

Clinical Preventive Services for Men's Health

June is National Men's Health Month, and it's a great opportunity to promote screenings for early detection and treatment of diseases. Your TRICARE patients are eligible for a range of clinical preventive services. From cardiovascular-disease examinations to cancer screenings, these services are recommended based on age, health history and family history.

Some of the clinical preventive services covered by TRICARE Prime and TRICARE Standard include:

Cardiovascular-disease testing:

- Cholesterol lipid panel at least every five years
- Blood pressure screening every two years

Cancer screenings:

- Annual testicular cancer physical exam for males ages 13–39 with a history of cryptorchidism, orchiopexy or testicular atrophy
- Annual prostate cancer physical examination and prostate-specific antigen test:
 - For all men age 50 and older
 - For men age 45 and older with a family history of prostate cancer in at least one family member
 - For all African-American men age 45 and older
 - For all African-American men age 40 and older with a family history of prostate cancer in two or more family members
- Annual colorectal cancer physical examination

TRICARE Prime

TRICARE Prime beneficiaries (excluding active duty service members) may receive clinical preventive services from any network provider without referrals or prior authorizations. If a clinical preventive service is not available from a network provider, the beneficiary may receive the service from a non-network provider with a referral from his primary care manager and authorization from his regional contractor. TRICARE

Prime beneficiaries may receive one comprehensive clinical preventive examination during each of the following age ranges: 2–4, 5–11, 12–17, 18–39 and 40–64.

TRICARE Standard

TRICARE Standard beneficiaries may receive clinical preventive services from any TRICARE-authorized provider. Comprehensive clinical preventive examinations are covered if they are provided in connection with a visit for immunizations or exams for colon and prostate cancer.

Reminding your patients to schedule regular checkups, screenings and clinical preventive services will help them lead healthier lives. For additional information and updates on clinical preventive services, visit TRICARE's Web site at www.tricare.mil or Humana Military Healthcare Services, Inc.'s Web site at www.humana-military.com. ■



Inside This Issue ...

- Health Care Transparency
- Early Screening Can Prevent and Treat Substance Abuse
- Reminder About Medicare Claims and Reimbursements
- Update on Consumer Bill of Rights and Responsibilities
- Humana Military's Preventive Screening Campaign



Health Care Transparency

TRICARE is taking steps to increase transparency of its programs, costs and operations for beneficiaries. TRICARE’s Web site, www.tricare.mil, provides clear, concise information on pricing, efficiency, quality and information technology related to TRICARE programs, which can help you and your TRICARE patients find and share information.

You can support TRICARE’s transparency efforts, featured at www.tricare.mil/transparency, by informing beneficiaries about the TRICARE Web site and encouraging them to refer to it for policy changes and updates, answers to their inquiries and additional information on their health care benefits. Beneficiaries new to TRICARE—as well as those in or approaching deployment or post-deployment transitions—will find the Web site especially helpful as they consider their health care options.

The Web site provides succinct, easy-to-find information available in English and Spanish. Several drop-down menus on the home page guide beneficiaries to program-specific

information about TRICARE Prime, TRICARE Standard and TRICARE Extra, TRICARE Reserve Select, TRICARE For Life, US Family Health Plan, the TRICARE Dental Program, the TRICARE Retiree Dental Program and the TRICARE Pharmacy Program. Users can review TRICARE program options, topic-specific information (e.g., costs, quality) about their benefits or general information about TRICARE’s capabilities and processes (e.g., TRICARE’s use of information technology to maintain electronic health records). “Fast Facts” appear on many pages to highlight important information.

If you or your TRICARE patients want more details, there are links to outreach initiatives, TRICARE survey results and quarterly performance trend data. The site also allows users to submit feedback on TRICARE programs and processes.

The TRICARE Web site can help contribute to increased beneficiary satisfaction and, ultimately, promote stronger beneficiary-provider relationships. ■

Early Screening Can Prevent and Treat Substance Abuse

Service members and their family members—including spouses or even children and adolescents—may turn to alcohol or drugs to help cope with deployments or everyday stresses, such as economic struggles and family challenges. In some cases, this behavior can lead to either substance abuse or dependence in both. Screening for alcohol and substance abuse is an integral component of an initial evaluation, and you should continue intermittent screenings throughout treatment.

One widely accepted screening test for alcohol abuse is the CAGE questionnaire, which consists of the following four questions:

1. Have you ever felt you should **cut down** on your drinking?
2. Have people **annoyed** you by criticizing your drinking?
3. Have you ever felt bad or **guilty** about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**eye-opener**)?

The RAFFT screening tool is used to test for substance abuse. It consists of five short questions:

1. Do you drink or use drugs to **relax**, to feel better about yourself, or to fit in?
2. Do you ever drink or use drugs while you are by yourself, **alone**?
3. Do you or any of your closest **friends** drink or use drugs?

4. Does a close **family** member have a problem with alcohol or drug use?
5. Have you ever gotten into **trouble** from drinking or drug use?

A positive answer to any of these questions could signify a problem that should be explored further.

Substance abuse is a comorbid condition, affecting individuals who often have other behavioral and physical conditions, including depression, combat-stress reaction and chronic pain. Substance abuse can be a factor in suicide attempts and completed suicides. TRICARE and Humana Military Healthcare Services, Inc. encourage all primary care and specialty providers to be vigilant in screening for alcohol and other substance abuse and to make appropriate behavioral health referrals as necessary. ■



Reminder About Medicare Claims and Reimbursements

Throughout the year, TRICARE makes every effort to follow Medicare's coding updates and reflect Medicare reimbursements where applicable. Medicare typically has an annual update for Current Procedural Terminology (CPT®) codes that occurs on or around Jan. 1. TRICARE reviews, endorses and implements updates to CPT codes within the first quarter of the new year on a "going forward" basis. Any new codes introduced on Jan. 1 will have a Jan. 1 implementation date. Other code updates or prospective payment system updates may occur quarterly or during an interim update in mid-July. Diagnosis-related group and ambulatory surgery center grouper changes and updates follow the new fiscal year beginning Oct. 1.

TRICARE has a "Rates and Reimbursements" Web page at www.tricare.mil/tma/Rates.aspx, where you will find codes from the current and previous year, as well as reimbursement levels for most methodologies, particularly the CHAMPUS Maximum Allowable Charge or TRICARE Maximum Allowable Charge where applicable. For some categories, including durable medical equipment, prosthetics, orthotics and supplies (DMEPOS), TRICARE directs you to the Medicare DMEPOS rates. All rates are based on 100% of the TRICARE-allowable charge.

The TRICARE Web site also provides downloadable files for the current year's rates and can assist you in determining if a service or code is allowed or if it is part of the government's no-pay list. The no-pay list contains services and procedures not yet approved, which tend to be in the experimental stage or not recognized as allowed under TRICARE.

When developing claims for TRICARE, your office should be aware of what services are covered and whether or not a referral is needed for TRICARE Prime patients.

To find more information, use the "Code Look-Up" feature on Humana Military Healthcare Services, Inc.'s (Humana Military's) Web site at www.humana-military.com.

You should also be aware that TRICARE Prime beneficiaries can choose to pay out of pocket for services or procedures that are flagged as "non-covered." However, be sure to have the patient sign a *TRICARE Non-Covered Services Waiver* form **prior** to performing the service. This does not apply to covered services that are rejected or denied for other reasons. You can locate the waiver form on Humana Military's provider portal. Click on "Tools & Resources" and then select "Provider Forms." If you have any questions concerning this form, please refer to your *TRICARE Provider Handbook*. ■

Update on Consumer Bill of Rights and Responsibilities

Patients in the United States, including TRICARE beneficiaries, are becoming more aware and informed about health care choices, preventive services and new programs designed for disease prevention and disease management. Following the release of the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry's "Consumer Bill of Rights and Responsibilities" report, provider information and performance transparency are gaining momentum and becoming more prevalent throughout the health care community. Due to the need to comply with the provisions of the Consumer Bill of Rights as it relates to health care, the health care industry is expected to support the transparency movement with regard to provider education, board certification, quality measures and patient satisfaction.

TRICARE's regional contractors are responsible for offering a network of credentialed providers and accredited facilities. Humana Military Healthcare Services, Inc. (Humana Military) enforces consumer protections on behalf of TRICARE, ensuring our provider network meets all requirements. Our oversight incorporates monitoring and reporting on quality measures and customer satisfaction.

TRICARE beneficiaries and providers can use the "Find a Provider" tool on Humana Military's Web site to find information about TRICARE's provider network in the South Region, including details on locations, hospital-admitting privileges, languages and other relevant demographics information. Visit www.humana-military.com to use this tool.

Over the next few months, the provider locator will display provider education, board certification, years in practice, facility accreditation level and available consumer satisfaction data. This information will offer greater opportunities for TRICARE beneficiaries to make informed choices. ■



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www.myTRICARE.com

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1-800-700-8646

TRICARE Pharmacy Program
1-877-363-1303
www.express-scripts.com/TRICARE

TRICARE Web Site
www.tricare.mil



Humana Military's Preventive Screening Campaign

According to the Centers for Disease Control and Prevention, cancer is the second-leading cause of death in the United States, with lung cancer, colorectal cancer and breast cancer ranking first, second, and third, respectively. The American Cancer Society® found that death rates due to colorectal, breast and cervical cancers are declining, which suggests that screening and early detection work. To help raise awareness about the importance of preventive cancer screenings, Humana Military Healthcare Services, Inc. (Humana Military) has launched a collaborative campaign with providers to increase screening rates among beneficiaries.

To help you meet this important goal, Humana Military will send letters to TRICARE primary care managers in the South Region containing a list of TRICARE patients who may be due for breast or colorectal cancer screenings. We will also send individual reminder sheets to place in each beneficiary's chart.

You are encouraged to use this information to contact your patients and remind them they are due for preventive screenings.

TRICARE covers annual mammograms for women beginning at age 40. For colorectal cancer screening, TRICARE covers annual fecal occult blood testing, proctosigmoidoscopy or sigmoidoscopy every three to five years, or colonoscopy every 10 years for those age 50 and older. No referrals are required for clinical preventive services administered by network providers or at military treatment facilities.

Humana Military's Web site offers several interactive learning modules designed to enhance providers' preventive skills and knowledge. These modules offer free continuing medical education credits.

For more information, visit the provider portal of Humana Military's Web site at www.humana-military.com. ■