



Military Children's Health Month

April 2018

Military Children Serve Too



- The Department of Defense (DoD) celebrates military children during the month of April to recognize the contributions and personal sacrifices that military children make.
 - Military children are a vital part of the military family and deserve to be recognized.
 - Healthy military children contribute to their military parents' mission and success.
 - Investing in the health of military children ensures a strong, future force and helps service member parents complete their mission.
- This month, the DoD will focus on the health of the more than 2 million military children in the U.S. and overseas.

TRICARE Supports Military Families



- TRICARE aims to support military families to embody health, physical and mental, strength, resilience, and courage.



Tip #1: Enroll Your Child



- In order to enroll your child for TRICARE benefits, register your newborn or newly adopted child (within 90 days stateside or 120 days overseas) in the Defense Enrollment Eligibility Reporting System (DEERS).
 - If you don't register your child in DEERS, your child won't show as TRICARE-eligible.
 - Claims for your child will be denied due to unregistered DEERS status starting when the child is 91 days old for stateside and 121 days old for overseas.
- TRICARE benefits continue through your child's life, including:
 - Well-child exams
 - Vision and hearing screenings
 - Immunizations
 - Developmental/behavioral appraisal
- Learn more about getting TRICARE for your child at www.tricare.mil/baby.



Tip #2: Call the Military Health System Nurse Advice Line



- If your child is sick or injured and you need advice, you can call the [Military Health System Nurse Advice Line](#) (MHS NAL) 24/7.
 - Call 1-800-TRICARE, option 1 (stateside).
 - For overseas MHS NAL numbers, visit www.mhsnurseadvice.com.
- A Registered Nurse can answer your pediatric care questions and can:
 - Assess symptoms and help you decide if an office visit with a health care provider is required
 - Locate high quality medical care based on your current medical condition
 - Help you find the closest emergency room or urgent care center
 - Schedule a same-day appointment at a military hospital or clinic, if available



Military Health System
Your health, our priority 24/7

Tip #3: Protect Your Child with Immunizations



- TRICARE covers vaccines in the age-appropriate doses recommended by the [Centers for Disease Control and Prevention](#) (CDC).
 - See [CDC's recommended vaccine schedule](#) for children.
- Covered vaccines from any TRICARE-authorized provider are at no cost.
 - Chain drug stores are included; ask about their TRICARE status.



Tip #4: Get Regular Exams



- TRICARE covers [well-child care](#) for children under age 6 (from birth through age 5).
- As children grow there may be needs for:
 - Mental health care, counseling, inpatient and outpatient care
 - Substance abuse and eating disorder care
 - Allergy testing and follow-up
 - Attention deficit and hyperactivity
 - Speech therapy
 - Physical therapy
- For questions about your TRICARE benefit, visit www.tricare.mil/coveredservices.
- You can also call your regional contractor with questions; visit www.tricare.mil/regions for contact information.

Tip #5: Support Your Child's Mental Health and Wellness



- The Military Health System (MHS) has partnered with organizations and institutions to offer programs targeting resilience through improved mental and physical health of military children.
- [Sesame Street for Military Families](#) is one resource that can help families talk, listen and connect through apps, PDFs and children games.
- TRICARE covers medically and psychologically necessary [mental health care](#).
- Learn more about TRICARE mental health coverage at www.tricare.mil/mentalhealth.

Extra Support



- Typically 225,000 military children have a parent who is deployed.
- On average, [military children move and change schools 6-9 times](#) between kindergarten and 12th grade.
- Frequent and recurring deployments and moves can be stressful for children.
- Military OneSource has many resources for families related to moving, deployment and family stressors.
 - Visit www.militaryonesource.mil.



TRICARE Benefits



- Most TRICARE medical program options include comprehensive health care coverage and a pharmacy benefit. Depending on your eligibility, you can choose among:
 - TRICARE Prime
 - TRICARE Select
 - TRICARE For Life
 - Certain optional premium-based plans
- For information regarding plan options, provider types and benefits available under each plan, compare plans at www.tricare.mil/plans/compareplans.

Please note: If you don't enroll in a plan, you'll only be eligible for space-available direct care at military hospitals and clinics.

Resources



- Military Kids Connect
www.militarykidsconnect.dcoe.mil
- Military OneSource
www.militaryonesource.mil
- TRICARE Regional Contractors
www.tricare.mil/regions
- TRICARE Covered Services
www.tricare.mil/coveredservices



For more tips on healthy living, visit
www.tricare.mil/healthwellness.

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