



Take COMMAND

☆☆☆ Enhance Your TRICARE Experience

TRICARE IS CHANGING: HOW DID YOU TAKE COMMAND? BENEFICIARY SPOTLIGHT RECRUITMENT

As you know, a number of changes to the TRICARE benefit took effect on Jan. 1, 2018. These changes give you more benefit choices, improve your access to care, and simplify cost-shares.

The “Take Command” campaign is the Defense Health Agency’s approach to educating approximately 9.5 million beneficiaries in the Military Health System about TRICARE changes. The campaign focuses on communicating the impact of TRICARE changes that affect beneficiaries and encourages them to take action. We want you to **take command of your health**.

We’re looking for TRICARE beneficiaries to feature in the “Take Command” campaign to show how they took advantage of these changes to take command of their health.

- ⇒ Maybe you’ve been able to receive urgent care during the evening or on a weekend thanks to longer hours at your clinic or the elimination of referrals for urgent care.
- ⇒ Maybe you switched from TRICARE Prime to TRICARE Select during TRICARE Open Season and have been able to easily make specialty appointments.
- ⇒ Maybe you enrolled your family in a FEDVIP vision plan and have seen significant cost savings on glasses or contacts.
- ⇒ Maybe you learned something new about your benefit, like that you can pick up medication from a military hospital.

If you have a positive TRICARE experience to share with us, we would like to hear about it! Your story will encourage your fellow TRICARE beneficiaries to take a more active role in taking command of their health!

If you’d like to share how you took command of your TRICARE benefit and your health, please send us an email to dha.ncr.comm.mbx.mhs-marketing-and-branding@mail.mil with your name, your email, what TRICARE plan you’re enrolled in, and how you or your family took command of your benefit.

HOW DID YOU TAKE COMMAND?

BENEFICIARY SPOTLIGHT

MY NAME IS PAM, AND I'M THE SPOUSE OF A RETIREE, ENROLLED IN TRICARE PRIME.

I work at the DHA and was reminded to “Take Command” of my health through a screensaver on my computer. I made an appointment and visited with my Primary Care Manager (PCM) at Fort Belvoir Dumfries Health Clinic, where I was diagnosed with Hypertension. I worked with my practitioner to quickly develop a plan of action, which included medication therapy, a new commitment to eating healthy, and working out.

The Results: I lost over 20 pounds, cut out processed foods, and I maintain a healthy blood pressure. I'm more aware of what triggers a stress response and how to mindfully react.

I took advantage of the TRICARE preventative care benefit, and I found that I had a medical condition early enough to address it before it became serious. Today, I'm healthy and happy.

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#takecommand

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