

Healthy Living ...

Staying Healthy through Flu Season

As flu season begins, TRICARE encourages you to get a flu vaccine. There are two forms of flu vaccines distributed in the United States: a shot and a nasal spray. Both versions of the flu vaccine are available without copayments or cost-shares to all TRICARE beneficiaries.

While TRICARE recommends that beneficiaries get vaccinated, it is important to remember that certain people are at a higher risk of getting the flu, including:¹

- Pregnant women
- People who live with or care for children younger than age 6 months

- Health care and emergency medical services personnel
- Everyone between the ages of 6 months and 24 years
- People ages 25–64 with chronic health disorders or compromised immune systems
- People with diabetes, cardiovascular disease, asthma or HIV

During flu season, avoid close contact with sick people and avoid touching your eyes, nose and mouth. Wash your hands frequently with soap and water or use an alcohol-based sanitizer.

For information about military hospitals and clinics, providers and pharmacies that offer the flu vaccine, please visit www.tricare.mil/flu. ■

1. www.flu.gov

Applied Behavior Analysis Pilot Program for Non-Active Duty Family Members

On July 25, 2013, TRICARE launched an Applied Behavior Analysis (ABA) Pilot program, which offers a supplemental benefit for non-active duty family members (non-ADFMs) with an autism spectrum disorder (ASD). The pilot is authorized by Congress for one year (July 25, 2013–July 24, 2014) and is available in the United States and District of Columbia. Both active duty family members (ADFMs) and non-ADFMs continue to be eligible to receive medical and behavioral health services, such as treatment by a physician, pharmacy services, psychological services and testing, occupational therapy, physical therapy, speech therapy, other medical treatments, as well as ABA provided by master's-level and above board-certified behavior analysts under the TRICARE Basic Program. There is no change to ABA provided under the TRICARE Basic Program. Additionally, there is no change to the Extended Care Health Option (ECHO) Enhanced Access to Autism Services Demonstration (Autism Demonstration) under which ADFMs continue to receive ABA reinforcement from supervised paraprofessional ABA tutors. ABA reinforcement under the ECHO Autism Demonstration for ADFMs refers to

the ABA interventions specified in the ABA treatment plan that are provided by non-certified tutors in the home setting.

The ABA Pilot greatly expands ABA services for non-ADFMs, such as retirees and their families, providing them with access to ABA reinforcement services for the first time. Prior to the pilot, ABA reinforcement was not available to non-ADFMs. Under the ABA Pilot, ABA reinforcement is provided by

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An Important Note About TRICARE Program Information: At the time of publication, 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 hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

Applied Behavior Analysis Pilot Program for Non-Active Duty Family Members

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either a bachelor's-level board-certified assistant behavior analyst or a noncertified tutor in the home setting.

These bachelor's-level board-certified assistant behavior analysts and paraprofessional ABA tutors work under the supervision of master's-level or above board-certified behavior analysts to provide ABA reinforcement services to eligible non-ADFM diagnosed with an ASD. ABA Pilot services are similar to, but separate from, the ECHO Autism Demonstration for ADFMs.

Eligibility

To be eligible for the ABA Pilot, non-ADFM must:

- Be at least age 18 months
- Have been diagnosed with an ASD by a TRICARE-authorized physician primary care manager or specialized ASD provider
- Meet all referral, prior authorization, initial assessment (to include required psychometric testing), treatment plan and updated treatment plan requirements

Out-of-Pocket Costs

- Non-ADFM will pay TRICARE cost-shares for each outpatient visit when receiving ABA under the TRICARE Basic Program.
- Non-ADFM will pay a 10 percent cost-share for ABA reinforcement services received under the ABA Pilot.¹
- The TRICARE fiscal year (FY) (Oct. 1–Sept. 30) allowable maximum for ABA Pilot services is \$36,000, the same as for ECHO. This maximum applies to each beneficiary with the same sponsor, regardless of the number of dependents receiving ABA Pilot benefits in that FY.

For more information about the ABA Pilot, visit www.tricare.mil/abapilot. If you have questions about a family member who may be eligible for the ABA Pilot, contact your regional contractor. ■

1. The 10 percent cost-share under the ABA Pilot does not apply toward the deductible or catastrophic cap under your regular TRICARE plan.

Find TRICARE Prime® Availability by Location Online

On Oct. 1, 2013, some TRICARE Prime Service Areas (PSAs)—geographic areas where TRICARE Prime is offered—were eliminated. The elimination of these PSAs did not change the TRICARE benefit for active duty service members or their family members living in these locations and enrolled in TRICARE Prime. TRICARE Prime-enrolled retirees and their family members in affected areas may be able to reenroll in TRICARE Prime at a military hospital or clinic or with a primary care manager in a remaining PSA, depending on location. Retirees and their family members who do not reenroll in TRICARE Prime will be automatically covered by TRICARE Standard and TRICARE Extra, which are consistently rated highly in beneficiary surveys.

To determine PSA locations, visit www.tricare.mil/psazip to access the Web-based PSA ZIP Code Look-Up Tool. Enter a ZIP code and the tool will show you if that area is in a PSA. ZIP code listings are regularly updated. You can also find additional information, get answers to frequently asked questions and sign up for e-mail updates.

If you need to find a new TRICARE-authorized provider, visit www.tricare.mil/findaprovider.

For the latest information on PSA changes, visit www.tricare.mil/psa. ■

New Type of Emergency Centers May Not Be TRICARE-Authorized

Know before you go. If you seek care outside of a military hospital or clinic, you should familiarize yourself with TRICARE-authorized freestanding emergency rooms (ERs), which are separate structures from hospitals and provide walk-in emergency care to the public. Check the TRICARE provider status of a freestanding ER before you need emergency care. Some freestanding ERs may not be TRICARE-authorized. That means TRICARE will not cover facility fees and you will pay out of pocket for emergency care services. ■

Wash Well To Stay Well

Cold and flu season is underway and, according to the Centers for Disease Control and Prevention, one of the most important steps you can take to stay healthy and avoid spreading germs is to wash your hands. By keeping your hands clean, you can help prevent colds, flu, food poisoning, diarrhea and other illnesses. Washing your hands often reduces the chance of spreading germs.

When to wash your hands:¹

- Before eating and before, during and after handling or preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After using the toilet
- After changing a diaper
- After touching garbage
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After coming inside from being outdoors
- Anytime your hands feel or look dirty
- After handling any type of chemical product or potentially toxic material
- Before inserting or removing contact lenses²

How to wash your hands:¹

1. Wet your hands with clean, running water and apply soap.
2. Rub your hands together to make a lather and scrub them well, making sure to scrub the backs of your hands, between your fingers and under your nails.
3. Continue rubbing your hands for a least 20 seconds or the time it takes to sing the “Happy Birthday” song twice from beginning to end.
4. Rinse your hands well under running water.
5. Dry your hands with a clean towel or let them air dry.

Note: Use an alcohol-based hand sanitizer that contains at least 60 percent alcohol when soap and water are not available.

It is important to practice good hygiene all year long, but especially during the cold and flu season. While washing your hands does not guarantee you will not get sick, it can decrease your chances. Be sure to teach your children why it is important and how to wash properly. For more information on keeping your family healthy, go to www.hnfs.com, select “I’m a Beneficiary” and then click “Wellness.” ■

1. <http://www.cdc.gov/handwashing/>

2. <http://www.cdc.gov/contactlenses/>

Follow-up Outpatient Care for Behavioral Health

As temperatures drop and winter days get shorter, some people may experience the winter blues. Often it is a temporary condition that fades with the season’s change. Sometimes, however, the blues can trigger more serious ongoing behavioral health conditions, which may require hospitalization. If this is the case, follow-up outpatient care is critical for those discharged from an inpatient stay to ensure successful treatment.

Here are some steps to consider with regard to outpatient follow-up care:

- Make sure the first outpatient appointment is scheduled upon or before being discharged from the hospital.
- Review discharge instructions before leaving the hospital. Make sure you understand your medication instructions. Get a phone number for questions you may have about your discharge instructions once you are home.
- Make medications a priority. Confirm prescriptions are filled at discharge and pick them up as soon as possible.
- Reach out for help. Consider the help of a family member, neighbor or friend to assist with transportation or scheduling.

- Select a provider whose office is nearby or easily accessible from home.
- Develop open communication with your behavioral health care provider and primary care manager about any concerns or questions regarding schedules or treatment.
- Keep appointments and schedule the next appointment before leaving your provider’s office.
- Maintain a calendar to reference schedule and treatments.
- Participate in TRICARE’s Case Management Program. A behavioral health care case manager works on a one-on-one basis to assist the patient and his or her family in managing follow-up care.

Follow-up outpatient care can make for a safe, low-stress transition from hospital to home and can help ensure successful treatment outcomes.

For more information about your behavioral health care coverage or about the Case Management Program, visit www.hnfs.com. ■

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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



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Compound Medications with Unapproved Ingredients No Longer Covered

Compound medications containing ingredients not approved by the U.S. Food and Drug Administration (FDA) will no longer be covered by the TRICARE Pharmacy Program. Beneficiaries who are affected by this change can contact their providers to have their prescriptions changed to an FDA-approved product or, if necessary, an FDA-approved ingredient for a compounded product. TRICARE will continue to reimburse claims for compound medications consisting of FDA-approved ingredients. For more information, visit www.express-scripts.com/TRICARE. To sign up for e-mail updates, visit www.tricare.mil/subscriptions. ■

TRICARE Is Minimum Essential Coverage

With TRICARE, you have minimum essential coverage under the Affordable Care Act. Minimum essential coverage must be in place by Jan. 1, 2014. This is the type of health care coverage needed to meet the individual responsibility requirement under the law. Most people who do not meet this provision of the law will be required to pay a fee for each month they do not have adequate coverage. The fee will be collected with 2014 tax returns. If you are losing premium-free TRICARE coverage based on a sponsor or beneficiary status change and choose not to purchase premium-based TRICARE coverage for which you may be eligible (i.e., TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, or Continued Health Care Benefit Program), you can find other health care coverage options at www.healthcare.gov. ■

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