIPS TO FOLLOW:

- REMEMBER, IT IS ALWAYS OK NOT TO DRINK.
- EAT BEFORE AND DURING DRINKING.

- DESIGNATE A DRIVER WHO WON'T BE DRINKING OR DETERMINE AN ALTERNATE WAY TO GET HOME, SUCH AS PUBLIC TRANSPORTATION OR A CAB.
- ALTERNATE BETWEEN ALCOHOLIC AND NON-ALCOHOLIC DRINKS.
- MAKE DRINKS LAST; DON'T "CHUG" OR "POUND" THEM.
- AND DRINK RESPONSIBLY.

THE DEFENSE DEPARTMENT DEVELOPED A WEBSITE AND CAMPAIGN TO RAISE AWARENESS OF THE NEGATIVE EFFECTS OF BINGE DRINKING AT THATGUY.COM, AND TRICARE LAUNCHED AN INFORMATIONAL WEB PAGE AT TRICARE.MIL/ALCOHOLAWARENESS TO HELP CREATE AWARENESS ABOUT BINGE DRINKING, ALCOHOLISM AND UNDERAGE DRINKING.

TRICARE BENEFICIARIES CAN ENSURE THEIR HOLIDAY SEASON IS RELAXING, ENJOYABLE AND PEACEFUL BY REMEMBERING TO DRINK IN MODERATION AND ENCOURAGING THEIR LOVED ONES TO DO THE SAME.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

THE ARMED SERVICES BLOOD PROGRAM ENCOURAGES YOU TO DONATE BLOOD THIS HOLIDAY SEASON. IT IS NOT UNCOMMON FOR BLOOD DONATIONS TO DECREASE DURING THE HOLIDAY MONTHS WHILE THE DEMAND FOR BLOOD DOES NOT.

THE ARMED SERVICES BLOOD PROGRAM OPERATES OVER 20 BLOOD DONOR CENTERS WORLDWIDE, AND ALL OF THEM WILL BE HOSTING BLOOD DRIVES THROUGHOUT THE HOLIDAY SEASON IN AN EFFORT TO ENSURE THAT THE MILITARY COMMUNITY CONTINUES TO RECEIVE THE BLOOD THEY NEED.

WHETHER YOU DONATE REGULARLY OR ARE A FIRST TIME DONOR, MAKING AN APPOINTMENT IS EASY! THE ONLINE SCHEDULING SYSTEM SHOWS YOU UPCOMING DRIVES AND LETS YOU BOOK A DONATION APPOINTMENT THAT WORKS WITH YOUR SCHEDULE.

TO LEARN MORE ABOUT THE ARMED SERVICES BLOOD
PROGRAM, FIND A BLOOD DONOR CENTER NEAR YOU, OR TO
FIND OUT MORE ABOUT WHAT BLOOD DONOR CENTERS
WORLDWIDE ARE PLANNING DURING THE MONTH OF JANUARY,
PLEASE VISIT MILITARYBLOOD.DOD.MIL.

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

TAIL MUSIC (:03)