

November Is Lung Cancer Awareness Month

Encourage Your Patients to Kick the Smoking Habit

November is Lung Cancer Awareness Month and its related events are intended to raise awareness around lung cancer and the dangers of smoking, with the ultimate goal of decreasing the incidence of lung cancer in the nation's population.

The American Cancer Society® (ACS) estimates that more than 40 million American adults smoke cigarettes. Though tobacco use is not the sole cause of lung cancer, smoking is responsible for one third of the deaths caused by cancer. Furthermore, more than eight million Americans currently suffer from chronic smoking-related illnesses.

During this period of heightened awareness and throughout the year, you can help educate your patients about these health risks. Take the opportunity to explain to your patients some of the health benefits they may experience once they quit smoking.

Even though many smokers are aware of the risks associated with smoking and some would prefer to quit, most simply are not prepared to do so. Talk with your patients about finding a cessation plan that will work best for them.

For example, you could encourage them to participate in TRICARE's Tobacco-Free Me demonstration project available in the specific West Region areas listed below. Tobacco-Free Me helps educate beneficiaries about the dangers of tobacco use. The demonstration project is open to beneficiaries enrolled in TRICARE Prime Remote or TRICARE Prime Remote for Active Duty Family Members who:

- Live in Colorado, Kansas, Minnesota or Missouri (the portion of the state in the TRICARE West region)

continued on page 2

Help From Home: Deployment Support for Military Families

Being an active duty service member (ADSM) or family member can bring unique challenges during deployments. TriWest Healthcare Alliance Corp. (TriWest) offers a variety of resources for providers to help ADSMs and their families through these trying times.

One of these resources is the new "Help From Home" video program, designed to provide deployment support to ADSMs and their families. "Help From Home" offers two video presentations:

- "Getting Home ... All the Way Home" focuses on the ADSM. This presentation is a valuable behavioral health resource for post-deployment combat veterans with information about common symptoms of combat stress and the care available to address them.
- "On the Homefront" focuses on the military family. This video resource features personal insights from military families across the country who have remained on the home front while their loved ones are

deployed. These families offer practical, first-hand advice to spouses, children, teens and parents of ADSMs. Community resources are also featured.

continued on page 2



Help From Home: Deployment Support for Military Families

continued from page 1

The “Help From Home” video program is available to watch online and can also be ordered as a two-disc DVD set.

This video resource is one of many programs that make up TriWest’s multi-dimensional “Help From Home” initiative to proactively help ADSMs and their families cope with deployment-related challenges. This initiative may especially benefit National Guard and Reserve members and their families, who often have limited access to behavioral health resources provided in military treatment facilities.

“Help From Home” consists of several distinct yet integrated programs designed to educate, assist and expedite support, including:

- Online tools through TriWest’s Behavioral Health Portal at www.triwest.com, which provides access to local and national resources and information on depression, stress, substance use, child and adolescent issues and more
- Personalized depression support and education from a TriWest clinical health coach
- Continuing education seminars for TRICARE West Region providers to educate them about identifying and treating combat stress
- Partnerships with National Guard and Reserve Family Readiness centers
- Sponsorship of National Military Family Association summer camps for children of deployed service members
- A toll-free crisis line at 1-866-284-3743, offering assistance from licensed clinicians 24 hours a day, seven days a week

These resources have been carefully selected and organized with the ADSM’s family in mind. TriWest is committed to doing “Whatever It Takes” to assist and expedite support to service members and their families during this time.

Providers may direct ADSMs and their families to visit the TriWest Behavioral Health Portal at www.triwest.com or contact TriWest at 1-888-TRIWEST (1-888-874-9378) for additional information. ■

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continued from page 1

- Are 18–64 years old and want to quit using tobacco
- Are ineligible for Medicare and not participating in other special TRICARE programs or projects

Tobacco-Free Me provides participants with:

- A customized kit including a quit plan and helpful tips and information about tobacco cessation
- Trained tobacco cessation telephone coaches, available 24 hours a day, seven days a week
- FDA-approved nicotine replacement therapy through the TRICARE Mail Order Pharmacy at substantially reduced rates

Registering for the program is free. Additional information about program registration is available at www.tobacco-freeme.org. Your patients can also call 1-888-742-0742 to register.

To learn more about how to help your patients become smoke-free, visit the ACS Web site at www.cancer.org. You can also suggest to your patients that they call the ACS Quitline, which is available 24 hours a day, seven days a week at 1-800-ACS-2345 (1-800-227-2345), for information and assistance with quitting smoking. ■

Prior Authorization List Updated

The TriWest Prior Authorization List (PAL) has been updated and will be effective Nov. 1, 2007. You may view the supporting lists of codes in the Provider Connection area of www.triwest.com. ■



Costs for Inpatient Services Increase Slightly

New Rates Effective Oct. 1, 2007, through Sept. 30, 2008

Each fiscal year, some of the costs for TRICARE-covered inpatient services may increase slightly. The following tables highlight the new rates for inpatient services for fiscal year 2008 (Oct. 1, 2007–Sept. 30, 2008).*

For additional information about copayments and cost-shares for TRICARE-covered services, visit the TRICARE Web site at www.tricare.mil. You can also visit TriWest Healthcare Alliance Corp. (TriWest) online at www.triwest.com, or call 1-888-TRIWEST (1-888-874-9378) for more information.

* While the inpatient rate increases are technically effective Oct. 1, 2007, there may be some delay between then and the time TriWest receives direction from the TRICARE Management Activity and is able to implement the change.

Beneficiary Costs for Inpatient Services for Civilian Hospital Admissions		
Program	Active Duty Family Members	Retirees, Their Families and Other Eligible Beneficiaries
TRICARE Prime	(no change) \$0 per admission	(no change) \$11 per day or \$25 per admission, whichever is greater. No charge for separately billed professional services.
TRICARE Standard	Increases from \$14.80 to \$15.15 per day or \$25 per admission, whichever is greater. No charge for separately billed professional services.	(no change) \$535 per day or 25% of the total charge, whichever is less, plus 25% of the TRICARE-allowable charge for separately billed professional services.
TRICARE Extra	Increases from \$14.80 to \$15.15 per day or \$25 per admission, whichever is greater. No charge for separately billed professional services.	(no change) \$250 per day or 25% of total charge, whichever is less, plus 20% of the TRICARE-allowable charge for separately billed professional services.

Beneficiary Costs for Inpatient Behavioral Health Services at Civilian Facilities		
Program	Active Duty Family Members	Retirees, Their Families and Other Eligible Beneficiaries
TRICARE Prime	(no change) \$0 per admission	(no change) \$40 per day. No charge for separately billed professional services.
TRICARE Standard	(no change) \$20 per day	High-volume Hospital (no change): 25% of hospital-specific charges. Low-volume Hospital : Increases from \$181 to \$187 per day or 25% of the billed charges, whichever is lower. Residential Treatment Center (no change): 25% of the TRICARE-allowable charge. Partial Hospitalization (no change): 25% of the TRICARE-allowable charge, plus 25% of the TRICARE-allowable charge for separately billed professional services.
TRICARE Extra	(no change) \$20 per day	(no change) 20% of total charge, plus 20% of the TRICARE-allowable charge for separately billed professional services.



Military Treatment Facility Inpatient Admission Cost Increase

The cost for inpatient care provided at a military treatment facility increases from \$14.80 to \$15.15 per day for active duty family members and retiree family members using TRICARE Standard or TRICARE Extra and for retiree family members enrolled in TRICARE Prime. ■

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Provider News is published by the TRICARE Management Activity. Please provide feedback at www.tricare.mil/evaluations/feedback.

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TriWest Customer Service
1-888-TRIWEST
www.triwest.com

TRICARE Alaska Office
1-907-743-1800

Wisconsin Physicians Service
(Electronic claims set up)
1-800-782-2680
www.wpsic.com

Express Scripts, Inc. (ESI)
(Pharmacy inquiries)
1-866-DoD-TRRX
1-866-DoD-TMOP
www.express-scripts.com/TRICARE



Are You Using the Latest TRICARE Patient Referral/Authorization Form?

In order to ensure that your patient's referral or authorization request is processed quickly, submitting complete information on the correct form is critical. The *TRICARE Patient Referral/Authorization Form* must be submitted for any TRICARE patient requiring a specialty care referral or authorization for medical or surgical services.

Please use the current form, which was recently updated by TriWest Healthcare Alliance Corp. (TriWest). It can be found in the "Find a Form/Provider Forms" section of www.triwest.com.

Referral and authorization approval letters and consult tracking fax cover sheets are typically faxed to provider offices daily between midnight and 3:00 a.m. Therefore, it is important to leave your fax machine on after hours to ensure prompt receipt of these approvals.

Furthermore, when you are making referral and authorization requests, please remember to submit Current Procedural Terminology (CPT) codes for services requested. TriWest often approves "Episodes of Care" when experience

shows that additional services are commonly requested subsequent to the referring provider's initial request. However, use of "Episodes of Care" may result in differences between the services you request and the services TriWest authorizes.

Besides failure to use the current form, there are many other reasons why a referral or authorization request might be delayed. Delays occur most often when:

- The clinical information necessary to establish medical necessity is not provided.
- CPT or diagnosis codes are not listed.
- The full provider name is not listed, e.g., "Dr. Jones" as opposed to "Dr. Fred Jones, Cardiologist".
- Handwriting is illegible.

For more information, refer to the Referrals and Authorization section of the Provider Connection area of www.triwest.com or call 1-888-TRIWEST (1-888-874-9378). ■