

Every 30 Minutes Someone Dies in an Alcohol-Related Crash

Help Prevent This Avoidable Threat

December is “National Drunk and Drugged Driving (3D) Prevention Month,” an initiative that started as a weeklong awareness effort in 1982 under President Ronald Reagan.

It is easy to see why support for National 3D Prevention Month has grown since then. Some 41 percent of traffic crashes are related to alcohol or drug use, and these accidents kill 17,000 and injure around 600,000 Americans each year (Source: NHTSA 2003).

What can you do to help combat this crisis and make sure that you don’t become a statistic? Get involved with efforts spearheaded by the National Commission Against Drunk Driving (NCADD), a broad-based coalition of public and private sector organizations and other concerned individuals who work together to reduce impaired driving.

NCADD believes that everyone arrested on a DWI/DUI charge should be screened for underlying dependency problems, and recommends ignition interlocks and mandatory substance abuse treatment for repeat offenders. (Visit www.ncadd.com for more information.)

Protect Yourself and Others

The NCADD offers the following suggestions to people who want to help fight impaired driving.

- Always wear your safety belt and be sure children are properly secured in child safety seats.
- Be a responsible host, especially during the holidays. Serve food and have non-alcoholic drinks available. Collect car keys at the outset and don’t return them if you suspect a driver is impaired. Provide designated drivers.

- Never ride in a car with a driver who has been drinking.
- Support measures to strengthen drunk driving and victims’ rights laws by contacting elected officials.
- Report drunk drivers immediately.

Get the Help You Need

TRICARE offers important behavioral health benefits for those who abuse alcohol or drugs, so don’t hesitate to seek treatment if you think you and/or a family member has a problem. Covered treatments include selected hospital and rehabilitation stays, outpatient care, and more. Treatments are subject to prior authorization requirements and other qualifiers, so work with your TRICARE provider to assess and implement the best treatment strategy for your situation. ■

MHS Adjusts Flu Vaccination Priorities

This year, because of the national influenza vaccine supply shortage, the military health system (MHS) has readjusted its priorities for vaccinations.

Vaccinations will be given to those who are considered highest risk first, and will be available to other groups once those highest at risk have received the vaccine. These new priorities for vaccination follow the guidelines recently published by the Centers for Disease Control and Prevention (CDC). Additional doses of the Live Attenuated Influenza vaccine (FluMist) are also being made available to low-risk individuals.

The MHS will not deny the influenza vaccine to any beneficiary who meets the CDC criteria for being at high

risk, although you may be asked to return to the clinic at a later date when sufficient supply is available. This includes those who do not regularly go to MTFs for their care.

Priority Groups

MHS and the uniformed services are taking steps to ensure that beneficiaries are taken care of and that those who are most vulnerable receive the vaccine first.

The following priority groups for vaccination are all considered to be of equal importance:

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Telephone and Web Deliver TRICARE Answers Fast

For all TRICARE beneficiaries in the South Region, there are several ways to get health care information far more quickly and easily than traveling to a TRICARE Service Center:

- Use the interactive voice response (IVR) system available through Humana Military's TRICARE Service Line at 1-800-444-5445.
- Visit Humana Military Healthcare Services' Web site at www.humana-military.com.
- Call the Humana Military audio health library at 1-877-217-7946.

Calling Toll Free

One of the fastest ways to get information is to access Humana Military's IVR system by calling toll free 1-800-444-5445. The IVR system is available 24 hours per day, seven days a week, and its information is updated frequently. You can use the IVR system to find a provider, verify eligibility, check the status of a claim or check the status of a referral.

Checking out the Web

Another way to get information fast is to visit www.humana-military.com. The site covers a wide variety of topics and allows you to find providers by specialty and by ZIP code, get forms, request information, check eligibility,

and verify the status of a claim or a referral or authorization. Information also is available on health and wellness services, TRICARE news, behavioral health care and MTFs in the South Region. A secure area of the site lets you request an enrollment card, print a temporary TRICARE Prime enrollment verification card, request a change in PCM or make an address change.

Using the Audio Health Library

For beneficiaries seeking in-depth information on certain health topics, the audio library is available 24 hours a day, seven days a week, by calling toll free 1-877-217-7946. The audio library contains information on such health topics as asthma, arthritis, allergies, children's health, cancer, diabetes, heart conditions, men's health, women's health and common illnesses.

When You Need Further Assistance

If you've tried all of these quick-service options but still need further assistance, try calling Humana Military's TRICARE Service Line at 1-800-444-5445 during business hours, 8 a.m. to 7 p.m., Eastern Time. Beneficiary services representatives will answer your call and can explain benefits information, help you choose a primary care manager (PCM), assist in navigating the TRICARE system and provide other assistance as needed. ■

MHS Adjusts Flu Vaccination Priorities

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- All children age six months to 23 months
- Adults age 65 years and older
- Those age two to 64 years with underlying chronic medical conditions
- All women who will be pregnant during the influenza season
- Residents of nursing homes and long-term care facilities
- Children age six months to 18 years on chronic aspirin therapy
- Health care workers involved in direct patient care

- Out-of-home caregivers and household contacts of children less than six months old

Deployed or deploying (with orders) service members and others designated as critical to national defense are also considered to be a high-priority group, along with the above list. The next priority group is active duty recruits.

Healthy Habits

Whether you're in a priority group to receive a flu vaccine or not, now is a

good time to be aware of your health habits and do what you can to stop the spread of germs.

For example, when you cough or sneeze, cover your mouth, then wash your hands. Teach your children to do so, as well. This simple precaution alone will help to keep you and your family well this winter.

For regular updates about the influenza vaccination shortage, visit www.tricare.osd.mil. ■

Quick! Is the Baby Covered?

If you have a new little one in your life, or are expecting a child, you know that nothing means more to you than keeping your baby healthy and secure. Here's one essential step: registering your newborn or newly adopted child in DEERS, the Defense Enrollment Eligibility Reporting System.

DEERS is a database that tracks uniformed service members (sponsors), family members and others worldwide who are legally entitled to TRICARE benefits. It is important to register your baby in DEERS and enroll him or her in TRICARE Prime as soon as possible after birth or adoption, but no later than 60 days afterward if you want your son or daughter to avoid a lapse in TRICARE Prime coverage.

After 60 days of not registering in DEERS, your baby becomes covered under TRICARE Standard, which means claims submitted for your baby's care are subject to deductibles and cost-shares—a more costly situation for you. Your baby will continue to be covered under TRICARE Standard until registered in DEERS and enrolled in TRICARE Prime, or until TRICARE

Standard eligibility ends, which is 365 days after birth for any newborn not registered in DEERS.

By promptly registering your baby in DEERS, you ensure maximum coverage for the lowest cost.

How to Register Your Baby in DEERS

To establish TRICARE eligibility for a newborn in DEERS, you must submit a certificate of "live birth" from a hospital or TRICARE-approved birthing center. You must also provide a copy of a verified and approved DD Form 1172 (Application for Uniformed Services Identification Card and DEERS Enrollment) signed by the sponsor. If the sponsor is overseas, a notarized copy of the DD Form 1172 is required. Note that you do not have to wait until you get a Social Security number (SSN) for your child; just update his or her DEERS information after you receive the SSN.

Register your baby in one of the following ways:

- Visit a local uniformed services ID card facility. Find the nearest one online at www.dmdc.osd.mil/rsl.
- Fax your DD Form 1172 and certificate of live birth to DEERS at 1-831-655-8317.
- Mail your DD Form 1172 and a copy of the certificate of live birth to: Defense Manpower Data Center Support Office
Attn: COA
400 Gigling Road
Seaside, CA 93955-6771

How to Enroll Your Baby in TRICARE Prime

Newborns or newly adopted children (except infants of dependent daughters) are automatically covered as a TRICARE Prime beneficiary for the first 60 days after birth or adoption, as long as one family member is enrolled in TRICARE Prime, TRICARE Prime Remote or TRICARE Prime Remote for Active Duty Family Members (TPRADFM). Claims for any civilian health care received for newborns during this time are paid under TRICARE Prime rules.

You can enroll your baby by completing a TRICARE Prime Enrollment form and mailing it to Humana Military at the address listed on the form. ■



For Information and Assistance

DEERS
1-800-538-9552
www.tricare.osd.mil/deers

TRICARE South Region Contractor
Humana Military Healthcare Services
1-800-444-5445
www.humana-military.com

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

CONTACTS

Humana Military
1-800-444-5445
www.humana-military.com

PGBA (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.osd.mil
www.tricareonline.com

Update DEERS
1-800-538-9552
www.tricare.osd.mil/DEERSAddress

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Health Matters is published by the TRICARE Management Activity. Please provide feedback at <http://www.tricare.osd.mil/evaluations/newsletters>.



Prime Travel Benefit Can Offset Travel Costs to Distant Specialists

The TRICARE Prime Travel Benefit is available to **non-active duty beneficiaries** enrolled in TRICARE Prime and TRICARE Prime Remote for Active Duty Family Members (TPRADFM) when they are referred for specialty care that is located more than 100 miles from their PCM location.

To be eligible, you must have been referred to the specialist, and your specialty care must have been authorized by Humana Military (or other appropriate regional contractor). Such long-distance referrals will only be authorized when there are no network, non-network or MTF specialists available who meet the TRICARE distance or availability standards.

This entitlement **does not apply to:**

- Expenses incurred by active duty service members
- Expenses incurred by active duty family members living with their sponsors overseas

- Those who are referred under Department of Defense (DoD) specialized treatment programs and reimbursed under other travel entitlements

Next Steps

After you've obtained a valid referral, there are a few steps you must take before you travel to see the specialist.

You must obtain travel orders from a TRICARE representative at the MTF where you are enrolled or from the TRICARE Regional Office-South if your PCM is a TRICARE civilian network provider.

What's Covered?

If you are eligible for the Prime Travel Benefit, your reimbursement will be based on travel from your residence to the specialist's office. The benefit pays actual costs for gasoline, parking, tolls, meals, lodging, etc. Be sure to save all receipts related to your travel costs. You

must submit receipts for any expenses above \$75.

A non-medical attendant can travel with and/or drive the patient to the specialty care appointment if justified by the PCM. The attendant can be a parent, spouse, legal guardian or other family member over age 21. The patient and the attendant cannot be reimbursed for the same travel expenses. If the attendant is a family member and is active duty or a U.S. Government employee, he or she is entitled to TDY allowances (per diem and mileage), not actual expenses like the patient.

Traveling to distant specialists takes time and money, but TRICARE's Prime Travel Benefit is designed to help ease the burden and ensure that beneficiaries receive access to quality care in the most efficient and cost-effective manner. For more information, visit www.humana-military.com or call 1-800-444-5445. ■