

*The Doctor is in ...*  
**Seeing Is Achieving**

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**W**e all know the old phrase, “seeing is believing,” but when it comes to early childhood education, “seeing is achieving.” Much of what

children learn in school is presented visually, so undiagnosed vision problems can lead to poor academic performance.

According to the American Academy of Pediatrics (AAP),<sup>®</sup> vision disorders are the fourth most common disability among children in the United States and the leading cause of impaired vision in childhood. The AAP estimates that only 21 percent of all preschool children are screened for vision problems and only 14 percent receive comprehensive vision exams.

It is important to have children screened for vision issues that can affect them in the classroom and for the rest of their lives. The American Public Health Association recommends children get eye exams at ages 6 months, 2 years, 4 years and every other year while they are in school, unless there is a medical reason for more frequent visits.

Routine eye exams ensure eye health and detect nearsightedness (problems seeing at a distance), farsightedness

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## Back-to-School Physicals and Well-Child Care



If you are a parent with young children, “back to school” can mean “back to the doctor’s office” for annual school required physicals. School physicals are often required to help ensure that children enter the classroom in good health, with up-to-date immunizations and free

of any diseases that could pose a risk to classmates. For children age 5–11, TRICARE covers annual physicals and immunizations required in connection with school enrollment. Parents should note that TRICARE does **not** cover sports or camp physicals.

If your child requires a sports or camp physical, you may be required to submit a *Request For Non-covered Services* form to your provider. By completing this form, you acknowledge that you will be paying for the non-covered service. The form is available on the Humana Military Healthcare Services, Inc. (Humana Military) Web site at [www.humana-military.com](http://www.humana-military.com).

TRICARE also provides well-child care for eligible children from birth to age 6. The well-child benefit includes routine newborn care, comprehensive health-promotion and disease-prevention exams,

vision and hearing screenings and routine immunizations (according to the Centers for Disease Control and Prevention guidelines), and developmental assessment (according to the American Academy of Pediatrics<sup>®</sup>).

For well-child care, there are no copayments or cost-shares. To learn more about TRICARE’s school-physical coverage and well-child benefit, visit [www.tricare.mil](http://www.tricare.mil) or Humana Military’s Web site. ■

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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 regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations 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.

## You Can Quit Smoking and TRICARE Can Help

**T**RICARE is dedicated to the health of its beneficiaries and provides assistance to those who want to quit smoking. On June 14, 2010, TRICARE and Humana Military Healthcare Services, Inc. (Humana Military) launched a toll-free quit smoking line that is available 24 hours a day, 7 days a week to provide coaching to beneficiaries seeking assistance with quitting.\*

*\* The quit smoking line is available to all TRICARE beneficiaries who are not eligible for Medicare.*

Humana Military's Quit Smoking line is part of the Department of Defense and TRICARE-sponsored tobacco cessation campaign, which offers a variety of online tools and resources to help you quit, including live chat and a step-by-step quit plan. Visit [www.ucanquit2.org](http://www.ucanquit2.org) for more information. ■

**Call: 1-877-414-9949**

## Save Money with the TRICARE Mail Order Pharmacy

**T**he TRICARE Mail Order Pharmacy is your least expensive option for filling prescriptions when not using a military treatment facility (MTF) pharmacy. The Mail Order Pharmacy allows you to receive up to a 90-day supply of your maintenance medications through home delivery for the same price as a 30-day supply filled at your local retail network pharmacy.

You will need a prescription and a valid uniformed services identification card or Common Access Card to fill Mail Order Pharmacy prescriptions. You can order by mail, phone, fax or online and prescriptions are delivered with free standard shipping. The Mail Order Pharmacy also provides convenient e-mail notifications about order status and refill reminders, and provides assistance with renewing expired prescriptions.

### Costs

Beneficiaries are responsible for the following copayments for up to a 90-day supply of medications: \$3 (generic), \$9 (brand-name), and \$22 (non-formulary).

### Converting Maintenance Prescriptions

If you would like to convert a current maintenance prescription to the Mail Order Pharmacy, call the Member Choice Center at 1-877-363-1433, or use the online tool at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) by clicking "get started with Home Delivery." ■

### The Doctor is in ... Seeing is Achieving

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(problems seeing close up) and astigmatism (an irregularly shaped cornea). Routine exams test for vision problems that may interfere with a child's vision development and academic performance.

Amblyopia, also known as lazy eye, is the most common cause of vision impairment in children according to the Centers for Disease Control and Prevention. In people with amblyopia, the vision in one eye is reduced because the eye and brain are not working together. Left uncorrected, amblyopia may lead to functional blindness in the affected eye. Although there is sight

in the lazy eye, the brain "shuts off" this eye because of blurred vision. The brain then elects to see only with the strong eye.

Strabismus, also known as crossed eyes, is caused by a lack of coordination between the eyes. According to the National Institutes of Health, this leads to eyes that do not focus at the same time on a single point. Strabismus is the most common cause of amblyopia.

Some signs a child might have vision difficulties are:

- Squinting, closing or covering one eye
- Holding reading materials close to the face
- Sitting closer than expected to the television or computer screen
- Losing his or her place while reading

- Headache, nausea or dizziness
- Excessive clumsiness
- Performing below potential

Through the well-child benefit, TRICARE covers children (regardless of plan) for one eye and vision screening at birth and age 6 months by their primary care provider. It also covers one routine eye examination by an ophthalmologist or optometrist every two years beginning at age three. The routine eye exams offered between the ages of three and six should include screening for amblyopia and strabismus. After age 6, the children of active duty service members can begin receiving an annual eye exam and the children of retirees enrolled in TRICARE Prime can receive one every two years. ■

## The Warrior Navigation and Assistance Program Helps Wounded Warriors and Their Families

Living with a traumatic injury or illness can be difficult. These catastrophic conditions not only negatively impact the affected warriors, but also their family members. That is why Humana Military Healthcare Services, Inc. introduced the Warrior Navigation and Assistance Program (WNAP) to support injured or ill active duty service members and activated National Guard and Reserve members and their families.

The WNAP offers information and guidance to wounded warriors and their families who are navigating the Military Health System (MHS) to receive care, and assists those who are in transition from the MHS to the civilian health care system. Injured or ill warriors and their family members receive person-to-person guidance and access to this advocacy unit, which is specially trained to address the unique challenges that many wounded warriors face.

One example of the excellent services the WNAP provides is the case of a 40-year-old Naval reservist who fell off a tank while deployed and injured his neck, shoulder and back. After returning to the United States and spending 12 months in a Naval hospital, WNAP coordinated the transition of treatment, enrollment and billing for his return home. The WNAP also arranged for transportation to and from his new rehabilitation facility and located community resources to provide the service member with a custom wheelchair and much-needed home modifications.

Call the WNAP's toll-free number at 1-888-4GO-WNAP (1-888-446-9627) or visit [www.humana-military.com](http://www.humana-military.com) if you or a loved one is in need of these services. ■



# 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



## Convenient Clinic Care May Still Need a Referral

**W**hen you or your family members need urgent care that your primary care manager (PCM) cannot provide, you should know that Humana Military Healthcare Services, Inc. (Humana Military) has contracted with MinuteClinics,<sup>®</sup> which are located in many CVS/pharmacies.<sup>®</sup> MinuteClinics provide vaccinations, preventive services and care for some common illnesses such as earaches, fevers and rashes (*see the Referral Requirements section below*). Visit the MinuteClinic Web site at [www.minuteclinic.com](http://www.minuteclinic.com) for more information.

TRICARE beneficiaries sometimes seek other treatment options for this level of care; such as at emergency rooms or urgent care centers. However, emergency rooms and urgent care centers often require long waits and can result in higher cost-shares and copayments than a visit to a PCM or MinuteClinic.

### MinuteClinic Services

MinuteClinics are staffed with board-certified nurse practitioners specializing in family healthcare. They provide (*with physician oversight*) preventive vaccines, some screening tests and treat common illnesses on a walk-in basis. MinuteClinics do not replace your PCM, but they can be a convenient alternative for these services when your PCM is not available.

MinuteClinic nurse practitioners will typically send TRICARE beneficiaries back to their PCMs after visits for any follow-up care.

### Referral Requirements

Active duty service members cannot be seen at MinuteClinics without referrals. All other TRICARE Prime enrollees can seek care with no referrals for vaccinations or other preventive services. However, if you or a family member goes to a MinuteClinic for anything other than a clinical preventive service, you should contact your PCM to obtain a referral. Copayments and cost-shares apply.

### Locating a MinuteClinic

MinuteClinics are located at select CVS pharmacies across the South Region. To locate a MinuteClinic near you, visit [www.humana-military.com](http://www.humana-military.com), click on "Find a Provider," then search by Specialty/Facility, and select "Facilities, Clinics or Other Healthcare Services," where you can search by ZIP code, city or state. ■