

The Doctor is in ...

Focus on Prescription Drug Misuse

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According to the National Institute on Drug Abuse, prescription drugs are the second-most commonly abused category of drugs, behind marijuana and ahead of cocaine, heroin, methamphetamine and other substances. In 2009, nearly 7 million people in the United States were nonmedical psychotherapeutic drug users. And opiate overdoses, once almost exclusive to heroin use, are now increasingly caused by misuse of prescription painkillers.

While prescription drug abuse is not a new problem, it deserves renewed attention because of its prevalence and how often it affects children:

- After tobacco and alcohol, prescription and over-the-counter medications are the most frequently abused substances by high-school seniors.

- Nearly one in 12 high-school seniors reported nonmedical use of Vicodin and one in 20 reported abuse of OxyContin.
- Fifty-nine percent of 12th graders said the drugs were given to them by a friend or relative.
- Prescription drug abuse is correlated with other risky behaviors including abuse of other drugs and alcohol.¹

There are many health concerns associated with prescription drug abuse. These risks include overdose, drug interactions and the possibility of the drugs falling into the hands of children with allergies, to name just a few.

While opioids, such as codeine, oxycodone and morphine, have improved pain management, they have also become popular drugs for misuse. Central-nervous system depressants, such as barbiturates and benzodiazepines, can lead to overdose and dangerous withdrawal, including seizures. Abuse of stimulants like dextroamphetamine and methylphenidate (commonly used to treat attention deficit hyperactivity disorder and narcolepsy) can cause psychosis, seizures and cardiovascular complications.

1. www.nida.nih.gov/tib/prescription.html

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Save Money with TRICARE Pharmacy Home Delivery

If you currently fill prescriptions for maintenance medications at retail pharmacies, you can reduce your out-of-pocket costs by switching to TRICARE Pharmacy Home Delivery. After military treatment facility pharmacies, mail order prescriptions are your least expensive option, and they offer the convenience of home delivery. You can receive up to a 90-day supply of medications for minimal out-of-pocket costs. Recently, 435,335 prescriptions were filled in one month through home delivery for TRICARE beneficiaries who live in the South Region.

For more information, visit the TRICARE Pharmacy Program website at www.express-scripts.com/TRICARE. You can also call the Member Choice Center at 1-877-363-1433 to transfer existing prescriptions to home delivery. ■

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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.

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Because prescription drugs are legal when properly used, they can often be found in our own medicine cabinets. If you have leftover medications that are not needed, do not flush them down the toilet or drain unless the label or patient information instructs you to do so. For information on drugs that can be flushed, visit the U.S. Food and Drug Administration's website at www.fda.gov/drugs and click on "Resources for You."

To dispose of non-flushable prescription drugs, you may be able to participate in community drug take-back programs or household hazardous waste-collection events, which collect drugs at central locations for proper disposal. Contact your city or county household trash and recycling service and ask if a drug take-back program is available in your community.

If a take-back program is not available, the Office of National Drug Control Policy recommends these simple steps to ensure your no-longer-needed prescription drugs are not improperly used:

- Take the medication out of its original container.
- Mix the drug with an undesirable substance such as cat litter or used coffee grounds.
- Put the mixture into a disposable container with a lid such as an empty margarine tub or sealable bag.
- Conceal or remove all personal information, including the Rx number, with permanent marker, duct tape or by scratching it off.
- Place the sealed container with the mixture and the empty drug container in the trash.²



Advances in medicine allow for management of acute and chronic pain and have improved the lives of many. But some of these medications are potentially addicting. If someone you know is struggling with prescription drug use, please discuss it with your health care provider or use one of the many resources the Department of Defense makes available to service members, retirees and their families. Today, more than ever, health care providers are sensitive to the needs of those struggling with substance use and dependence. TRICARE is here to help!

For information about TRICARE's substance use treatment coverage, please visit www.tricare.mil/mentalhealth. ■

2. www.whitehousedrugpolicy.gov/drugfact/prescrptn_drugs/rx_ff.html

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 Humana Military is using less paper and reducing the impact on the environment.

To set your e-mail preferences, visit Humana Military's website 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. ■

Back to College: TRICARE Prime Offers Split Enrollment

Split enrollment allows eligible family members who do not live with their sponsor to enroll in TRICARE Prime as long as they reside in an area where TRICARE Prime is available. Split enrollment is especially helpful for families with college students, children living with former spouses or families that are otherwise separated.

Children who are TRICARE-eligible based on their sponsor’s status remain eligible until reaching age 21 (or age 23 if enrolled in a full-time course of study at an approved institution of higher learning, and if the sponsor provides at least 50 percent of the financial support). Your college student’s TRICARE Prime coverage ends if his or her Defense Enrollment Eligibility Reporting System (DEERS) record is not updated before reaching age 21. For information on extending benefits for your college student, visit www.tricare.mil/deers.

To use split enrollment, complete and sign a *TRICARE Prime Enrollment Application and PCM Change Form (DD Form 2876)*. Send the form to Humana Military Healthcare Services, Inc. if your family member is moving within the South Region. If your family member is moving to a different region, send the form to his or her new regional contractor at the appropriate address below. The form should be sent within 30 days of the move. You must notify each family member’s regional contractor of the split enrollment status and establish one family enrollment fee, if applicable.

TRICARE Prime enrollments follow the “20th of the month rule.” Applications received by your regional contractor by the 20th of the month will become effective at the beginning of the following month (e.g., an enrollment received by Dec. 20 would become effective Jan. 1). If the application is received after the 20th of the month, coverage will become effective on the first day of the month following the next month (e.g., an enrollment received on Dec. 27 would become effective on Feb. 1).

To use the split enrollment option, you must notify the regional contractor in each region to establish a primary payer, usually the sponsor, if you pay enrollment fees. If your child enrolls separately in TRICARE Prime after arriving at college, and no other family members are enrolled in TRICARE Prime, it is considered a single enrollment. If the child enrolls and there are other family members enrolled elsewhere, your TRICARE Prime family enrollment fee remains the same. Your regional contractors will coordinate enrollment fees and billing statements. Student enrollment in TRICARE Prime is automatically renewed after one year, unless the renewal offer is declined. An unpaid enrollment fee will cause the entire family to be disenrolled. A 12-month lockout will result if you have been disenrolled for non-payment.

Except for emergencies, your college student must receive care from his or her assigned primary care manager (PCM). A uniformed services identification card helps provide proof of coverage, and the TRICARE Prime enrollment card should be shown at the time of care. PCMs must provide specialty care referrals to avoid using the TRICARE Prime point-of-service (POS)* option, which results in higher costs.

If your child does not continue enrollment in TRICARE Prime, he or she will be automatically covered by TRICARE Standard and TRICARE Extra as long as his or her DEERS information is current. Visit www.tricare.mil if you have questions about using TRICARE Standard and TRICARE Extra.

After “aging out” of TRICARE coverage under the sponsor, adult children, until reaching age 26, may be eligible to extend TRICARE coverage by purchasing TRICARE Young Adult, a premium-based health care plan. Visit www.tricare.mil/tya for more information. ■

** The POS option does not apply to active duty service members, children for the first 60 days following their birth or adoption, emergency care, beneficiaries with other health insurance, or the first eight behavioral health outpatient visits per fiscal year to a network provider for a medically diagnosed and covered condition.*

Enrollment Form Mailing Addresses

North Region	South Region	West Region
Health Net Federal Services, LLC P.O. Box 870143 Surfside Beach, SC 29587-9743	Humana Military Healthcare Services, Inc. Attn: PNC Bank P.O. Box 105838 Atlanta, GA 30348-5838	TriWest Healthcare Alliance P.O. Box 43590 Phoenix, AZ 85080-3590

TRICARE HealthMatters

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

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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Warrior Navigation and Assistance Program Helps Wounded Warriors and Their Families

Living with a traumatic injury or illness can be difficult. These conditions not only impact the affected warriors, but also their family members. In response, 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 advocates who are specially trained to address the unique challenges that many wounded warriors face.

For example, in one instance a WNAP Nurse Navigator was able to help a wounded warrior get a specialized piece of

medical equipment that allowed the wounded warrior—a vent-dependent quadriplegic—to be off of the vent for up to 12 hours at a time.

The WNAP provides a range of services, including:

- Medical billing and claims resolution
- Navigating TRICARE, Medicare and Veterans Health Administration health care benefits
- Assistance in locating specialized medical equipment
- Connecting with resources to meet basic needs (e.g., food, shelter, transportation)
- Assistance with transitional care when relocating
- Identifying behavioral health resources

Call the WNAP's toll-free number at 1-888-4GO-WNAP (1-888-446-9627) or visit www.humana-military.com if you or a loved one could benefit from these services. ■