

TRICARE BENEFICIARY BULLETIN – JANUARY 6, 2011 – 714 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 EMERGENCY DENTAL ASSISTANCE WITH TRICARE.

IT IS WISE FOR TRICARE BENEFICIARIES TO BE PREPARED AND KNOW THEIR DENTAL OPTIONS IN AN EMERGENCY.

THE TRICARE DENTAL PROGRAM ALLOWS BENEFICIARIES TRAVELING WITHIN THE UNITED STATES, THE DISTRICT OF COLUMBIA, PUERTO RICO, GUAM AND THE U.S. VIRGIN ISLANDS TO VISIT ANY PARTICIPATING NETWORK DENTIST FOR EMERGENCIES. BENEFICIARIES MAY HAVE TO PAY UP-FRONT FOR CARE AND FILE A CLAIM FOR REIMBURSEMENT.

ACTIVE DUTY SERVICE MEMBERS SHOULD FIRST SEEK EMERGENCY DENTAL CARE AT THE NEAREST MILITARY DENTAL CLINIC. IF SERVICE MEMBERS ARE TRAVELING ON LEAVE OR DUTY-RELATED ORDERS, THEY CAN GET CARE WITHOUT A REFERRAL.

RETIREES ENROLLED IN THE TRICARE RETIREE DENTAL PROGRAM CAN VISIT ANY LICENSED DENTIST WITHIN THE SERVICE AREA FOR TREATMENT. IF TRAVELING OVERSEAS, BENEFICIARIES SHOULD SEARCH A LIST OF DENTISTS AND DENTAL CLINICS IN EVERY COUNTRY, PROVIDED THROUGH DELTA DENTAL'S INTERNATIONAL DENTIST REFERRAL SERVICE.

WHEN DEALING WITH DENTAL EMERGENCIES, HERE ARE SOME HELPFUL TIPS FOR BENEFICIARIES:

- FOR A BROKEN TOOTH: RINSE MOUTH WITH WARM WATER TO CLEAN THE AREA SURROUNDING THE AFFECTED TOOTH. APPLY A COLD COMPRESS TO REDUCE SWELLING AND SEE A DENTIST AS SOON AS POSSIBLE.

- FOR A CUT OR BITTEN TONGUE OR LIP: CLEAN THE AREA WITH A CLOTH AND APPLY A COLD COMPRESS TO REDUCE SWELLING. IF THE AFFECTED AREA CONTINUES TO BLEED OR SWELL, GO TO THE EMERGENCY ROOM.
- AND FOR A KNOCKED-OUT TOOTH: RETRIEVE THE TOOTH, IF POSSIBLE, AND HOLD IT BY THE CROWN. DO NOT TRY TO CLEAN THE TOOTH OR TOUCH THE ROOT. IF POSSIBLE, PLACE THE TOOTH BACK IN ITS SOCKET. IF NOT, PLACE THE TOOTH IN A CONTAINER OF MILK OR WATER AND IMMEDIATELY SEE A DENTIST.

FOR SPECIFIC INFORMATION ABOUT TRICARE DENTAL COVERAGE, VISIT TRICARE.MIL/MYBENEFIT.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

DID YOU SPLURGE A LITTLE TOO MUCH AT THE TABLE THIS HOLIDAY SEASON? DOES YOUR WAISTLINE NEED A MAKEOVER? JUMP-START A NEW WEIGHT-LOSS ROUTINE WITH PROPER PORTION

CONTROL! THERE'S A HANDY TOOL FROM THE AMERICAN DIABETES ASSOCIATION[®] CALLED "CREATE YOUR PLATE," THAT CAN HELP ANYONE SHED SOME POUNDS—WHETHER YOU'RE DIABETIC OR NOT. THE TOOL IS AVAILABLE AT WWW.DIABETES.ORG/FOOD-AND-FITNESS/ AND IT FOCUSES FIRST ON PORTION SIZES, AND THEN ON FOOD CHOICES. YOU CAN EASILY APPLY THE BASICS OF "CREATE YOUR PLATE" AT HOME.

HERE'S HOW IT WORKS. PUT A LINE DOWN THE MIDDLE OF YOUR EMPTY DINNER PLATE. ON ONE SIDE, SEPARATE IT AGAIN SO YOU HAVE THREE SECTIONS ON YOUR PLATE. FILL THE LARGEST SECTION WITH NON-STARCHY VEGGIES LIKE GREEN BEANS, SPINACH AND MUSHROOMS. IN ONE OF THE SMALLER SECTIONS, PLACE STARCHY FOODS, SUCH AS WHOLE GRAIN BREADS OR POTATOES. AND FILL THE OTHER SMALLER SECTION WITH LEAN MEAT, SUCH AS CHICKEN OR FISH. ADD AN EIGHT-OUNCE GLASS OF LOW-FAT MILK OR A SIX-OUNCE CONTAINER OF LIGHT YOGURT.

WEIGHT GAIN CAN LEAD TO UNHEALTHY BLOOD SUGAR LEVELS, HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL LEVELS. THESE

CONDITIONS MAY EVENTUALLY LEAD TO DIABETES. IN TURN,
CONTINUOUS WEIGHT GAIN WITH DIABETES COULD LEAD TO HEART,
KIDNEY OR DIABETIC EYE DISEASES.

FOR MORE HEALTHY EATING TIPS, VISIT TRICARE.MIL/GETFIT.

FINALLY: ANNEMARIE FELICIO REPORTS ON KEY SCREENINGS AND
VACCINATIONS FOR PREVENTING CERVICAL CANCER.

WOMEN OFTEN MAKE NEW YEAR'S RESOLUTIONS TO LOSE WEIGHT,
EXERCISE MORE OFTEN OR LIVE HEALTHIER LIFESTYLES.

PREVENTIVE HEALTHCARE, INCLUDING REGULAR HEALTH
SCREENINGS AND IMMUNIZATIONS RECOMMENDED BY YOUR
PHYSICIAN, IS AN IMPORTANT, YET OFTEN OVERLOOKED, PART OF
MAINTAINING A HEALTHY LIFESTYLE.

JANUARY IS CERVICAL HEALTH AWARENESS MONTH. REGULAR
PREVENTIVE SCREENINGS AND RECOMMENDED IMMUNIZATIONS
ARE THE MOST EFFECTIVE WAY TO PREVENT CERVICAL CANCER
AND PROVIDE EARLY DETECTION.

FOR TRICARE STANDARD BENEFICIARIES, SCREENINGS ARE AVAILABLE WITHOUT COST SHARES. FOR THOSE ENROLLED IN TRICARE PRIME, TRICARE PRIME REMOTE AND TRICARE PRIME REMOTE FOR ACTIVE DUTY FAMILY MEMBERS, BENEFICIARIES MAY RECEIVE CLINICAL PREVENTIVE SERVICES FROM ANY NETWORK PROVIDER WITHOUT A REFERRAL OR PRIOR AUTHORIZATION. ACTIVE DUTY SERVICE MEMBERS ALWAYS REQUIRE REFERRAL AND PRIOR AUTHORIZATION BEFORE RECEIVING CLINICAL PREVENTIVE SERVICES.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION ALSO RECOMMENDS THAT GIRLS WHO ARE 11 TO 12 YEARS OLD RECEIVE THE FULL SERIES OF HUMAN PAPILLOMAVIRUS, OR HPV, VACCINES TO PROTECT AGAINST CERVICAL CANCER AND PRECANCEROUS ABNORMALITIES. TRICARE COVERS BOTH FDA APPROVED HPV VACCINES FOR ALL FEMALES AGES 11 TO 26. HPV VACCINATIONS ARE NOT COVERED AFTER THE AGE OF 26. BENEFICIARIES AGE 13 TO 26 WHO HAVE NOT STARTED OR FINISHED THE VACCINE SERIES SHOULD RECEIVE ALL MISSING DOSES FOR THE GREATEST PROTECTION.

FOR MORE INFORMATION ON HPV VACCINES, GO TO
CDC.GOV/HPV/VACCINE.HTML.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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

TAIL MUSIC (:03)