

www.humana-military.com Gets a Facelift!

Humana Military Healthcare Services, Inc. (Humana Military) has redesigned its Web site to make finding the information you need easier than ever. Whether you want to find a new provider, review TRICARE’s program options to decide which one is right for you, enroll in a TRICARE program, or get health and wellness information, you can do it all at www.humana-military.com.

The Online Beneficiary Services section has been replaced by “MyHMHS,” Humana Military’s new, secure beneficiary Web portal. Once you’ve registered, simply log on to “MyHMHS” to do any of the following:

- Check claims.
- Check referral/authorization status.
- Compare hospital quality.
- Print temporary TRICARE Prime verification.
- Request TRICARE Prime enrollment cards.
- Request an address change.

- Request a primary care manager (PCM) change.
- Verify eligibility.

From the main Beneficiary page, you can choose any one of the following four tabs:

- **TRICARE Plans**—Here you will find information on TRICARE Prime, TRICARE Prime Remote (TPR), TRICARE Standard and TRICARE Extra. Additionally, you will find details about special programs, including TRICARE Reserve Select (TRS), the Warrior Navigation and Assistance Program (WNAP) and supplemental programs like the Transitional Assistance Management Program (TAMP).
- **Enrollment**—This section allows you to use the Beneficiary Web Enrollment (BWE) tool for TRICARE enrollment. You can locate a provider in your area, choose or change a PCM, add a new family member, view payment options and make an online payment.

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The Doctor is in ... Breathe Easier This Fall

Dr. Joseph Kelly

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Long summer days filled with fun in the sun are about to be replaced with back-to-school excitement, fall foliage and hay rides. But the late summer and autumn months are also when allergy season gets back into full swing.

About 35 million Americans, 6 million of whom are children, cope daily with the discomfort of nasal allergies. When allergens are inhaled, tissues that line the inside of the nose become inflamed. This causes symptoms ranging from sneezing and runny/stuffy noses to postnasal drip and itchy eyes, ears, noses and throats.

Seasonal vs. Perennial

Nasal allergies are divided into two types: seasonal and perennial. People with seasonal allergies suffer during certain seasons, usually when specific plants are blooming, while people with perennial allergies suffer year-round.

Those with seasonal allergic rhinitis, commonly known as hay fever, have nasal symptoms associated with pollens from grass, weeds and trees. In the fall, weeds are the primary cause of seasonal allergies.

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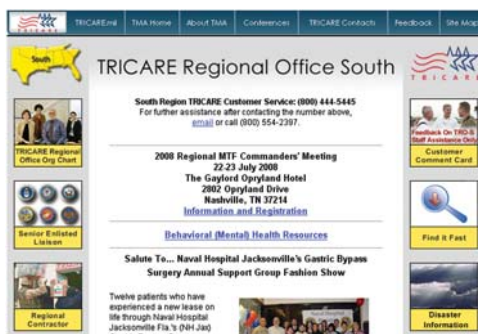
An Important Note about TRICARE Program Information: At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center or local military treatment facility.

Check out the TRO–South Web Page

If you haven't visited the TRICARE Regional Office–South's (TRO–South) Web site at www.tricare.mil/TROSouth lately, you're missing out on a lot.

The Web site offers a very simple design to find what you need, including links to the following resources and information available across the South Region:

- Military treatment facilities (MTFs)
- Humana Military Healthcare Services, Inc. (Humana Military) Web site (www.humana-military.com)
- Beneficiary counseling and assistance coordinators (BCACs)
- Phone numbers
- TRO–South newsletters
- Disaster information



Wait! There's more. Here's a sampling of what else you'll find on the TRO–South Web site:

Behavioral (Mental) Health Resources—Link to and view key behavioral health resources according to your TRICARE beneficiary category.

Customer Comment Card—Provide feedback, kudos or suggestions about the service you have received from a member of the TRO–South staff.

TRICARE Direct2U—Military units/organizations can sign up here for live, interactive TRICARE briefings about Reserve Component/National Guard, TRICARE Prime Remote (TPR) and/or TRICARE Reserve Select (TRS).

Find It Fast—Quickly find answers to your TRICARE questions.

Regional Salute To—This section spotlights MTFs in the TRICARE South Region that have been recognized for their exceptional performance or special programs.

Senior Enlisted Liaison (SEL)—This section provides an “enlisted perspective” to active duty service members and their families.

Visit www.tricare.mil/TROSouth and check out the Web site today! ■

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- **Health and Wellness**—Find the answers to health-related questions for men, women and children. You also can learn to manage a variety of chronic conditions, link to the 24-hour audio library or find information on everyday behavioral health issues.
 - **Tools and Resources**—Under this tab, you can view TRICARE newsletters, bulletins, brochures, flyers, beneficiary forms and beneficiary handbooks.
- Get the answers to your TRICARE questions any time of day by visiting www.humana-military.com. ■

The Doctor is in . . . **Breathe Easier This Fall**

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According to the Centers for Disease Control and Prevention (CDC), hay fever is the most common of the allergic diseases and results in more than 14 million doctor visits each year.

Seasonal allergies also can trigger or induce asthma. In fact, about 60 percent of Americans suffer from allergy-induced asthma.

Perennial allergic rhinitis can also be caused by pollen, but it is usually caused by indoor allergens, such as dust mites, pet dander or molds.

Treatment

Normally, over-the-counter (OTC) antihistamine medications are effective in alleviating allergy discomfort. However, when considering OTC medications, you may want to consult with your primary care manager (PCM) first. Many prescription medications are more effective in stopping the body

from initiating its allergic responses. In extreme cases, allergy desensitization injections or immunotherapy may be recommended to help strengthen the body's tolerance for certain allergens.

The best way to avoid allergic reactions is to remove or minimize the allergens that provoke your symptoms. For more information about allergies, visit the MedlinePlus Web site at www.nlm.nih.gov/medlineplus/allergy.html and the American Academy of Allergy, Asthma and Immunology (AAAAI) Web site at www.aaaai.org. ■

Does Your Child's Diet Need a Makeover?

Fast and convenience foods (and drinks) are flashy, and well, convenient. Let's face it. We're working all day and then running the kids in the evening to soccer practice, piano lessons, etc.—you name it and American parents are doing it. We just don't have time. Throw in our toddlers who downright refuse to eat anything that remotely resembles fruits and vegetables, and you've got a recipe for less-than-favorable nutritional habits.

Consider these statistics:

- Nearly 5 million American children ages 6–17 are either overweight or obese.
- According to the United States Department of Agriculture (USDA) Food and Nutrition Service, less than 15 percent of school-age children eat the recommended servings of fruits and less than 20 percent eat the recommended amount of vegetables.
- Today's teen is twice as likely to drink a soda as he or she is to drink milk. For that reason, 8 out of 10 girls ages 9–19 are not getting the recommended amount of calcium their bones need to grow.

There are ways to help your child eat a healthier diet. Here are some tips:

- If your child won't or can't drink regular milk, consult with your doctor and consider alternatives like sugar-free flavorings, soy milk, cheese or yogurt.
- If your child hates green vegetables, offer deep yellow or orange ones instead.
- If your child hates the sight of vegetables, try "sneaking" ground or grated vegetables like zucchini or carrots into pasta sauces, meatloaf or home-baked muffins.
- If your child insists on sandwiches made with high-fat, high-sodium deli meats like bologna and salami, try reduced-fat and reduced-sodium alternatives like turkey breast, roast beef or ham.

- If your child favors salty snacks, offer pretzels or the baked varieties of potato or tortilla chips.
- If your child is resistant to giving up the convenience of fast foods, reduce the frequency, suggest "healthier" menu alternatives and order smaller portions. Try making it a rule to eat fast food only once a week. Suggest balancing a small hamburger with a salad, fruit or baked potato. Rather than ordering the large fries, encourage your child to order a small or split the large with family or friends.

Don't rule out the supermarket when you're in a hurry. They offer fresh fruits and vegetables, and most sell ready-made meals.

Your child's food and drink choices directly affect his or her future health. Eating a variety of nutritious foods is vital to helping kids grow up healthy and strong. Set a good example by eating well-balanced meals with them, and they'll be more likely to follow your lead. The extra effort to give your child's diet a makeover now will go a long way towards encouraging a lifetime of healthy eating.

For more on children's nutrition, visit the USDA Food and Nutrition Web site at www.fns.usda.gov or the American Academy of Pediatrics Web site at www.aap.org. ■



TRICARE HealthMatters

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TRICARE

An Excellent Value

- Generous coverage
- Superior health care
- Decisions are health-driven, not insurance-driven
- High satisfaction with care
- Low out-of-pocket costs
- Easy access

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TRICARE Health Matters is published by the TRICARE Management Activity. Please provide feedback at www.tricare.mil/evaluations/feedback.



Save Time and Money with TRICARE's Mail Order Pharmacy

Did you know that filling your prescription can be as quick and easy as picking up your mail? The TRICARE Mail Order Pharmacy program* lets you order and receive your long-term maintenance medications at home. Best of all, you'll save money. With the mail-order program, you pay the same copayment that you're used to at the retail pharmacy, but you get a 90-day supply rather than a 30-day supply. Plus, you'll save the cost of gasoline and the time it takes to drive to the pharmacy. Your copayments for a 90-day supply of medications through the mail-order program are as follows:

- Formulary generic drugs: \$3
- Formulary brand-name drugs (if your doctor authorizes it): \$9
- Non-formulary generic or brand-name drugs: \$22

Plus, you get the same peace of mind with the mail order. Like the retail or military treatment facility (MTF) pharmacy, the mail-order program uses the Pharmacy Data Transaction Service. This automated tool reviews all of your TRICARE prescriptions against your complete medication history before dispensing a new prescription. This enhances your safety by reducing the possibility of adverse drug-to-drug interactions or duplicate treatments. So, save time and money, and enroll today. ■

** To use the mail-order pharmacy overseas, the prescription must be from a U.S.-licensed provider and you must have an APO or FPO address. Medications that require refrigeration cannot be shipped to APO or FPO addresses.*

How to Enroll

Enrolling in the mail-order program is quick and easy through the new Member Choice Center (MCC). To use the mail-order pharmacy, choose one of the following options:

- **Call the MCC at 1-877-363-1433.** An MCC patient care advocate will walk you through the process, pull up records, verify information, process your enrollment and convert your medication(s) to home delivery.
- **Visit www.express-scripts.com/TRICARE.** Simply log on and switch your medications to the mail-order option with a few clicks of the mouse.
- **Mail your registration form.** If you prefer, print the online mail-order registration form (or find it in the mail-order pharmacy brochure), fill it out and mail it to Express Scripts.