

An Apple a Day ...

Stay Healthy with TRICARE's Clinical Preventive Services

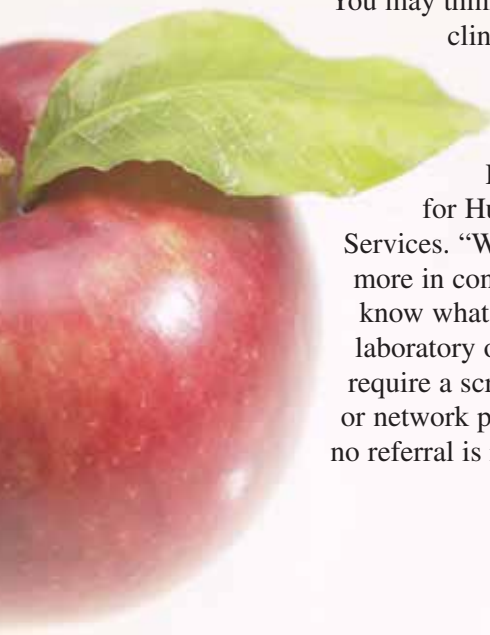
One of the best and easiest ways for you to maintain a healthy lifestyle is to take advantage of the clinical preventive services offered through TRICARE Prime.

As a TRICARE Prime beneficiary, you can receive a wide array of clinical preventive services from any network provider without a referral from your primary care manager (PCM). There is no copayment for clinical preventive services when the care is received from TRICARE network providers (or, when approved, from non-network providers).

If your PCM does not offer these services, you can receive them from any network provider without a referral. If you live in an area where there is no network provider for a specific service, you will need a referral from your PCM.

If you receive clinical preventive services from a non-network provider without a referral, this will result in higher out-of-pocket costs for you under the point of service option.

“You may think you need a referral for clinical preventive services, but you don’t,” said Brenda Kissinger, regional manager, Population Health/Case Management for Humana Military Healthcare Services. “We want beneficiaries to be more in control of their health care and know what’s available to them.” Some laboratory or radiology tests may require a script or order from the PCM or network provider to access care, but no referral is required.



continued on page 2

New Survivor Benefits Take Effect

Surviving spouses and children of members who served on active duty for 30 days or more, and who died during that service on or after Oct. 7, 2001 are now eligible for extended TRICARE benefits.

If your qualifying active duty sponsor dies, you are eligible for TRICARE as an active duty family member for three years without interruption as long as your information in the Defense Enrollment Eligibility Reporting System (DEERS) is correct. This means your TRICARE Prime and TRICARE Prime Remote for Active Duty Family Members (TPRADFM) costs will not increase, and your coverage will not change unless you change your program option. During this time, you will be considered a “transitional survivor.”

During the transitional survivor period, eligible children and surviving spouses can enroll in TRICARE Prime, TPRADFM, Overseas Prime and Global Remote. Normal TRICARE Prime enrollment rules apply.

Dependent Children

The new policy, effective Nov. 1, 2006, allows the deceased sponsor’s minor children and unmarried dependent children to remain in transitional survivor status at the active duty payment rate. This transitional status continues until the children reach age 21, or up to age 23 if they are enrolled full-time in a college or other institute of higher learning

Note: For benefits to continue to age 23, a child must have been receiving more than 50 percent of their financial support from their sponsor at the time of their death. A child with a disability may remain eligible for TRICARE beyond the normal age limits. Call DEERS at 1-800-538-9552 for questions about eligibility.

continued on page 2



An Apple a Day ...

continued from page 1

The following are some of the services that are available as part of TRICARE's clinical preventive services:

- Eye exams—TRICARE Prime beneficiaries, including retired service members and their families, are eligible for one comprehensive eye exam by an ophthalmologist or optometrist every two years. Active duty family members, whether enrolled in TRICARE Prime or not, are eligible for one eye exam in any calendar year. Diabetics at any age should have a comprehensive eye exam at least once a year.
- Immunizations for age-appropriate doses of vaccines, as recommended by the Centers for Disease Control and Prevention, are covered.
- School physicals are covered for children, ages 5-11, if required in connection with school enrollment.
- Well-child services are covered for beneficiaries from birth to age 6; including visits, immunizations and vision screening.
- Cancer screening examinations and services for breast cancer, cancer of the female reproductive organs, colorectal cancer and prostate cancer are covered.

You can make an appointment to receive all of the services listed above without a referral from your PCM.

Additionally, during these visits you may also receive other health promotion and disease prevention services. Some of these services include screenings for: testicular, skin, oral cavity and thyroid cancer; infectious diseases including tuberculosis and rubella; and cardiovascular disease.

For more information about clinical preventive services, including recommended time frames, talk to your PCM or refer to the "Covered Benefits, Limitations, and Exclusions" section of your *TRICARE Prime Handbook*. ■

New Survivor Benefits Take Effect

continued from page 1

Transitional survivors are also eligible for active-duty-specific programs such as the Extended Care Health Option (ECHO) and hearing aids. Eligibility for these additional programs and benefits is retroactive to Oct. 7, 2001, or the day TRICARE implemented the program, whichever is later.

TRICARE is now reprocessing medical claims originally paid at the retiree payment rate at the new transitional survivor active duty family member payment rate. Please contact (Health Net, Humana Military or TriWest) if you feel you are due a refund of enrollment fees, cost-shares or copayments paid at the retiree rate.

Surviving Spouse Benefits after Three Years

At the end of the three-year transitional survivor benefit period, a surviving spouse's TRICARE coverage continues with some changes. If you are currently enrolled in TRICARE Prime, you will need to re-enroll and begin paying annual enrollment fees to continue TRICARE Prime coverage. **Note:** TPRADFM is not available after the three-year period. Therefore, if you are enrolled in TPRADFM, you will need to enroll in TRICARE Prime (if available) and may need to choose a new primary care manager. If the spouse is not in a Prime service area, coverage continues under TRICARE Standard. If you do not want to enroll or re-enroll in TRICARE Prime, you will be covered by TRICARE Standard and TRICARE Extra. Children continue to be covered under TRICARE Prime until they "age-out" as described above, even if the time exceeds three years. ■

Humana Military Wants to Help You Maintaining Effective Continuity of Care

Over the past several months, you may have received a message on your voice mail similar to, "This is a representative from Humana Military Healthcare Services. I'm calling regarding information services for [your name]. Please call our offices at 1-877-486-7961. Thank you for choosing TRICARE; we look forward

to serving you." Given the vague nature of the message, you may have deleted it and moved on to the next item in your in-box.

However, the next time you receive such a message, please return the call to ensure your care is coordinated appropriately. When you call, you will

be connected with a member of Humana Military's beneficiary services team who will help you schedule your referral appointment with a specialist—while you're on the phone. Even if you have already scheduled your appointment, please call us back.

continued on page 3

Humana Military Wants to Help You

Maintaining Effective Continuity of Care

continued from page 2

Giving us the date of your specialist appointment is important—because it lets us know that your care is progressing and keeps us informed in case we need to follow up with your provider regarding the care you received.

You may be wondering: Why is Humana Military interested in helping me schedule my appointment with the specialist? The answer is: we want to maintain an effective partnership between your primary care manager

and the specialist to whom you've been referred. This partnership leads to what we call "continuity of care," which can lead to better diagnoses and treatments that are more effective.

According to Robin Barnett, operations manager for Humana Military, "We think this new program is a win-win situation for everyone. The beneficiary gets prompt attention to his or her medical needs, and we can immediately update our records

concerning the referral and the resulting appointment."

So, the next time you listen to your phone messages and hear a message from one of our representatives, please take a moment to return the call. Most likely, this person will save you some time and make it easier for you to get the quality medical care you need and deserve. ■

April is Alcohol Awareness Month

Did you know that nearly half of all Americans over the age of 12 drink alcohol?

In addition, alcohol abuse is a major cause of a variety of health conditions like liver and heart disease, cancer and inflammation of the pancreas as well as social and mental health problems like drunk driving, violence and depression.

As a result, alcohol abuse is responsible for the deaths of more than 75,000 Americans each year.

Yet, there is hope. By recognizing the symptoms of alcohol abuse, the signs of dependence and looking for ways to get treatment, those affected can lead healthy, full and productive lives.

What are the signs of alcohol abuse?

- Failure to fulfill major work, school or home responsibilities
- Drinking in dangerous situations e.g., while driving or operating heavy machinery
- Developing recurring alcohol-related legal problems e.g., arrests for drunk driving or violence

Is alcohol abuse the same as alcoholism?

No. Alcoholism refers to a chemical dependence. Signs of alcohol dependence are more severe and include:

- Craving alcohol and the inability to limit drinking
- Physical illness upon quitting
- Needing to drink more

It is important to remember that alcohol abuse and alcoholism are not unique to any one group of people. They affect all ages, races and classes. However, in most cases, with education and intervention most people with alcohol addiction are able to recover.

Here are some surprising facts about alcohol usage:

- It is the leading contributor to deaths in young adults.
- Ten percent of college students are heavy drinkers; two out of five binge drink (consume large quantities of alcoholic beverages in a single session).
- One in 12 women continue drinking while they are pregnant.
- Nearly 80 percent of all active duty service members regularly consume alcohol.
- Over 12 percent of military personnel have symptoms of alcohol dependence.
- By 2020, more than four million seniors will struggle with addictions to alcohol or other drugs.

If you feel that you or someone you love may have a problem with alcohol, talk with your doctor.

Additional information can be found on the National Institute on Alcohol Abuse and Alcoholism Web site at www.niaaa.nih.gov or the Substance Abuse and Mental Health Services Administration Web site at www.samhsa.gov. ■

TRICARE HealthMatters

Humana Military Healthcare Services, Inc.
500 West Main Street
P.O. Box 740062
Louisville, KY 40201-7462

CONTACTS

Humana Military Healthcare Services, Inc.
1-800-444-5445
www.humana-military.com

PGBA, LLC (claims)
1-800-403-3950

ValueOptions (behavioral health)
1-800-700-8646

Pharmacy Customer Service
1-866-DoD-TRRX (retail)
1-866-DoD-TMOP (mail order)
www.express-scripts.com/TRICARE

National TRICARE Web Sites
www.tricare.mil
www.tricareonline.com

Update DEERS
1-800-538-9552
www.tricare.mil/deers/default.cfm

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



TRICARE and DeCA Partnership Helping Shoppers Make Healthy Food Choices

During the past two years, TRICARE has been working with the Defense Commissary Agency (DeCA) on the “curb obesity” portion of TRICARE’s “Healthy Choices for Life” campaign. You may have noticed the eye-catching shelf tags with key messages from the Dietary Guidelines for Americans the last time you visited your local commissary. These tags are just one part of DeCA’s sister campaign, “It’s Your Choice, Make it Healthy.” Other activities include industry-sponsored health screening events at stateside commissaries where licensed professionals check blood pressure, cholesterol and body mass.

DeCA has now “officially” added a dietitian to its outreach staff by activating Army Reserve dietitian Maj. Karen Fauber. Some of the

initiatives planned for Spring 2007 include an “Ask the Dietitian” feature on the DeCA Web site at www.commissaries.com and increased visibility for the recently revamped “5 A Day for Better Health” program, which focuses on fruits and vegetables.

Many commissaries have dietitians who conduct nutrition tours and offer advice on healthy shopping and eating habits. Commissaries have added whole grain products, numerous organic options and more high-quality, fresh produce—all at savings of 30 percent or more.

The partnership has also expanded the TRICARE Healthy Choices campaign with the annual celebration of “Family Day—A Day to Eat Dinner with Your Children.” Family Day focuses on frequent family dinners as a way to reduce substance abuse in children.

Family dinners mean family involvement.

“This was a natural tie-in to our Healthy Choices partnership with DeCA, which addresses alcohol abuse, tobacco use, healthy eating and active living to combat obesity,” said Dian Lawhon, director, Communications and Customer Service Directorate, TRICARE Management Activity. “DoD and TRICARE are committed to encouraging healthy choices. Families that are actively involved in the lives of their children have a profoundly positive effect on their development, health and well-being.”

Family Day is celebrated on the fourth Monday of September, but please don’t wait until then. When it comes to good health and healthy families, *every day* can be a family day! ■