



HEALTH MATTERS

A PUBLICATION FOR TRICARE® BENEFICIARIES

Healthy Living ...

Make This Year's Resolutions Next Year's Achievements



Every January, millions of people make New Year's resolutions. Many resolutions are to get healthier: lose weight, drink less alcohol, quit using tobacco or exercise more. Unfortunately, many people drop their resolutions before spring. The most common reason for giving up on resolutions is trying to change too much, too fast. Lasting change doesn't happen overnight. New habits have to be built over time.

Consider choosing one of these healthy goals:

Eat Healthier

A good diet can improve your health and help you maintain a healthy weight. The Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services issues guidelines on healthy eating.

These *Dietary Guidelines for Americans 2015–2020* recommend eating less:

- Sodium
- Cholesterol
- Saturated fats
- Sugar
- Refined grains

Instead, you should eat more:

- Fruits and vegetables in a variety of colors
- Whole grains
- Fat-free or low-fat dairy
- Protein from a variety of sources like seafood, lean meat, eggs, beans, soy, nuts and seeds

Remember, you don't have to change everything at once. Making simple substitutions can help you keep your resolution to eat healthier. Instead of canned fruit with added sugars, reach for a piece of fresh fruit. Swap white bread for whole wheat. Drink water in place of soda. To learn more about making a healthy eating plan for the new year, go to www.health.gov/dietaryguidelines.

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Notice of Privacy Practices

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) gives individuals the right to be informed of the privacy practices of their health plans and those of most of their health care providers, as well as to be informed of their individual rights with respect to their protected health information.

Health plans and covered health care providers are required to develop and distribute a Notice of Privacy Practices (NoPP) that provides a clear explanation of these rights and practices. The NoPP is intended to make individuals aware of privacy issues and concerns, encourage them to exercise their rights and prompt them to have discussions with their health care plan administrators and health care providers.

Visit www.tricare.mil/privacy/hipaa to view the Military Health System NoPP. For other privacy concerns, contact the Health Net Federal Services, LLC Privacy Compliance Office at hnsf.privacy@healthnet.com.

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.

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Exercise More

Regular physical activity can keep you healthier at any age. It helps you maintain a healthy weight and reduces your risk for certain ailments like diabetes and heart disease.

The Office of Disease Prevention and Health Promotion recommends that children and teenagers get one hour of physical activity every day. Adults should try to get:

Two hours and 30 minutes of moderate aerobic activity weekly	OR	One hour and 15 minutes of vigorous aerobic activity weekly
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AND

Muscle strengthening workouts at least twice a week

Remember, any activity is better than no activity, so start small. For example, add a walk or bike ride to your daily routine. Go to www.health.gov/paguidelines for more information on national exercise guidelines.

Improve Mental Health

Taking care of your emotional well-being is just as important as taking care of your body. Do you feel anxious, depressed or stressed for days in a row or for no clear reason? Visit www.tricare.mil/mentalhealth for information on TRICARE-covered mental health services and for resources like resilience training and crisis intervention.

Kick the Tobacco Habit

Are you ready to stop using tobacco? The Department of Defense has many resources to help you quit. Go to www.ucequit2.org for tools that can help you get and stay tobacco-free. TRICARE covers quit counseling and tobacco-cessation products when prescribed by your health care provider. For more information and resources, including 24/7 tobacco quitlines, go to www.tricare.mil/healthwellness/tobacco.

New Year, New You

No matter what your health resolution, TRICARE wants to help you succeed. Go to www.tricare.mil for more information on health topics and your TRICARE benefit. ★

Your 2016 Affordable Care Act Tax Form

The Affordable Care Act (ACA) requires most Americans to maintain basic health care coverage, called minimum essential coverage. TRICARE meets the minimum essential coverage requirement under the ACA. The Department of Defense will report your 2016 TRICARE coverage to the Internal Revenue Service (IRS). You will get an IRS Form 1095 listing your TRICARE coverage status for each month in 2016. The pay center that services your military, annuity or pension pay will provide you with your IRS Form 1095. If your military pay is serviced by the Defense Finance and Accounting Service, you can find more information at <https://mypay.dfas.mil>. If your military pay is serviced by the U.S. Coast Guard Pay and Personnel Center, visit www.uscg.mil/ppc. For information about the IRS tax forms, visit www.irs.gov. ★

Prevent and Detect Cervical Cancer Early

Every year, about 12,000 women are diagnosed with cervical cancer and 4,000 women die from it, according to the Centers for Disease Control and Prevention (CDC). This January, which is Cervical Health Awareness Month, is a good time to get screened.

The CDC reports about half of women diagnosed with cervical cancer have never or rarely been screened for the disease. You can prevent cervical cancer or detect it early when it is most treatable by getting screened. A regular Pap test can detect abnormal or unhealthy cells before they turn into cervical cancer. The Pap test can tell if you have an infection, abnormal cervical cells or cervical cancer.

Under TRICARE, routine Pap tests are covered yearly for women starting at age 21. The frequency is at patient and provider discretion (though not less than every three years). Human papillomavirus (HPV) DNA testing is covered as a cervical cancer screening when performed with a Pap test for women age 30 and older.

It is important to note a yearly/routine exam is not always covered. One health promotion and disease prevention exam is covered yearly for TRICARE Prime beneficiaries older than age 6. One well-woman yearly exam, which may include cervical cancer screening and breast cancer screening, is covered for female beneficiaries under age 65.

Some cervical cancer is caused by HPV, but there are vaccines to protect you from the most dangerous strains of HPV. TRICARE covers HPV vaccines for beneficiaries who haven't already been vaccinated or completed the HPV vaccine series and fall into one of the following categories:

- Females: The HPV vaccine is covered for females ages 11–26. The series of injections must be completed before reaching age 27 for coverage under TRICARE.
- Males: The HPV vaccine is covered for all males ages 11–21 and is covered for males ages 22–26 who meet certain criteria.

Visit www.tricare.mil/coveredservices for more information. ★

Family Involvement Is Key during Residential Treatment of Children or Adolescents

Residential treatment centers (RTCs) provide extended care for children and adolescents who have psychological disorders and require continued treatment in a therapeutic environment. When appropriate, psychiatrists or clinical psychologists may recommend care at an RTC. This care is for medically and psychologically necessary treatment, not long-term placement. The goal of treatment is to return the child or adolescent home to his/her family.

Family involvement is vital to a child's success in an RTC. Families should actively participate in their child's care. They can do so through direct involvement at the RTC or through geographically distant family therapy (GDFT), unless either is not medically recommended. GDFT is included in the individualized treatment plan for a child or adolescent beneficiary.

Family members may be required to do GDFT if they live more than 250 miles from an RTC. GDFT consists of weekly family sessions by telephone in an outpatient therapist office. GDFT begins within the first two weeks of patient admission.

Once a child is discharged and back home, families should follow up with outpatient care.

RTCs or families can find an outpatient therapist's office for GDFT by searching the provider directory at www.hnfs.com. You may also request that a care manager help you find a therapist.

Failing to meet family therapy requirements may keep a child from getting continued authorization for care. This may result in the child being discharged from the RTC. ★



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Update DEERS for Life Events

The Defense Enrollment Eligibility Reporting System (DEERS) is the database for all active duty, National Guard and Reserve and retired service members and their families who are eligible for military benefits. Keeping your DEERS information up to date helps make sure you can use your TRICARE benefit. It's especially important to update DEERS when you experience a life change like moving, getting married or divorced or having a child. For more information, visit www.tricare.mil/deers.

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Weight Management for Life: Tip the Scale in Your Favor

In this issue's lead article, we discussed some general tips on improving your health in the new year. If managing your weight is your goal, here are some more specific strategies to help you on your way.

Exercise is a major component for managing weight. Burning extra calories through exercise reduces fat in your body, helps prevent disease and can improve health conditions such as diabetes, high blood pressure and high cholesterol. If you don't already exercise, walking is a good place to start. Talk with your health care provider before you begin an exercise plan, especially if you have a medical condition.

Making healthy food choices is also important to managing your weight. Take a look at what you currently eat and drink over a 24-hour period. If your diet is mostly sugary drinks, sweets, fried foods or processed foods, there is plenty of room for improvement. Portion control is another critical factor. Eat slowly and pay attention to feelings of hunger. The goal is not to clear your plate, but to satisfy your hunger. When choosing your meals for the day, be sure to include plenty of vegetables, fruits, whole grains, low-fat dairy products and lean meats, including poultry and fish. One strategy for selecting healthy food is to shop in the aisles around the edges of your grocery store, where most fresh



and unprocessed foods are. Avoid the inside aisles where processed, packaged foods are kept.

One way to determine if your weight is healthy for your height is to measure your body mass index (BMI). To check your BMI, go to www.cdc.gov/bmi.

For additional information and resources on weight management, visit www.hnfs.com. Go to the "I'm a Beneficiary" tab, click on "Wellness," then "Health Topics," then "Weight Management." ★