

The Doctor is in ...

Understanding Mental Health

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On a recent TV commercial, an actor said, “Life comes at you fast.” This statement really caught my attention, as I find it to be so true.

There are so many aspects of life to consider every day, including family, work and finances, to name a few. All of these elements affect our moods and even our mental health. Our mental health involves how we think, feel and act as we deal with both positive and stressful situations in life. May is Mental Health Month, and it’s the perfect time to remind you that TRICARE is here to help.

When discussing our emotions and mental health, it’s important to consider the complexity of these topics. On one

hand, there are everyday life issues—everyone, at times, feels worried, anxious, sad or stressed. However, sometimes these feelings don’t go away and are serious enough to interfere with daily life. When this occurs, these thoughts and feelings may indicate an emotional disorder or behavioral health condition. Emotionally healthy people are generally able to manage their thoughts, feelings and behaviors.

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Adjunctive Dental Care Covered Under TRICARE Prime

TRICARE Prime does not cover routine dental care, but it does cover adjunctive dental care services. So what is “adjunctive” dental care? In most cases, these services are medically necessary for the treatment of covered medical (not dental) conditions. Adjunctive dental care refers to an integral part of treatment for a covered medical condition, or dental trauma resulting from medically necessary preparation for or treatment of an injury or disease. Adjunctive dental care requires prior authorization from Humana Military Healthcare Services, Inc. (Humana Military).

Some of the adjunctive dental procedures that TRICARE Prime may cover include:

- Removal of teeth and tooth fragments to treat and repair facial trauma resulting from an injury

- Treatment of total or complete ankyloglossia (tongue-tie) to alleviate difficulty swallowing or speaking (partial ankyloglossia is not covered)
- Dental or orthodontic care that is directly related to the medical and/or surgical correction of a severe birth defect
- Dental care in preparation for, or as a result of, in-line radiation therapy for oral or facial cancer

Note: Under certain circumstances, TRICARE Prime covers general anesthesia services and facility charges for dental treatment provided to beneficiaries with developmental, mental or physical disabilities, as well as children age 5 and younger.

Your provider must obtain prior authorization from Humana Military before you receive any adjunctive dental treatment. The prior authorization requirement is waived only when essential adjunctive dental care involves a medical emergency, such as facial injuries resulting from a car accident.

Routine Dental Care

It is important to remember that the TRICARE medical benefit does **not** cover routine, preventive, restorative,

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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 and federal regulation. Changes to TRICARE programs are continually made as public law and/or federal regulation are amended. **Military treatment facility guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

Adjunctive Dental Care Covered Under TRICARE Prime

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emergency, prosthodontic or periodontic dental care that is not related to a medical condition. Some examples of services that are **not** covered include:

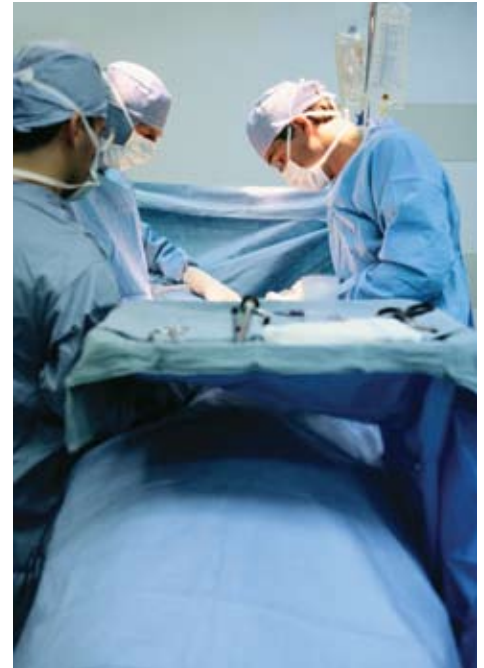
- Routine dental care and cleanings
- Treatment of gum disease
- Extraction of teeth, including impacted wisdom teeth
- Provision of implants, crowns, dentures and bridges
- Treatment of poor dental health resulting from certain diseases (e.g., congenital syphilis, rickets)

However, you may receive these types of dental services through military dental treatment facilities or by enrolling in one of two TRICARE dental benefits—

the TRICARE Dental Program or the TRICARE Retiree Dental Program. Visit www.tricare.mil/dental for more information about enrollment.

Emergency Dental Care

TRICARE may cover the removal of broken teeth following an accident, if removal is necessary to treat facial trauma resulting from the accident. However, care for accidental injury **only** to the teeth is considered non-adjunctive dental care and is **not** covered by your TRICARE medical coverage. If only the teeth are damaged, or if teeth are lost (i.e., knocked out) during the accident, treatment and replacement are not covered by TRICARE Prime. ■



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When an individual begins to lose this ability, it is one indication of a need for help.

Behavioral health conditions may be caused by something physical, such as a chemical imbalance in the brain. Additionally, stress or problems with family, work or school can be triggers. While the causes of behavioral health conditions may vary, a key to emotional health is the ability to cope with stress and problems. Many treatments focus on developing and practicing coping skills and using them to improve daily functioning.

According to the National Institute of Mental Health, an estimated 26.2 percent

of Americans age 18 and older—more than one in four adults—experience diagnosable behavioral health disorders in a given year. Conditions such as depression, phobias, bipolar disorder, schizophrenia and many others are real diseases that require treatment. More than 90 percent of people who commit suicide have diagnosable behavioral health disorders.

The stress of military life can take a toll on the mental health of military families. However, the social stigma associated with behavioral health conditions often prevents people from seeking help.

Finding information and getting help through TRICARE is now easier than ever. TRICARE covers mental and behavioral health care that is medically or psychologically necessary for treatment of behavioral health disorders. There are many organizations and

programs to contact for help with everyday issues and behavioral health concerns. If you are looking for help, visit www.tricare.mil/mentalhealth to find news articles, self-assessment programs, behavioral health flyers and brochures, and other resources.

The Web-based TRICARE Assistance Program (TRIAP), which launched in August 2009, uses evolving telecommunications technologies to bring behavioral health counseling, assistance, support and services conveniently into the homes of active duty service members, their spouses and other eligible beneficiaries. For more information, visit the TRIAP Web site at www.tricare.mil/TRIAP or your regional contractor's Web site.

If you or someone you care about needs help, don't wait until the situation worsens. Seek help now. ■

Humana Military Opens TRIWORLD to Beneficiaries

In partnership with Second Life®—a three-dimensional virtual world created by Linden Lab—Humana Military Healthcare Services, Inc. is excited to introduce TRIWORLD to beneficiaries in the TRICARE South Region. TRIWORLD is an online virtual community that allows military families to stay connected when separated due to deployment or active duty obligations.

Access to TRIWORLD is free for active duty service members and their families, as well as retirees and their families. Using TRIWORLD will allow you to create and control your very own online, personalized character called an “avatar.” Once your avatar has been created, you’ll be able to interact with your loved ones and do many everyday “real-world activities” like talking, hugging, walking and dancing.

As a TRIWORLD user, you’ll be able to visit your family in these five virtual settings:

- **Welcome Center**—Provides information about your virtual world and TRICARE health care coverage
- **Tropical Island**—Allows you to enjoy water and beach activities like windsurfing or picnicking
- **Neighborhood**—Includes features like individual homes and an interactive soccer field
- **Overseas Military Base**—Enables military members to show families their overseas living and work environments
- **Conference Center**—Offers private meeting and press rooms

Since you’ll be able to interact in real time and in various “real-world” settings, TRIWORLD allows you

to communicate more intimately than you can by using the telephone, e-mail or instant messaging. You’ll be able to discuss medical benefits, share experiences and enjoy activities and special events—almost like you were there in person.

This virtual, closed environment is available to TRICARE South Region beneficiaries 24 hours a day, seven days a week, to accommodate all time zones. Second Life consultants are also available to provide you one-on-one support, any time of the day or night.

To learn more, go to www.humana-military.com and click on the TRIWORLD link today! ■



Receive *TRICARE Health Matters* Electronically



Humana Military Healthcare Services, Inc. (Humana Military) would like to remind you that you can receive *TRICARE Health Matters* newsletters and bulletins, as well as other TRICARE news and alerts, via e-mail. E-mail enables timely delivery of important updates, provides an electronic record of all materials and offers immediate access to newsletters and bulletins from anywhere in the world. It also means we are using less paper and reducing our impact on the environment.

To set your e-mail preferences, visit Humana Military’s Web site at www.humana-military.com and click on the “Beneficiary” tab. Then, select the “Email Preference” link located in the “Quick Links” box and follow the prompts. ■

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



TRICARE Plus for Dependent Parents

Your dependent parents may be able to receive primary care at military treatment facilities (MTFs) on a space-available basis through TRICARE Plus. This program allows your dependent parents or parents-in-law to enroll at the MTF to receive primary care services.

Eligibility for TRICARE Plus is decided by the uniformed services and updated in the Defense Enrollment Eligibility Reporting System (DEERS). If you would like more information about the program, you should contact your MTF's Point of Contact for TRICARE Plus.

Under TRICARE Plus, your dependent parents or parents-in-law are assigned primary care managers (PCMs) at the MTF. They have access to primary care appointments with similar access standards to TRICARE Prime enrollees, which guarantees routine appointments within one week. However, they are not eligible to participate in TRICARE Prime, TRICARE Standard and TRICARE Extra, or TRICARE for Life.

TRICARE Plus does not guarantee access to specialty care at the MTF, but enrollees may receive specialty care on a

space-available basis. **Note:** The MTF does not pay for any care received outside of the MTF.

Another TRICARE benefit for dependent parents or parents-in-law is the ability to fill prescriptions at MTF pharmacies. Pharmacy services are available at MTFs even if the facilities have no TRICARE Plus enrollment available. **Note:** In order to fill a prescription, the medication must be stocked at the MTF as part of the formulary of available drugs.

TRICARE Plus is not available at all MTFs. Commanders review enrollment in TRICARE Plus annually and determine the number of TRICARE Plus enrollees their MTFs can handle. Enrollees may then be continued or disenrolled from the program. Additionally, TRICARE Plus is not a portable benefit, meaning that enrollment at one MTF does not guarantee access at another.

For more information about TRICARE coverage for dependent parents, including TRICARE Plus and pharmacy services, call Humana Military Healthcare Services, Inc. at 1-800-444-5445 or visit www.humana-military.com. ■