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## Your July 2014 TRICARE e-Updates

### [Redirected to a local military hospital or clinic?](#)

If you live in a TRICARE Prime Service Area, it is important to remember a military hospital or clinic is your first option for many health care services. In some cases, specialty care, inpatient admissions or procedures that require prior authorization mean you need to receive care at a military hospital or clinic, even if you are initially referred to a network or non-network provider. [Learn more about military hospital and clinic referrals.](#)

### [Summer Safety](#)

Keep your kids healthy and out of harm's way this summer by reading [Staying Cool in the Heat](#) and [Staying Safe around the Water](#). Make this season about family fun and not about preventable injuries and trips to the emergency room.

### [V-Go® Insulin Delivery Device](#)

If you are a TRICARE beneficiary whose provider has recommended the V-Go Insulin Delivery Device, please be aware two prescriptions are required: one for the device and one for the insulin.

### [Point of Service](#)

The Point of Service (POS) option allows TRICARE Prime and TRICARE Prime Remote (excluding active duty service members) to receive nonemergency health care services from any TRICARE-authorized provider without requesting a referral from a primary care manager. Remember, you pay more out-of-pocket when using the [TRICARE POS option](#).

### [Learn More About TRICARE](#)

### [Get Help for Depression](#)

Do you experience low energy, sadness, lack of motivation or difficulty with sleep? These may be signs of depression. Our new [Basics of Depression teleclass](#) can help.

### [Looking Ahead: August Is National Immunization Awareness Month](#)

Back-to-school season is just around the corner, so there's no better time to talk with your child's doctor about routine vaccinations. School-age children, from preschoolers to college students, need vaccines to help prevent dangerous and sometimes deadly diseases. For preteens, ages 11 and 12 in particular, vaccines – including the human papillomavirus vaccine (HPV), Tdap booster and the meningococcal conjugate vaccine – are especially important. To learn more, visit [www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html](http://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html)

For wellness tips and healthy recipes, subscribe to our monthly [Healthy Lifestyles Newsletter](#).

### [Consider Your Local Pharmacy for the HPV Vaccine](#)

Did you know many vaccines for your child, including the HPV vaccine, are available at your local pharmacy? All boys and girls, age 11 or 12, should receive three doses of the HPV vaccine. Your child will need to receive the first dose from a primary care manager, but for your convenience, visit your local pharmacy for the second and third doses. To find a participating pharmacy, [search online](#) or call Express Scripts at 1-

We offer bi-weekly TRICARE webinars on various topics. From our [Online Beneficiary Education](#) page, click on the webinar link and call the toll-free number listed. Upcoming topics include Permanent Change of Station and Transitioning from Active Duty to Retirement. Recorded webinars are also available.

### [Go Mobile](#)

The [Health Net mobile site](#) offers a network provider directory including urgent care and convenient care clinics, behavioral health resources, frequently asked questions and answers, contact information, and a military hospital and clinic locator.

### [TRICARE Online Materials](#)

If you are looking for TRICARE materials – go green and go online. Visit [www.hnfs.com](http://www.hnfs.com) > *I'm a Beneficiary* > *Resources* for key program materials or <http://www.tricare.mil/TRICAREsmart> for a complete A–Z list.

877-363-1303. Not every pharmacy offers the HPV vaccine, so make sure to call first.

### [TRICARE Pharmacy Home Delivery](#)

If you use retail pharmacies to fill prescriptions for medications you take every day or for diabetic supplies (syringes and needles, test strips and lancets), consider using [TRICARE Pharmacy Home Delivery](#). After military hospitals and clinics, TRICARE Pharmacy Home Delivery is your least expensive option and it offers the convenience of home delivery.

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