

TRICARE BENEFICIARY BULLETIN – JANUARY 13, 2011 – 692 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 THE TRICARE DENTAL PROGRAM CONTRACT AWARD.

THE TRICARE MANAGEMENT ACTIVITY ANNOUNCED ITS INTENT TO AWARD THE TRICARE DENTAL PROGRAM CONTRACT TO THE METROPOLITAN LIFE INSURANCE COMPANY OF BRIDGEWATER, NEW JERSEY.

DENTAL CARE COVERAGE UNDER THE NEW CONTRACT BEGINS FEBRUARY 1, 2012, FOLLOWING A 12-MONTH TRANSITION PERIOD FROM THE CURRENT CONTRACTOR, UNITED CONCORDIA COMPANIES, INC.

OVER 1.9 MILLION BENEFICIARIES PURCHASE DENTAL COVERAGE THROUGH THE TRICARE DENTAL PROGRAM, WHICH PROVIDES COMPREHENSIVE DENTAL COVERAGE TO FAMILY MEMBERS OF UNIFORMED SERVICES ACTIVE DUTY PERSONNEL, AS WELL AS MEMBERS OF THE SELECTED RESERVE AND INDIVIDUAL READY RESERVE AND THEIR ELIGIBLE FAMILY MEMBERS WORLDWIDE.

NEW AND ENHANCED BENEFITS INCLUDING AN INCREASE IN THE ANNUAL MAXIMUM, AN INCREASE IN THE LIFETIME ORTHODONTIC MAXIMUM, ACCIDENTAL DENTAL INJURY COVERAGE, AN ADDITIONAL CLEANING FOR WOMEN DURING PREGNANCY, AND MUCH MORE. UNDER THE NEW CONTRACT, ALL ENROLLEES WILL ENJOY LOWER PREMIUMS IN THE FIRST YEAR.

DURING THE 12-MONTH TRANSITION ENROLLEES CAN ACCESS CUSTOMER SERVICE AT THE SAME TOLL-FREE PHONE NUMBERS THEY HAVE BEEN USING. THAT CONTACT INFORMATION CAN BE FOUND AT [TRICARE.MIL/CONTACTUS](http://TRICARE.MIL/CONTACTUS). WELL BEFORE FEBRUARY 2012, ENROLLEES WILL RECEIVE A WELCOME PACKET AND NEW ENROLLMENT CARDS.

BENEFICIARIES CAN KEEP UP-TO-DATE ON DENTAL BENEFITS VIA E-MAIL BY SIGNING UP FOR BENEFIT UPDATES AND NEWS AT TRICARE.MIL/SUBSCRIPTIONS.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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GRAY-AREA RETIREES FROM THE NATIONAL GUARD AND RESERVES WHO WANT TO PURCHASE TRICARE HEALTH CARE COVERAGE NOW HAVE A NEW WAY TO GET A DOD SELF-SERVICE LOGON, OR DS LOGON.

SINCE SEPTEMBER, MEMBERS OF THE RETIRED RESERVE WHO ARE UNDER AGE 60, THE SO-CALLED "GRAY AREA" RETIREES, HAVE BEEN ABLE TO PURCHASE HEALTH CARE COVERAGE UNDER THE TRICARE RETIRED RESERVE, OR TRR, PROGRAM. TO MAKE PURCHASING TRR EASIER, GRAY AREA RETIREES CAN NOW GET A DS LOGON BY CONTACTING THE DEFENSE MANPOWER DATA CENTER SUPPORT

OFFICE AND REMOTELY VERIFYING THEIR IDENTITY.

GRAY AREA RETIREES CAN USE THE DS LOGON TO ACCESS THE WEB-BASED RESERVE COMPONENT PURCHASED TRICARE APPLICATION TO QUALIFY FOR AND PURCHASE TRR. IF A GRAY AREA RETIREE DOESN'T HAVE A DS LOGON, BUT HAS A RETIRED MILITARY ID CARD, HE OR SHE CAN CALL 1-800-538-9552 TO REQUEST REMOTE PROOFING DOCUMENTATION.

GRAY AREA RETIREES WHO DON'T HAVE EITHER A RETIRED ID CARD OR A DS LOGON CAN GET BOTH, AND COMPLETE THE IN-PERSON PROOFING PROCESS AT A RAPIDS ID CARD ISSUING SITE. TO LOCATE THE NEAREST RAPIDS SITE, GO TO [DMDC.OSD.MIL/RSL](http://DMDC.OSD.MIL/RSL).

RETIRED RESERVISTS MAY QUALIFY TO PURCHASE TRR COVERAGE IF THEY ARE UNDER THE AGE OF 60 AND ARE NOT ELIGIBLE FOR, OR ENROLLED IN, THE FEDERAL EMPLOYEES HEALTH BENEFITS PROGRAM. THEY MUST BE MEMBERS OF THE RETIRED RESERVE AND QUALIFIED FOR NON-REGULAR RETIREMENT. FOR INSTRUCTIONS ON

HOW TO QUALIFY FOR AND PURCHASE TRR, GO TO  
TRICARE.MIL/TRR.

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FINALLY: LORRAINE CWIEKA REPORTS ON WHAT BENEFICIARIES  
NEED TO KNOW ABOUT WHOOPING COUGH.

WHOOPING COUGH IS ON THE RISE ACROSS THE U.S. AND TRICARE  
BENEFICIARIES SHOULD BE AWARE OF THE SIGNS. WHOOPING  
COUGH IS A HIGHLY CONTAGIOUS RESPIRATORY TRACT INFECTION  
CAUSED BY THE BACTERIA *BORDETELLA PERTUSSIS*. IT IS EASILY  
TRANSMISSIBLE THROUGH COUGHING OR SNEEZING. ALTHOUGH IT  
INITIALLY RESEMBLES AN ORDINARY COLD, AFTER ONE TO TWO  
WEEKS, SEVERE COUGHING BEGINS. INFANTS AND YOUNG  
CHILDREN MAY COUGH VIOLENTLY AND RAPIDLY, MANY TIMES  
UNTIL ALL THE AIR IS GONE FROM THEIR LUNGS. THIS LEADS TO THE  
CHARACTERISTIC “WHOOPING” SOUND WHEN THEY THEN INHALE.  
BABIES ARE THE MOST SEVERELY AFFECTED, WITH MORE THAN  
HALF OF INFANTS UNDER 1 YEAR OF AGE WHO GET THE INFECTION,  
REQUIRING HOSPITALIZATION.

MANY INFANTS WHO GET WHOOPING COUGH ARE INFECTED BY PARENTS, CAREGIVERS OR OTHER SIBLINGS WHO MAY NOT EVEN KNOW THEY ARE INFECTED. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, THE BEST WAY TO PREVENT WHOOPING COUGH IS TO GET VACCINATED.

TRICARE FOLLOWS CDC RECOMMENDATIONS AND BENEFICIARIES SHOULD MAKE SURE THEY ARE UP-TO-DATE WITH PERTUSSIS VACCINATIONS. FOR THE CDC VACCINE SCHEDULE AND ADDITIONAL INFORMATION, GO TO [CDC.GOV/VACCINES](https://www.cdc.gov/vaccines). TRICARE COVERS THE VACCINES FOR BOTH CHILDREN AND ADULTS.

COVERAGE AND OUT-OF-POCKET COSTS MAY VARY DEPENDENT ON ELIGIBILITY AND TRICARE PROGRAM OPTION THE BENEFICIARY IS USING. FOR MORE INFORMATION ON COVERAGE GO TO “QUICK LINKS” AT [TRICARE.MIL](https://www.tricare.mil).

BENEFICIARIES WHO HAVE A PROLONGED COUGH OR BECOME ILL WITH SYMPTOMS OF WHOOPING COUGH SHOULD VISIT THEIR PRIMARY CARE PROVIDER TO MAKE SURE THEY RECEIVE THE

APPROPRIATE TREATMENT, FOR THEIR OWN HEALTH AND TO HELP  
PREVENT FURTHER SPREAD OF THE INFECTION.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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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)