

# JULY 2016 TRICARE WEEKLY FACTS

For 1-7 July 2016

## MOUTH GUARDS PROTECT TEETH FROM INJURY



Brushing and flossing daily and visiting the dentist for checkups twice a year are important parts of proper dental care. Using a mouth guard to protect your teeth from an accidental injury is an equally important precaution to safeguard your bright smile.

Mouth guards, also called mouth protectors, help protect against any impact to the face, minimizing the risk of broken teeth and injuries to the lips, tongue, face or jaw.

Knowing how to prevent these kinds of injuries is especially important if you participate in organized sports or other recreational activities.

A mouth guard is recommended if you engage in any contact sport or physical activity that could result in an injury to your face or mouth. While certain sports like football and boxing require players to wear mouth guards, there are several other physical activities that have potential risks, such as basketball, wrestling, soccer and skateboarding.

The TRICARE Dental Program covers one custom mouth guard every 12 months with a 50 percent member cost-share. Mouth guards for treatment of temporomandibular joint dysfunction are not a covered benefit.



For 8-14 July 2016

## TRICARE COVERS CLINICAL PREVENTIVE SERVICES



Preventive care can help you maintain good health through early detection and treatment of disease. TRICARE covers many preventive medical services including preventive health screenings. As a TRICARE Standard beneficiary, you can receive the following preventive medical services for no out-of-pocket costs:

**Prostate cancer screening:** TRICARE covers annual prostate exams and prostate-specific antigen (PSA) tests for men age 50 and older.

**Breast cancer screening:** Until age 40, a clinical breast exam is covered during a preventive health visit. Age 40 and older, an annual clinical breast exam is covered.

**Cervical cancer screening:** TRICARE covers a Pap smear annually for women starting at age 18 (younger if sexually active) or less often at patient and provider discretion (though not less than every three years).

**Colorectal cancer screening:** TRICARE covers colorectal cancer screening beginning at age 50 for beneficiaries at average risk.

**Well-child care:** The TRICARE well-child benefit covers children from birth until reaching age 6. The benefit includes comprehensive health promotion and disease-prevention exams, immunization and developmental and behavioral assessments.

**Immunizations:** TRICARE covers age-appropriate vaccinations, including annual flu shots, as recommended by the Centers for Disease Control and Prevention.

Note: If you are at risk for specific diseases, talk to your doctor about your individual and family medical history to determine when you should begin preventive screenings.

Visit [www.tricare.mil/preventivecare](http://www.tricare.mil/preventivecare) for additional information.

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For 15-21 July 2016

## WHY VACCINATE?



The human immune system is designed to protect us from infection. When a germ (virus or bacteria) enters the body, the immune system recognizes the germ should not be there and sends antibodies to fight it. Additionally, the immune system remembers the germ. If the same germ enters the body again, antibodies are quickly deployed to get rid of it

before it can make the person sick.

Fortunately, vaccines make it possible to build immunity to a disease without getting sick from it. Vaccines contain the same germs that cause diseases, but they have been killed or weakened to the point where they will not make a person sick.

Vaccines and other clinical preventive services covered by TRICARE are offered at no cost to TRICARE beneficiaries.

Vaccines recommended specifically for travel outside the United States are not covered, except for vaccines required for active duty family members whose sponsors have permanent change-of-station orders to overseas locations. These vaccines are covered as outpatient office visits. Note: You must include a copy of the sponsor's change-of-station orders when filing the claim.

For more information and to view a schedule of immunizations, visit the "Vaccines & Immunizations" page of the Centers for Disease Control and Prevention's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

TRICARE provides a comprehensive coverage of vaccines. For more information, visit: [www.tricare.mil/immunizations](http://www.tricare.mil/immunizations).

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For 22-28 July 2016

## TIME TO PLAN FOR BACK-TO-SCHOOL PHYSICALS



Before starting school this fall, your child may need to visit the doctor for a school physical. These annual physicals help make sure children start the school year in good health, with up-to-date immunizations. For children ages 5-11, TRICARE covers annual physicals and immunization required for school enrollment.

TRICARE also covers well-child care for eligible children from birth

until reaching age 6. The well-child benefit includes routine newborn care, comprehensive health-promotion and disease-prevention exams, vision and hearing screenings and routine immunizations and developmental assessments according to the American Academy of Pediatrics®. There are no copayments or cost-shares for well-child care.

To learn more about TRICARE's school-physical coverage, visit [www.tricare.mil/backtoschool](http://www.tricare.mil/backtoschool).

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For 29 July-4 August

**PROOF OF PAYMENT ON CLAIMS FOR CARE RECEIVED OVERSEAS**



All claims submitted for care received overseas must include proof of payment, which may include a receipt, cancelled check, credit card statement or invoice from the provider that clearly states the payment was received. This requirement applies to all TRICARE beneficiaries who receive medical care while

living or traveling overseas. Claims for care received overseas should be filed with the TRICARE Overseas Program (TOP) claims processor. If you have questions, and for the TOP Regional Call Center contact information, visit [www.tricare.mil/contacts](http://www.tricare.mil/contacts).