

Hello Latin America & Canada!

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- **FY 2004 Spring POC Conference Update**
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- **From the Director . . .**
- **Pregnancy and Alcohol**

FY 2004 Spring POC Conference

Due to some issues with funding and contracting the FY 2004 Spring POC Conference is Cancelled!
Sorry for the confusion.

Information for 'New' Families Regarding Prime Enrollment

Many families transferring overseas are already enrolled in Prime in their previous TRICARE Region. TRICARE POCs can verify this information by contacting the TLAC Area Office (TAO) by phone or by email. Be sure and password-protect information containing the names, SSNs, and other Protected Health Information under HIPAA.

When family members report to an overseas location and become ineligible for TRICARE Prime in their new country of residence the TRICARE POC must advise them to disenroll from their previous TRICARE Region. Beneficiaries must request disenrollment from TRICARE Prime to be eligible for TRICARE Standard. Failure to disenroll from Prime may result in significantly higher deductibles and cost shares.

Naval Hospital Roosevelt Roads is CLOSED!

Dear TLAC TRICARE POCs:

Here are several items of interest:

- Changes in Puerto Rico. Just recently, the Department of Defense awarded a contract to Humana Health Care Services, Inc. to manage the delivery of health care to active duty members and their family members in Puerto Rico. Preparations are underway to make contract implementation as smooth as possible. U.S. Naval Hospital, Roosevelt Roads was closed last month and having a well-regarded contractor assume responsibility for providing a network of health care professionals and institutions will fill the void for beneficiaries living in Puerto Rico. Humana starts work in Puerto Rico on May 1st.
- Health Care Treatment Records. The importance of maintaining a complete health care record in one location cannot be underestimated. Please remind beneficiaries that it is in their best interests to keep their health care records together and accessible.
- POC Conference. Again, please accept my regret that the POC Conference could not be held this year. Funding shortages are impacting all organizations at all levels. Next fiscal year for sure!
- Why We Do What We Do. In a recent issue of a national healthcare magazine, I found the following quote from a civilian healthcare professional who had visited Walter Reed Army Medical Center:



"The caring and gentleness of the nurses and doctors who attended the soldiers was something to behold. I was impressed by the soldiers' spirit and commitment to their missions in Iraq. The young soldiers felt that bringing democracy to Iraq was well worth their sacrifices and if they had the chance to do it all over again, they would make the same sacrifices. I asked myself, "where do these wonderful young people come from?" It makes you so proud to know there are people like this who are so deeply committed. It's too bad the media continues to miss this story because it is most powerful and I was fortunate enough to witness the whole thing firsthand."

We all can take pride in the work that we do to support our nation's uniformed service members and their families.

Please stay healthy and thanks again for your great work!

Sincerely,

/s/

Paul W. Lund
Captain, Medical Service Corps, U.S. Navy
Deputy Director, TRICARE Area Office (TAO)
(Latin America & Canada)

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April 2004

WPS Customer Service Phone Numbers for TRICARE Overseas are 608.301.2310 and 608.301.2311

When You Are Pregnant, Drinking Can Hurt Your Baby

When you are pregnant, your baby grows inside you. Everything you eat and drink while you are pregnant affects your baby. If you drink alcohol, it can hurt your baby's growth. Your baby may have physical and behavioral problems that can last for the rest of his or her life. Children born with the most serious problems caused by alcohol have fetal alcohol syndrome.

Children with Fetal Alcohol Syndrome May:

- Be born small.
- Have problems eating and sleeping.
- Have problems seeing and hearing.
- Have trouble following directions and learning how to do simple things.
- Have trouble paying attention and learning in school.
- Have trouble getting along with others and controlling their behavior.
- Need medical care all their lives.
- Need special teachers and schools.

Here Are Some Questions You May Have About Alcohol and Drinking While You Are Pregnant.

1. Can I drink alcohol if I am pregnant?

No. Do not drink alcohol when you are pregnant. Why? Because when you drink alcohol, so does your baby. Think about it. Everything you drink, your baby also drinks.

2. Is any kind of alcohol safe to drink during pregnancy?

No. Drinking any kind of alcohol when you are pregnant can hurt your baby. Alcoholic drinks are beer, wine, wine coolers, liquor, or mixed drinks. A glass of wine, a can of beer, and a mixed drink all have about the same amount of alcohol.

3. What if I drank during my last pregnancy and my baby was fine?

Every pregnancy is different. Drinking alcohol may hurt one baby more than another. You could have one child that is born healthy, and another child that is born with problems.

4. Will these problems go away?

No. These problems will last for a child's whole life. People with severe problems may not be able to take care of themselves as adults. They may never be able to work.

5. What if I am pregnant and have been drinking?

If you drank alcohol before you knew you were pregnant, stop drinking now. You will feel better and your baby will have a good chance to be born healthy. If you want to get pregnant, do not drink alcohol. You may not know you are pregnant right away. Alcohol can hurt a baby even when you are only 1 or 2 months pregnant.

6. How can I stop drinking?

There are many ways to help yourself stop drinking. You do not have to drink when other people drink. If someone gives you a drink, it is OK say no. Stay away from people or places that make you drink. Do not keep alcohol at home.

If you cannot stop drinking, GET HELP. You may have a disease called **alcoholism**. There are programs that can help you stop drinking. They are called alcohol treatment programs. Your doctor or nurse can find a program to help you. Even if you have been through a treatment program before, try it again. There are programs just for women.

For help and information - You can get help from a doctor, nurse, social worker, pastor, or clinics and programs near you.

For confidential information, you can contact:

Alcoholics Anonymous (AA)

check your local phone book for listings in your area

Internet address: <http://www.aa.org>

National Council on Alcoholism and Drug Dependence

20 Exchange Place Suite 2902

New York, NY 10005-3201

(800) 622-2255

Internet address: <http://www.ncadd.org>

National Institute on Alcohol Abuse and Alcoholism

6000 Executive Boulevard, Suite 409

Bethesda, MD 20892-7003

(301) 443-3860

Internet address: <http://www.niaaa.nih.gov>

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**La bebida y su embarazo
Cuando está embarazada**

La bebida puede hacerle daño a su bebé

Cuando usted está embarazada, su bebé crece dentro de usted. Todo lo que usted coma y beba mientras esté embarazada afecta a su bebé. Si usted bebe alcohol, esto puede dañar el crecimiento de su bebé. Su bebé puede desarrollar problemas emocionales y físicos que pueden durar por el resto de su vida. Los niños que nacen con problemas muy serios causados por el alcohol tienen síndrome fetal alcohólico.

Los niños con síndrome fetal alcohólico pueden:

- Nacer más pequeños.
- Tener problemas al comer o al dormir.
- Tener problemas para oír o ver.
- Tener problemas al seguir instrucciones y al aprender a hacer cosas simples.
- Tener problemas al prestar atención y al aprender en la escuela.
- Necesitar maestras y escuelas especiales.
- Tener problemas al relacionarse con otras personas y en controlar su comportamiento.

Aquí hay algunas preguntas que usted puede tener acerca del alcohol y el beber durante el embarazo.

1. ¿Puedo beber alcohol si estoy embarazada?
No. No beba alcohol cuando usted esté embarazada. ¿Por qué? Porque cuando usted bebe alcohol también lo hace su bebé. Piénselo. Todo lo que usted bebe también lo bebe su bebé.
2. ¿Hay alguna bebida alcohólica que pueda beber sin peligro durante el embarazo?
No. El beber cualquier tipo de alcohol cuando esté embarazada puede lastimar a su bebé. Las bebidas alcohólicas son la cerveza, vino, refrescos a base de vino, licores o bebidas mezcladas. Un vaso de vino, una lata de cerveza, y una bebida mezclada tienen más o menos la misma cantidad de alcohol.
3. ¿Por qué si yo bebí durante mi último embarazo mi bebé nació bien?
Cada embarazo es diferente. El beber alcohol puede lastimar a un bebé más que a otro. Usted podría tener un niño que nace saludable y otro que nace con problemas.
4. ¿Se desaparecerán estos problemas?
No. Estos problemas estarán presentes durante toda la vida del niño. Las personas con problemas muy severos quizás no puedan cuidarse solas o trabajar cuando sean adultas.
5. ¿Qué pasa si estoy embarazada y he estado bebiendo?
Si usted ha bebido alcohol antes de saber que estaba embarazada, deje de beber ahora mismo. Usted se sentirá mejor y su bebé tendrá una mejor oportunidad de nacer saludable. Si usted planea quedar embarazada, no beba alcohol. Usted puede que no sepa que está embarazada inmediatamente. El alcohol puede lastimar el bebé aún cuando usted tenga solamente 1 ó 2 meses de embarazo.
6. ¿Cómo puedo dejar de beber?
Hay muchas maneras de ayudarse a dejar de beber. Usted no tiene que beber cuando otras personas beben. Si alguien le ofrece una bebida, está bien decir que no. Aléjese de personas o lugares que le hagan beber. No mantenga alcohol en su casa. Si usted no puede dejar de beber, obtenga ayuda. Usted puede tener una enfermedad que se llama alcoholismo. Hay programas que le pueden ayudar a dejar de beber. Estos se llaman programas de tratamiento del alcohol. Su doctor o enfermera(o) puede encontrar un programa para ayudarle. Aunque usted haya participado en uno de estos tratamientos anteriormente, inténtelo otra vez. También existen programas sólo para mujeres.

Para recibir ayuda e información

Usted puede obtener ayuda de un doctor, enfermero(a), trabajador(a) social, pastor, clínicas o programas cerca de usted.

Para recibir información confidencial,
usted puede comunicarse con:

Alcohólicos Anónimos

(Alcoholics Anonymous [AA] World Services)

Busque en su guía telefónica el listado en su área y pegunte por los grupos en Español.

Dirección en el Internet:

<http://www.aa.org>

Banco Nacional de Información en Alcohol y Drogas

(National Clearinghouse for Alcohol and Drug Information)

P.O. Box 2345

Rockville, MD 20852

(800) 729-6686

WHAT'S NEW ON THE TRICARE WEB SITE eUPDATE
News Releases, Updates, and New Features
March 26, VOL 2, No. 12

WEEK OF MARCH 22, 2004

HEALTH AFFAIRS

2004 Assistant Secretary of Defense for Health Affairs Testimony

4 March 2004 - Testimony on compensation, benefits, and health care for active and Reserve military personnel and their families in review of the Defense Authorization Request for Fiscal Year 2005.
http://www.ha.osd.mil/testimony/sasc_testimony_030404.pdf

NEWS RELEASES

Reserve Component - Pay Bills But Save Your Receipts

19 March 2004 -- Last year, the President signed legislation for Fiscal Year 2004 that authorized three new temporary provisions to enhance access to TRICARE medical and dental benefits for eligible Reserve Component sponsors and their family members.
<http://www.tricare.osd.mil/news/2004/news0408.cfm>

DoD Temporarily Extends TRICARE Eligibility Following Active Duty to 180 Days

17 March 2004 -- Under the National Defense Authorization Act and the Emergency Supplemental Appropriations Act for Fiscal Year 2004, TRICARE eligibility for some active duty and Reserve Component members separating from active duty service is temporarily extended under the Department of Defense Transitional Assistance Management Program (TAMP) from 60 or 120 days to 180 days.
<http://www.tricare.osd.mil/news/2004/news0407.cfm>

For news releases, please visit the following:
TRICARE News Releases <http://www.tricare.osd.mil/NewsReleases/>

Military Health Care System News Archives <http://www.tricare.osd.mil/main/news.html>

NEW FACT SHEET

TRICARE Dental Survivor Benefit

When a military sponsor dies while on active duty (AD) or active duty guard and reserve (AGR) orders, surviving family members enrolled in the TRICARE Dental Program (TDP) will continue to receive TDP benefits for 3 years from the month following the sponsor's death. Under this survivor program, the Government will pay 100 percent of the premium. **Two conditions must be met for this expanded benefit. Read more about the TRICARE Dental Survivor Benefit at <http://www.tricare.osd.mil/factsheets/viewfactsheet.cfm?id=271>.**

UPDATED FACT SHEET

Defense Enrollment Eligibility Reporting System (DEERS)

Each family member's eligibility record must be updated separately when changes occur. The DEERS fact sheet has been updated to include information on unremarried former spouses.
<http://www.tricare.osd.mil/factsheets/viewfactsheet.cfm?id=126>

UPDATED WEB SITES

Media Readiness Room (MRR)

Many sections of the MRR have been updated with great information. The "What's Hot?" section features stories on nutrition: an article on portion size and another on heart disease. A new Dr. Is In Column entitled Suicide Prevention and Awareness provides timely information on resources and programs available to service members. The DoD TRICARE Events section contains 2004 National BCAC and DCAO Conference information. The "What People Are Saying" section has great quotes by Dr. Winkenwerder about Service members' health behaviors, and in the "Did You Know?" Aeromedical Evacuations medics take center stage. And finally, the "That's Cool" section contains a great story on Top Accreditation on Oscan Base Hospital and a record setting blood drive for the USS Nimitz.
<http://www.tricare.osd.mil/media/>

TRICARE Management Activity (TMA) Employment Web site

The TMA Employment Web site has been updated with the latest civilian vacancies within TMA. Civilian job opportunities are listed and may be viewed by clicking on the announcement number to review the specific job requirements, qualifications, and instructional information for submitting your resume.
http://www.tricare.osd.mil/tma_employment/civil_op.cfm

FEATURED WEB SITE

Frequently Asked Questions (FAQ)

Search our dynamic FAQ database for the latest up-to-date questions on the TRICARE benefit using basic and advanced search options. The basic search option allows searching by entering a word(s) in the search field to retrieve all questions containing the word(s) entered. The advanced search allows searching by category and subcategory. For example, you can retrieve all questions related to college students by selecting "all" as the category and "college students" as the subcategory to. In addition to robust searching, you can also view real-time results for the 20 most recently added questions and the top 20 frequently asked questions (FAQs). Visit the FAQ site, search for answers to your questions, and find out what everyone else is searching for!
<http://www.tricare.osd.mil/faqs/>

SUBSCRIPTION INFORMATION AND COMMENTS

To be added to or removed from the 'What's New on the TRICARE Website' mailing list, or to report mailing list problems, please visit <http://www.tricare.osd.mil/subscriberservices>.