



# HEALTH MATTERS

A PUBLICATION FOR TRICARE® BENEFICIARIES

Healthy Living ...

## Breast Cancer Prevention and Detection



Hundreds of thousands of women are diagnosed with breast cancer each year. In fact, nearly 41,000 women—and about 400 men—die of the disease some years, according to the most recent data from the Centers for Disease Control and Prevention (CDC).

That makes October—Breast Cancer Awareness Month—a good time to learn about risk factors and what you can do to detect the disease early when it's most treatable.

### Preventive Screenings

TRICARE covers many preventive services to help detect cancer early, including a number of breast cancer screenings at little or no cost to you.

Covered breast cancer screenings include:

- **Clinical breast exams:** during preventive health visits for women under age 40, or yearly starting at age 40

- **Mammograms:** yearly for all women beginning at age 40, or at age 30 for those with certain risk factors
- **Breast screening MRI:** yearly for women age 30 and older with certain risk factors

### Signs and Symptoms

Signs of breast cancer can be different in different people. Symptoms may include: new lumps in the breast or underarm, pain in the breast, irritation or dimpling of breast skin, thickening or swelling of part of the breast, among many others.

### Risk Factors and Prevention

Factors that increase your chances of getting breast cancer include drinking, a family history of breast cancer, aging, getting menstrual cycles before age 12 or starting menopause after age 55, physical inactivity, certain hormone therapies or contraceptives and more.

Things you can do to reduce your risk, according to the CDC, include regular exercise, breast-feeding children, getting enough sleep and avoiding alcohol and dangerous chemicals. ★



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### Check Your Explanation of Benefits for Fraud

A TRICARE explanation of benefits (EOB) isn't a bill. It's an itemized statement that shows what action TRICARE has taken on your claim. Differences between the care you actually got and what is listed on an EOB can be a sign of fraud.

That's why it's important to check your EOB after a health care visit. By reviewing your EOB and reporting any discrepancies, you can help TRICARE combat fraud, which protects your benefit and keeps health care costs down. If you suspect fraud or abuse, call the Humana Military Fraud Hotline at **1-800-333-1620**.

**An Important Note About TRICARE Program Information:** At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

## MyActiveHealth Portal Keeps Your Fitness on Track

With winter just around the corner, it's the perfect time for a self-checkup. Use Humana Military's fitness tool MyActiveHealth to help you stay on track with your health goals. To find the tool, go to **HumanaMilitary.com**, hover over the "Beneficiaries" tab and find "MyActiveHealth" under "Wellness."

Here are a few of the things you can do through the portal:

- View and track your personal health records.
- Print documents, like prefilled vaccine records, emergency wallet cards with important contact information and paperwork you might need at your next appointment.
- Complete a 10-minute assessment to get a report that includes suggestions for how you can improve your health. To help you stay on track, those suggestions will also appear on your MyActiveHealth home page.
- Set health goals and track your progress.
- Get recipes for healthy meals.
- Get the latest news on issues important to your health.
- Play games and use fun tools for getting healthy.
- Listen to health-related podcasts, watch videos or read about personal health.

Finish this year healthier by visiting the MyActiveHealth portal at **HumanaMilitary.com**. ★

## Understanding the Urgent Care Pilot

The Urgent Care Pilot lets most TRICARE Prime beneficiaries get up to two urgent primary care visits in the U.S. each fiscal year (Oct. 1–Sept. 30) without a referral or prior authorization. However, you can save your two visits for when you need them most by getting a referral for urgent care from your primary care manager (PCM) whenever possible.

To be eligible for the Urgent Care Pilot, you must be an active duty service member (ADSM) in TRICARE Prime Remote (TPR); a non-ADSM in TRICARE Prime, TPR or TRICARE Young Adult; or a TRICARE Overseas Program beneficiary traveling in the U.S.

### Urgent Care and the Nurse Advice Line

If you aren't sure what level of care you need, or if you want to try to keep your two visits, call the Nurse Advice Line (NAL) at **1-800-TRICARE (1-800-874-2273)** and choose option 1.

- If you're enrolled with a military hospital or clinic, the NAL will try to schedule an appointment at your military hospital or clinic within 24 hours. If nothing is available, the NAL will help you find the closest network urgent care center and tell you to ask your PCM for a referral.
- If you're enrolled with a TRICARE network provider, the NAL will help you find the closest network urgent care center and tell you to ask your PCM for a referral.

### Getting Urgent Care After Your Two Referral-Free Visits

If you use your two urgent care visits without a referral and need urgent care again, you have three options:

1. See if your PCM has an available appointment within 24 hours or ask for a referral from your PCM.
2. Call the NAL. Depending on if you are enrolled with a military hospital or clinic or with a civilian provider, the NAL will help you decide where to get care. You will need a referral from your PCM for civilian care.
3. Seek urgent care without a referral or prior authorization and pay higher point-of-service (POS) charges. The POS option lets you see any TRICARE network or non-network provider and pay POS fees instead of your regular copayment. The POS option is not available to ADSMs. Go to **www.tricare.mil/pointofservice** for more information.

Notify your PCM within 24 hours if you see another provider for urgent care. Go to **www.tricare.mil/urgentcarepilot** for more information. ★

# Humana Military's Case Management Services

Humana Military provides case management services for TRICARE beneficiaries with medically complex conditions that are likely to be expensive to treat.

These beneficiaries can use Humana Military's regional system of case management services to ensure they get coordinated care that is cost-effective and safe.

Examples of qualifying health care needs include:

- Transplantation evaluations or procedures (solid organ or bone marrow/peripheral, stem cell)
- Ventilator dependency
- Injuries requiring a burn unit
- Traumatic brain injury, spinal cord injury, stroke, blindness
- Planned long-term acute care admissions
- Catastrophic illness or injury, amputation, multiple trauma
- Pregnancy with significant identified risks
- Hourly nursing more than four hours per day
- Certain chronic conditions, such as hemophilia or Gaucher's disease
- Non-mental health care under the Extended Care Health Option
- Unplanned admissions to an acute hospital three times or more within 90 days with the same diagnosis



This list is **not** all-inclusive and may change. If you or a family member has a complex case and could benefit from case management, ask for an evaluation from Humana Military.

For information about case management services, call **1-800-615-7332**. Leave your contact information and a brief message. A case manager will return your call with further instructions.

For mental health case management information, call **1-866-323-7155**. ★

## Seeing a Health Care Provider? Make Sure You Know Your TRICARE ID Number

When you visit a health care provider, you'll need to have your TRICARE ID number to get care. This number is either a Social Security number (SSN) or a Department of Defense (DoD) Benefits Number (DBN).

Your DBN is listed on your military ID, which is a Common Access Card or uniformed services ID card. Both military IDs include an 11-digit DBN.

This number is different from the 10-digit ID number also listed on both military IDs.

You should also be prepared to give your sponsor's SSN, which is required by some providers to verify your TRICARE eligibility. Your sponsor's SSN may or may not be listed on his or her military ID because the DoD began replacing SSNs with DBNs on IDs in 2011.

### Your TRICARE ID Card

Remember that unlike civilian health insurance plans, TRICARE doesn't give you an insurance card. You use your military ID to get care.

For this reason, you should always be prepared to show your military ID anytime you get care from a military or civilian provider. ★



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## Our New Look ...

Have you seen this? TRICARE's educational materials have a fresh design! You can still find all the information you need for getting the most from your TRICARE benefit; now you'll find it in a fresh new format that's easier to use and can help you make the most of your TRICARE health care benefit. Take a look today at [www.tricare.mil/publications](http://www.tricare.mil/publications).



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## New Secure Login Wizard at [www.tricare.mil](http://www.tricare.mil)

Need to pay a bill or refill a prescription? TRICARE's new secure login wizard at [www.tricare.mil/securelogin](http://www.tricare.mil/securelogin) can help get you to the right place.

The wizard will ask you a few short questions about what you're looking for and what you want to do. Then you'll be taken to the secure site where you can log in and get to the service.

To log in to any of the secure services, you will need one of the following:

- A Department of Defense (DoD) Self-Service Logon (DS Logon), which all spouses and other beneficiaries age 18 and older can get. You can have a DS Logon even if you have one of the other two logon options.
- A Common Access Card (CAC)
- A Defense Finance and Accounting Service myPay PIN, which you can use if you don't have a CAC

If you know the specific site you're looking for, you can skip the questions and just click "View All" under "All Secure Logins." Go to [www.tricare.mil/securelogin](http://www.tricare.mil/securelogin) to get started. ★

