



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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Self-Service Tool

If you're waiting for a referral from your primary care manager (PCM), Humana Military's online self-service tool is here to make it easier.

After visiting your PCM, Humana Military will review any referral requests from your provider. You can check the status of your referral online 24/7 using our self-service tool on HumanaMilitary.com.

View your prior authorization for your specialist's contact information. Then call to schedule your appointment.

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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
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. ★

Right of First Refusal: What it is and What it Means to You

When you need to see a specialist, your primary care manager (PCM) must give you a referral. That referral can be to a military or civilian specialist. However, military hospitals and clinics have the right of first refusal.

This means if there is a military hospital or clinic in your area that can provide your specialty care, Humana Military will refer you there first. The military hospital or clinic will either treat you or send you elsewhere depending on their patient load. This rule also applies to those who live more than one hour from a military hospital or clinic, but have waived their drive-time access standards to remain

enrolled in TRICARE Prime. If you waived your drive-time access, you may also be required to drive to a military hospital or clinic for specialty care.

How it Works

If your PCM finds you need specialty care, your PCM will send a referral request to Humana Military. Humana Military then sends valid requests, including any needed clinical information, to the local military hospital or clinic for review.

The military hospital or clinic reviews this information and notifies Humana Military whether or not the specialty service is available. The response is

usually within two days. For urgent requests, a same-day response is usually made.

If the service you need is available at the military hospital or clinic, you will be referred there. The military hospital or clinic may contact you to schedule an appointment. Humana Military will also provide you with information for contacting the military hospital or clinic directly.

If the military hospital or clinic can't provide the care requested, you will be referred to a civilian network provider. ★



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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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Improve Your Quality of Life with Effective Disease Management

If you have a chronic disease, Humana Military offers a wealth of resources and information to help improve your quality of life. Humana Military's team of health care professionals, including registered nurses and licensed clinical social workers, works closely with individuals that TRICARE identifies as at-risk.

Humana Military can help you manage your disease by:

- Helping you limit risk for new conditions or complications of your existing conditions
- Helping you identify barriers to following treatment plans recommended by health care providers
- Educating you in self-management techniques that reduce unnecessary or preventable hospital and emergency room visits
- Working with you to set goals and create a plan to manage a chronic disease

Humana Military's Disease Management Program is available to high-risk individuals with anxiety, asthma, chronic obstructive pulmonary disease, depression, diabetes or heart failure.

In addition to one-on-one consultations with Humana Military's health care team, the Disease Management Program gives you access to newsletters, webinars and a diabetes community group.

During webinars, Humana Military's clinical specialists discuss new treatments, management strategies and promising developments in research related to your condition. You can join in the discussion and connect with others who have the same disease or condition. ★