

TRICARE Dental Health Matters



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A PUBLICATION FOR TRICARE DENTAL PROGRAM ENROLLEES

The Dentist is in ... A New Year, a Healthy New Start for Your Family

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With 2008 in full swing now, you are probably aware of which New Year's resolutions are working out and which ones are not. If you're looking for a "replacement" resolution that's easy to keep, try this one: Resolve to take advantage of all the great benefits the TRICARE Dental Program (TDP) has to offer.

Visit Your Dentist Regularly

For optimal oral health, the American Dental Association recommends visiting your dentist twice a year. As a part of the TDP benefit, you are entitled to two examinations and two dental cleanings per year.

"I encourage all of our enrollees to take advantage of this benefit," says Dr. Gary Martin, an Air Force colonel, dentist and TRICARE Dental Care Division Director. "In most cases, with regular, preventive care you can avoid major dental complications or costly procedures in the future."

During your semiannual visits, your dentist will examine your teeth, mouth and gums for any abnormalities or signs of disease, which includes an oral cancer screening. These preventive examinations, which are of no cost to you, help identify any small or potential problems before they progress into more serious conditions like gum disease, dental decay or oral cancer.

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New Recommendations for Preventive Antibiotics

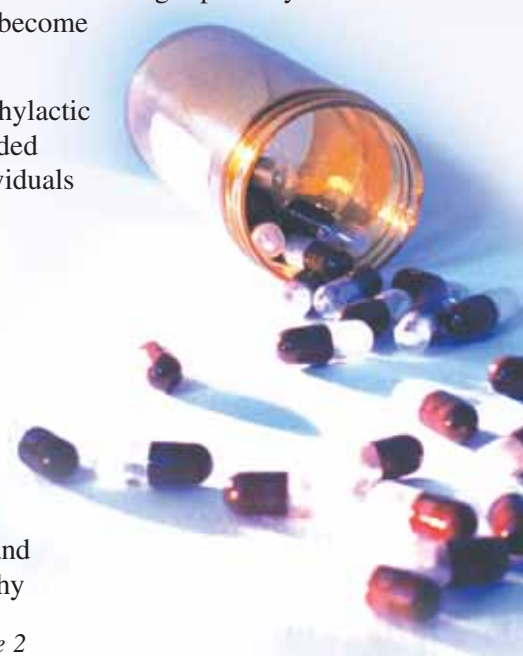
Before you call in a refill of that antibiotic in preparation for your dental visit, check with your primary care physician or cardiologist. After decades of recommending that patients with certain heart conditions take antibiotics before dental treatment to prevent getting infective endocarditis (IE), **the American Heart Association® (AHA) now recommends that only patients at the greatest risk of bad outcomes from getting IE should take preventive antibiotics.**

The AHA's new recommendation is based on a growing body of scientific evidence, weighing the effectiveness of antibiotics against the possible risks. Studies also show that taking an antibiotic before dental treatment doesn't always prevent IE, a rare but life-threatening heart infection, in high-risk patients. The heart is already frequently exposed to bacteria from the mouth, during such daily activities as brushing and flossing. Evidence shows IE is more likely to occur as a result of these regular activities than from periodic dental treatments. Drugs can cause severe allergic reactions and might possibly make the bacteria that cause IE to become resistant to antibiotics.

According to the AHA, prophylactic antibiotics are no longer needed before a dental visit for individuals with:

- Mitral valve prolapse
- Rheumatic heart disease
- Bicuspid valve disease
- Calcified aortic stenosis
- Congenital (present from birth) heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy

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The Dentist is in ...

A New Year, a Healthy New Start for Your Family

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Early detection of oral cancer is critical to improving the five-year survival rate for those affected by this disease. You can significantly reduce your risk for oral cancer by avoiding use of alcohol and tobacco products.

Take Extra Care during Pregnancy

Pregnancy is a time when women need to pay special attention to their oral health. The hormonal changes that occur in a woman's body during pregnancy are believed to put a pregnant woman at risk for developing infections and gum disease. Research indicates that women who are pregnant and have gum disease are 60 percent more likely to deliver prematurely than those who don't.

If you are pregnant, be sure to visit your dentist for appropriate preventive services, including an examination and dental cleaning. "Since any type of infection present in the mother can pose serious risks for her unborn baby, maintaining good oral hygiene habits is vital during pregnancy," adds Dr. Martin. "With preventive screenings, your dentist may be able to spot any potential problems before they can harm the unborn child."

Enroll Children under Age 4 in the TDP

If you are a parent of a child who is under the age of 4, consider enrolling your child in the TDP today. Remember, the recommendation is to have your child visit the dentist by his or her first birthday. If you are already paying the family premium, the premium will not increase as you enroll additional family members. It's never too early to begin taking care of your children's teeth! ■

New Recommendations for Preventive Antibiotics

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Preventive antibiotics prior to a dental procedure are advised for patients with:

- Artificial heart valves
- A history of IE
- Certain specific, serious congenital heart conditions, including:
 - Unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits
 - A completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter intervention, during the first six months after the procedure
 - Any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device
- A cardiac transplant that develops a problem in a heart valve

The new recommendations apply to many dental procedures, including teeth cleaning and extractions, so check with your physician or cardiologist before your next dental visit to see if you need to be premedicated. ■



OCONUS
Corner**Host Nation Provider (HNP)
Requirement Change for
Non-Remote OCONUS
TDP Enrollees**

Effective February 1, 2008, non-remote OCONUS TRICARE Dental Program (TDP) enrollees **must** receive their dental care from a dentist listed on the TDP HNP directory, which is available at www.TRICAREdentalprogram.com. This requirement is waived if there is no dentist listed on the directory within 50 miles of the OCONUS TDP enrollee's residence. Non-remote OCONUS TDP enrollees who choose to receive care from a dentist not included on the directory will have their claims paid at the non-command-sponsored rate. This will result in higher out-of-pocket expenses, as cost-shares and excess charges previously paid by the government will be paid by the enrollee. ■

**New Search Engine for
OCONUS Enrollees on the
TDP Web Site**

For OCONUS TDP enrollees, finding overseas dental care just became a lot easier and more convenient! Simply visit www.TRICAREdentalprogram.com and under the Enrollee tab on the home page, click on the "Find an Overseas Host Nation Provider" link. This new feature enables you to search for a dentist by country or military dental treatment facility location. You also can further refine your search by dental specialty or city. Visit the TDP Web site today! ■

**Don't Let Your Coverage
Lapse: Keep DEERS Updated**

Proper registration in the Defense Enrollment Eligibility Reporting System (DEERS) is the key to receiving all TRICARE benefits, including TRICARE Dental Program (TDP) benefits. Having incorrect or outdated information in DEERS could cause your TDP enrollment to be denied or TDP claims to be paid late or not at all.

United Concordia Companies, Inc., (United Concordia) verifies member eligibility through DEERS. If the information listed in DEERS does not match the information provided on the TDP *Enrollment/ Change Form* for each family member, enrollment in the TDP may be denied.

Also, if a claim is submitted to United Concordia (either by you or a TDP network dentist) with beneficiary information that does not match DEERS, United Concordia may deny payment. In this case, you will have to update your information in DEERS and resubmit the claim (or have your dentist resubmit the claim).

Updating DEERS

It is the sponsor's responsibility to ensure that family members are registered in DEERS correctly and that all status information is kept current at all times. Sponsors and registered family members may make changes to address and contact information in DEERS; however, only the sponsor can add family members to or delete them from DEERS. The addition or deletion of family members requires proper documentation, such as a marriage certificate, divorce decree or birth certificate.

You may update your DEERS information in one of the following ways:

- Visit a local uniformed services ID card-issuing facility. Locate one at www.dmdc.osd.mil/rsl/owa/home.
- Log on to the Beneficiary Web Enrollment (BWE) Web site at <https://www.dmdc.osd.mil/appj/bwe/>.
- Call the Defense Manpower Data Center Support Office at 1-800-538-9552. (Monday–Thursday from 6 a.m. to 3:30 p.m. Pacific Time, except Federal holidays).
- Fax changes to DEERS at 1-831-655-8317.
- Mail changes to:

Defense Manpower Data Center Support Office
Attn: COA
400 Gigling Road
Seaside, CA 93955-6771 ■

Introducing Becky Brush and Matty Molar

New Children's Page on TDP Web Site

Meet Becky Brush and Matty Molar—two characters developed by United Concordia for the children's fun pages on the TRICARE Dental Program (TDP) Web site. You and your children can get to know them better at www.TRICAREdentalprogram.com.

Becky and Matty's mission is to promote children's dental health through fun activities and games that stress healthy eating choices and proper oral hygiene.

One activity is the "Be a Star Brushing Calendar" that provides children with a way to track their brushing on a daily basis for a month. Children who successfully complete the calendar will receive a personalized "Be a Star" Award Certificate from United Concordia, upon request by a parent or guardian.

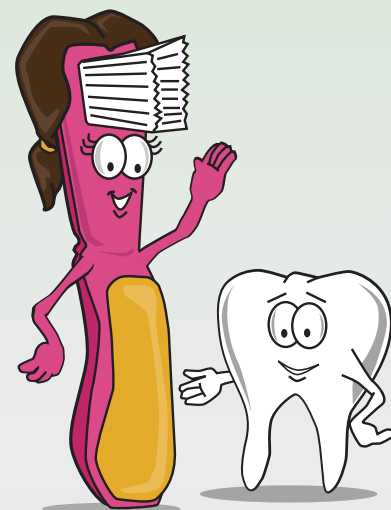
Other new children's activities and games include:

- Healthy Smile Tips
- Western Poster of Healthy Foods
- Good Oral Health Sports Maze
- Search for Healthy Foods Matching Game
- The Magic Word Scramble Game
- The Jungle Word Search Game

"We are very pleased with this addition to the TDP Web site. It is a fun way for children to become involved in and learn about their dental health," said Col. Gary Martin, USAF, DDS, MPH, director of the Dental Care Division, TRICARE Management Activity.

Lawrence McKinley, DDS, United Concordia's program manager, added, "Our goal is to promote children's dental wellness through these new characters, activities and games. We feel the new pages will accomplish just that and are a great companion to our Children's Dental Health Topics section of the TDP Web site."

Please encourage your children to come along with Becky Brush and Matty Molar on their adventures to good oral health! ■



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The Baby Teeth Are Falling Out: Now What?

The first visit from the Tooth Fairy is an exciting milestone in a child's young life, and it signals the start of an important growth process. A child's primary teeth, or baby teeth, start falling out on their own to make room for the larger and more numerous permanent teeth growing in behind them.

The first baby teeth to fall out—usually around age 6 or 7—are often the lower incisors, which are also normally the first ones to come in, when a child is about 6 months old. Baby teeth will generally fall out in the same order in which they initially arrived, and will be replaced by permanent

teeth. Teeth will continue to grow in until about age 20, when the last of the adult teeth, the wisdom teeth, emerge.

The loss of baby teeth is usually a painless process. However, some children may experience some soreness in their gums and, perhaps, a small amount of bleeding. An over-the-counter pain reliever, such as children's ibuprofen or acetaminophen, may help your child feel better.

With the arrival of the adult teeth comes another chance for you to talk with your child about the importance of good oral hygiene habits. By this time in their lives, most children are old enough to brush on their own after each meal and start learning how to floss before going to bed.

With some encouragement and guidance, you can pick up where the Tooth Fairy leaves off and help your child grow into a full set of healthy adult teeth. ■





Attention Kids!
This page is just for you!



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	1	2	3	4	5	6	7	8	9	10
1	L	J	E	U	A	R	S	M	R	D
2	V	F	T	B	I	T	E	N	G	E
3	Q	Y	T	A	L	K	Z	A	I	U
4	W	S	O	H	S	I	C	H	E	W
5	B	N	J	E	M	U	O	P	C	X
6	G	T	U	K	I	A	R	S	O	P
7	R	C	X	T	L	U	T	K	L	M
8	I	R	D	V	E	F	E	T	N	G
9	N	U	F	U	N	B	A	R	A	I
10	D	N	W	S	O	H	R	I	Q	Y
	1	2	3	4	5	6	7	8	9	10

What Can Your Teeth Do?

Help Becky Brush look up-and-down and side-to-side in the box on the right to find the hidden words listed below:

HIDDEN WORDS

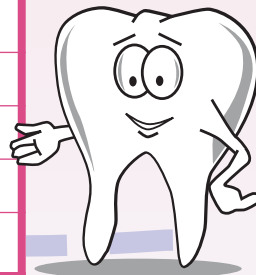
- BITE TEAR
- CHEW SMILE
- GRIND TALK

Kids' Dental Word Scrambler

Unscramble the letters below to make real words.

Hint: The capital letter goes at the beginning of the word, and all the words have something to do with your teeth!

	Scramble	Answer
1	Ttehe	
2	Gsmu	
3	toToh Fyira	
4	ossIF	
5	rhtuhoTbos	
6	eshtopaoTt	
7	byaB eTthe	
8	iemlS	
9	iestnDt	
10	sBerca	



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Answers
1. Teeth 2. Gums 3. Tooth Fairy 4. Floss 5. Toothbrush
6. Toothpaste 7. Baby Teeth 8. Smile 9. Dentist 10. Braces

Fun Dental Facts

Did You Know?

- Just like fingerprints, everyone's teeth are different—even if you're an identical twin!
- Right-handed people tend to chew on their right while "lefties" usually chew on their left.
- In some countries, children are visited by "The Tooth Mouse" instead of "The Tooth Fairy."
- Unlike a human, a crocodile doesn't use a toothbrush. Instead, little birds called "plovers" pick food out of the crocodile's teeth—and then eat it!

“Month of the Military Child” Prize Giveaway Sponsored by United Concordia

United Concordia is proud to once again recognize and support April’s “Month of the Military Child” by sponsoring a Web-based, random drawing. Children of active duty and National Guard and Reserve sponsors enrolled in the TRICARE Dental Program (TDP) are eligible for this drawing.

To enter, simply visit the TDP Web site at www.TRICAREdentalprogram.com and complete a contest entry form between 8 a.m. March 27, 2008, and midnight April 23, 2008. Entries will be accepted via online submission only. Winners will be selected at random.

Prizes will be awarded to military children of varying ages. Within each age category, first, second and third place prizes will be awarded in each of the six TRICARE regions:

- North
- South
- West
- Europe
- Latin America and Canada
- Pacific

Ages 0–2

First Prize: Disney’s Baby Einstein™ Seasons Discovery Gift Set

Baby Einstein helps little ones discover the world by using music, language, nature and art in playful ways to entertain and engage. This gift set includes the Baby Monet™ Discovering the Seasons DVD, the ABCs of Art book, the Lullaby Classics CD and an interactive Baby Monet Crib Toy.

Second Prize: \$50 Army and Air Force Exchange Service (AAFES) gift certificate

Third Prize: \$25 AAFES gift certificate

Ages 3–6

First Prize: VTech® Kidizoom Camera

The Kidizoom camera is a perfect first camera for little ones. It includes a connector cable to plug in and watch a picture slide show, or view the movies on TV or PC.

Second Prize: \$50 AAFES gift certificate

Third Prize: \$25 AAFES gift certificate

Ages 7–10

First Prize: VTech® Touch Tablet™

This sleek, kid-sized, all-in-one notebook computer has a detachable touch-sensitive screen that engages older learners with more than 120 challenging activities in English, math, science, geography, social studies and history.

Second Prize: \$50 AAFES gift certificate

Third Prize: \$25 AAFES gift certificate

Ages 11–14 and Ages 15–17

First Prize: iPod® nano

The 8GB Apple® iPod nano holds up to 2,000 songs, up to 7,000 photos, up to 8 hours of video or some of each.

Second Prize: \$50 AAFES gift certificate

Third Prize: \$25 AAFES gift certificate

Only one entry per child is permitted. Winners will be announced on the TDP Web site on May 22, 2008. Mailed or faxed entries will not be considered. Remember, the entry deadline is midnight April 23.

Best of luck to all who enter! ■



TRICARE Dental Program Survivor Benefit

If your loved one dies while serving in the military, you may be eligible for dental benefits under the TRICARE Dental Program (TDP) Survivor Benefit. The TDP Survivor Benefit continues for three years from the month following your sponsor's death. During this three-year period, the government pays 100 percent of the TDP premiums and you are responsible only for applicable cost-shares.

It's important that you understand how the TDP Survivor Benefit works, what the conditions for eligibility are and what actions you may have to take to receive these benefits.

You may be eligible for the TDP Survivor Benefit if your military sponsor died while on active duty for a period of more than 30 consecutive days. If your sponsor was a National Guard or Reserve member and you were enrolled in the TDP, you may be eligible to receive these benefits whether or not your sponsor was on active duty at the time of his or her death.

If you were enrolled in the TDP at the time of your sponsor's death, you will be automatically disenrolled from your current TDP coverage plan and re-enrolled in a TDP Survivor Benefit plan. United Concordia Companies, Inc., (United Concordia) will notify you of your disenrollment and the terms of the TDP Survivor Benefit.

If you were not enrolled in the TDP at the time of your sponsor's death, but had been previously enrolled in the

TDP and had disenrolled because of the availability of dental care at your sponsor's duty station, you may be eligible to enroll in the TDP Survivor Benefit. However, your enrollment will not be automatic. Contact United Concordia to find out if you are eligible and to elect enrollment.

If a surviving child under the age of 4 was not voluntarily enrolled in the TDP prior to his or her sponsor's death, the child is eligible for the TDP Survivor Benefit only if other eligible family members are enrolled or the child is the only eligible dependent of the sponsor.

United Concordia will track your three-year TDP Survivor Benefit period and notify you before you are disenrolled at the end of the period. When this happens, you may be eligible to enroll in the TRICARE Retiree Dental Program (TRDP). In addition, the TRDP may be available to you if you do not qualify for the TDP Survivor Benefit.

For more information about dental coverage after the death of a sponsor, refer to your *TRICARE Dental Program Benefit Booklet*, contact United Concordia at 1-800-866-8499, or go to the Enrollees tab at www.TRICAREdentalprogram.com and click on "Survivor Benefits" under the "Benefits Information" heading. ■

What's Happening at www.TRICAREdentalprogram.com

If you haven't visited the TRICARE Dental Program (TDP) Web site lately, you may be missing out. For the latest in benefit, policy and dental health information, check out www.TRICAREdentalprogram.com today.

There is a lot of great information on the Web site. For starters, you can view and download past issues of the *TRICARE Dental Health Matters* newsletter by clicking on "TDP Member Newsletters" under the Enrollees tab. Additionally, the Dental Health tab features articles pertinent to both adults and children on a variety of topics, including:

- Antibiotics and Your Heart
- Osteoporosis Medications and the Risk of Developing Jaw Complications

- Fluoride: Nature's Cavity Fighter
- Eating Habits that Can Harm Teeth

You also can find a glossary of dental terms, from "abrasion" (loss of tooth structure) to "xerostomia" (dry mouth), as well as helpful information on enrollment, eligibility and online bill payment.

Don't miss out. Stay abreast of news and features on the TDP Web site—visit www.TRICAREdentalprogram.com today! ■

TRICARE Dental Health Matters



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TRICARE Dental Program
P.O. Box 69426
Harrisburg, PA 17106-9426

TRICARE Dental Program

An Excellent Value

- Generous coverage
- Superior dental health care
- Decisions are health driven, not insurance driven
- High satisfaction with care
- Low out-of-pocket costs
- Easy access

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TRICARE Dental Health Matters is published by the TRICARE Management Activity. Please provide feedback at www.tricare.mil/evaluations/feedback.



Your Privacy Is Ours to Protect

United Concordia and TRICARE recognize that keeping your health information safe and confidential is part of the job of delivering quality health care. How your TRICARE Dental Program health information is used and disclosed is regulated by TRICARE policy and requirements of the Health Insurance Portability and Accountability Act (HIPAA) of 1996.

Under HIPAA, you have the right to have your protected health information kept private, which includes information that readily identifies you, such as your name; date of birth; address; e-mail address; and past, present or future mental or physical health conditions.

HIPAA requires that every provider and health care plan, including TRICARE, provide patients with a document that details how your medical information may be used and with whom it may be shared. It's important that you secure a copy of the Military Health System's *Notice of Privacy Practices* and read through the information carefully.

There are three ways to get a copy of the Military Health System's *Notice of Privacy Practices*:

- Contact your military treatment facility (MTF) Privacy Officer or access your MTF Web site.
- Go to www.tricare.mil/recordsandprivacy and download the document from the right-hand navigation panel.
- Send a written request to:

TRICARE Management Activity Privacy Office
Five Skyline Place, Suite 810
5111 Leesburg Pike
Falls Church, VA 22041

If you have questions or concerns about the way your health information has been handled or wish to file a complaint, consult your local MTF Privacy Officer, contact the TRICARE Management Activity Privacy Officer at the address above or send an e-mail to privacymail@tma.osd.mil. ■