

The Doctor is in ...
Seeing Is Achieving

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We 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),[®] 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 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 Health Net Federal Services, LLC (Health Net) Web site at www.healthnetfederalservices.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 assessments (according to the American Academy of Pediatrics[®]).

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 or Health Net’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

TRICARE is dedicated to the health of its beneficiaries and provides assistance to those who want to quit smoking. On June 14, 2010, TRICARE and Health Net Federal Services, LLC (Health Net) 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.*

Health Net'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 for more information. ■

Call: 1-866-459-8766

Save Money with the TRICARE Mail Order Pharmacy

The 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 by clicking "get started with Home Delivery." ■

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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. ■

Go Green by Using the Beneficiary Web Enrollment Web Site

You can save time and money while helping TRICARE and Health Net Federal Services, LLC (Health Net) go green—use the Beneficiary Web Enrollment (BWE) Web site to keep your health information up to date online. BWE gives you the option of going paperless while allowing convenient access to all of your health care information in one safe, secure place.

BWE is a secure Web portal linked to the Defense Enrollment Eligibility Reporting System (DEERS) that allows eligible active duty service members (ADSMs), active duty family members, retirees and their family members to manage their TRICARE Prime enrollment without visiting a TRICARE Service Center or mailing an enrollment form to Health Net. Because it is linked to DEERS, BWE allows you to make simultaneous, paperless updates to both DEERS and TRICARE.

Features

As a TRICARE Prime, TRICARE Prime Remote (TPR) or TRICARE Prime Remote for Active Duty Family Members (TPRADFM) beneficiary, you can use BWE for many services, including:

- Enrolling or disenrolling yourself or a family member from TRICARE Prime, TPR or TPRADFM
- Requesting a new primary care manager (PCM)*
- Viewing your enrollment information
- Requesting a new enrollment card
- Updating contact information in DEERS

Back-to-School Safety

The beginning of the school year is an exciting time for the whole family. Maybe you have a little one entering kindergarten or an older child starting at a new school. Whatever your situation, it is important for parents to teach their children about safety.

The following tips can help ensure that your child stays safe while going to and from school.

- **Walking**—If your child is old enough to walk to school alone, make sure his or her route is safe and has an adult crossing guard at every intersection.
- **Riding a bike**—Ensure your child always wears a helmet, rides with traffic, uses appropriate hand signals and obeys traffic lights and stop signs.

- Adding other health insurance information, if applicable (when first enrolling)

* *The online PCM change option is not available to ADSMs enrolled in TRICARE Prime. ADSMs must submit a paper change form. However, ADSMs enrolled in TPR may use BWE to request a PCM change.*

Eligibility

BWE is only available to beneficiaries in the United States. If you are an eligible TRICARE beneficiary registered in DEERS, managing your TRICARE Prime, TPR or TPRADFM enrollment through BWE can be a great option for you.

Accessing the Beneficiary Web Enrollment Web Site

You can log on to BWE at www.dmdc.osd.mil/appj/bwe/ using one of the following:

- Valid certified Common Access Card
- Defense Financial and Accounting Services myPay login ID and password
- Department of Defense Self-Service Logon

Note: When you enroll in TRICARE Prime or TPR through BWE, other rules for completing the enrollment process still apply. For more information and BWE user tips, visit the BWE page on Health Net's Web site by clicking "Beneficiary," then "Enrollment" and select "BWE" in the "Helpful Tips and Tools" section. ■

- **Riding the bus**—Make sure your child uses crosswalks or the crossing guard to get to the bus, waits for the bus to come to a complete stop before getting on or off and stays seated at all times while on the bus.
- **Getting a ride home**—Designate a specific spot for your child to wait for his or her ride. Have a back-up plan in case their ride is late or unable to take him or her home.

It only takes a second for an accident to happen. Teach your child about staying safe. For more information about children and safety, visit Health Net's award-winning *Healthy Living* Web page at www.healthnetfederalservices.com. Click on "Beneficiary," then on the "Healthy Living" tab and click on "Health Topics" in the "Find-It-Fast!" section. ■

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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



Help Prevent Medication Errors

Medication errors are one of the most common health care mistakes. Mixing up medications can easily happen when you seek care from different providers, go to the hospital or return home. You can help prevent errors by getting involved in your care.

Medication Reconciliation

Medication reconciliation is the process of creating the most accurate list of the medications you take, including the medication name, dosage, frequency and route (e.g., oral, topical, intravenous), the name of the ordering-physician and comparing that with your doctor's orders.

Here are some tips to remember:

- Be familiar with your medications. Know what medications you take and why you take them.
- Share information with your health care providers to help them plan the care that's right for you.

- Tell your providers about your medical history, such as illnesses, conditions and operations.
- Make a list of the medications and dosages you take and carry this with you at all times, especially when you go to your doctor's office. List all medications you take, including prescriptions, over-the-counter medications and supplements like vitamins and herbs.
- Describe any allergic reactions, adverse effects or other issues with taking medications, such as pregnancy or difficulty swallowing.
- Pay attention to the care and medications you receive. Health care providers must adhere to the The Five Rights¹ of medication safety: the right medication, right dose, right time, right route and right patient.
- Ask questions to get information that you can understand.

- What does the medication treat?
- How do you take it and for how long?
- What are the side effects? What do you do if side effects occur?
- Is the medication safe to take with other medications or supplements?
- What food, drink or activities should you avoid while taking the medication?
- Read your prescription and discharge instructions and make sure you understand them. If they seem different than the verbal instructions from your health care provider, ask if this was what was ordered.

To learn more, visit the Health Net Federal Services, LLC's *Patient Safety* Web page at www.hnfs.net/common/patientsafety. ■

1. *The Five Rights, ISMP Medication Safety Alert!*-April 7, 1999, Institute for Safe Medication Practices