

North Carolina Air National Guard

TGIF News

The Guard is Family

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APRIL 1, 2010



Plan Now To Play In Park and REC'S Free Golf Classic For Veterans and Active Duty Military on June 24

Charlotte, NC-- All military veterans (including National Guard and Reserves) and active duty military personnel are invited to sign-up to play in the 5th annual Veterans & Reservists Golf Classic at Charles T. Myers Golf Course, 7817 Harrisburg Road, on June 24, 2010.

This event features a **FREE** round of golf on a fine course plus **FREE** continental breakfast and lunch for those who qualify to play.

Golfing will begin with shotgun starts at 8am and 2pm.

This Golf event is presented by Mecklenburg County Park and Recreation Department and Mecklenburg County Community Support Services-Veterans Services Division to show appreciation for men and women who serve and have served our country in the armed forces.

To register online, visit <http://www.charlottepublicgolf.com/>

Registration runs April 1 through June 10, 2010, but space is limited! Program Coordinator is Robert Anderson: (704) 336-3590.

Continental breakfast is provided by Chick-fil-A, 9010 Albemarle Rd. Lunch is provided by Texas Land & Cattle Steak House, 517 University Center Blvd.

MARK YOUR CALENDARS!!!!!!

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Military Appreciation Day with Wolfpack Baseball

In honor of our military families, NC Operation: Military Kids (OMK) program has collaborated with NC State University Athletics to host a “*Military Appreciation Day*” event during the NC State vs. Georgia Tec Baseball game. The event will be held **Saturday, 1 May 2010 at 1:00 pm** at Doak Field on the campus of NC State.

As part of the “*Military Appreciation Day*” event, the NC State Wolfpack have offered low cost opportunities to recognize the Wolfpacks’ support for military service members, their families and their children. Military families can purchase discounted tickets for \$3.00 (a \$4.00 savings) at the gate. Military ID is required to receive special ticket prices. At the beginning of the game, 18 military youth will have the chance to run out on the field with the players as they are announced. **To confirm a spot, RSVP by e-mail (ONLY) to scott_enrougthy@ncsu.edu by 12:00pm (noon) Thursday, 15 April, 2010**

For additional information, contact Scott Enrougthy, Project Manager—NC OMK, at scott_enrougthy@ncsu.edu or 919.515.8500 or check out www.operationmilitarykids.org and www.nc4h.org/military/index.html.

NG Financial Management Awareness Program (FMAP)

Today’s economic climate underscores how important sound financial management practices are to our Service members and their Families. To help National Guard Members and Spouses improve their financial preparedness, we have launched the National Guard Financial Management Awareness Program (FMAP), which has partnered with the Military Saves Campaign (MilitarySaves.org) to provide free resources and education. In support of this initiative, the Deputy Under Secretary of Defense, Military and Community Family Policy, and the Chief, National Guard Bureau, have signed memorandums which are attached for your review and widest dissemination.

To assess the improvements in education required to enhance services and education opportunities to our Service members and spouses, FMAP has developed a 2010 Financial Management Health Assessment Survey, found at www.jointservicessupport.org/financialawarenesssurvey. Upon taking the survey, participants are encouraged to "Take the Saver Pledge" to help us change our National Guard culture to one that promotes financial wellness. Additional information on FMAP's partnership with MilitarySaves.org can be found on the Joint Services Support System at www.jointservicessupport.org.

Upcoming Commissary Sale at the 145th Airlift Wing, Air National Guard Base, Charlotte, NC

The 145th Airlift Wing will be hosting another On-Site Commissary Sale on Saturday and Sunday the 17th and 18th of April, 2010; the times will be 0900 – 1800. The sale will take place at the Charlotte Air National Guard Base, specifically in the tents located north of Bldg 7.

Homeowners Assistance Program - Wounded, Injured, Ill Warriors & Surviving Spouses of Fallen Warriors **http://hap.usace.army.mil/EP_WT-SS.html**

Military & Civilian Personnel

1. WT: Military Personnel and Civilian Employees:

a. Military Personnel: Member of Armed Forces (including US Coast Guard) in medical transition
(1) Incurred wound, injury, or illness in the line of duty during a deployment in support of the Armed Forces, on or after 11 September 2001;

(2) is disabled to a degree of 30% or more as a result of such wound, injury, or illness, as determined by the Sec. Def.

(3) Is reassigned in furtherance of medical treatment or rehabilitation, or due to medical retirement in connection with such disability.

(4) Owned home at time of deployment where wounded, injured, or became ill.

b. Civilian Employees of the Department of Defense or US Coast Guard:

(1) Was wounded, injured, or became ill in the performance of his or her duties during a forward deployment occurring on or after 11 September 2001, in support of the Armed Forces; and

(2) Is reassigned in furtherance of medical treatment, rehabilitation, or due to medical retirement resulting from the sustained disability.

(3) Owned home at time of deployment where wounded, injured or became ill.

2. Surviving Spouse:

a. Of service member killed in the line of duty, or in the performance of his or her duties during a deployment on or after 11 September 2001, in support of the Armed Forces or died from a wound, injury, or illness incurred in the line of duty during such a deployment.

b. Relocate within two years of spouse's death.

3. If you are a WT or SS, download the application packet and complete the application. Carefully read all instructions, and mail your completed application to the USACE district responsible for the area in which your home is. SS must include DD Form 1300 (Report of Casualty) with application. Once DoD implementing guidance is received the district will contact you concerning your eligibility and benefits.

VA Recognizes “Presumptive” Illnesses in Iraq, Afghanistan *Decision Simplifies Application for Disability Pay*

WASHINGTON – Secretary of Veterans Affairs Eric K. Shinseki today announced the Department of Veterans Affairs (VA) is taking steps to make it easier for Veterans to obtain disability compensation for certain diseases associated with service in the Persian Gulf War or Afghanistan. This will be the beginning of historic change for how VA considers Gulf War Veterans’ illnesses.

Following recommendations made by VA’s Gulf War Veterans Illnesses Task Force, VA is publishing a proposed regulation in the *Federal Register* that will establish new presumptions of service connection for nine specific infectious diseases associated with military service in Southwest Asia during the Persian Gulf War, or in Afghanistan on or after September 19, 2001.

“We recognize the frustrations that many Gulf War and Afghanistan Veterans and their families experience on a daily basis as they look for answers to health questions, and seek benefits from VA,” said Secretary Shinseki.

The proposed rule includes information about the long-term health effects potentially associated with the nine diseases: Brucellosis, *Campylobacter jejuni*, *Coxiella burnetii* (Q fever), malaria, *Mycobacterium tuberculosis*, Non-typhoid *Salmonella*, *Shigella*, Visceral leishmaniasis and West Nile virus.

For non-presumptive conditions, a Veteran is required to provide medical evidence that can be used to establish an actual connection between military service in Southwest Asia or in Afghanistan, and a specific disease.

With the proposed rule, a Veteran will only have to show service in Southwest Asia or Afghanistan, and a current diagnosis of one of the nine diseases. Comments on the proposed rule will be accepted over the next 60 days. A final regulation will be published after consideration of all comments received.

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The decision was made after reviewing the 2006 report of the National Academy of Sciences (NAS), titled, "Gulf War and Health Volume 5: Infectious Diseases." The 2006 report differed from the four prior reports by looking at the long-term health effects of certain diseases determined to be pertinent to Gulf War Veterans.

The 1998 Persian Gulf War Veterans Act requires the Secretary to review NAS reports that study scientific information and possible associations between illnesses and exposure to toxic agents by Veterans who served in the Persian Gulf War.

Because the Persian Gulf War has not officially been declared ended, Veterans serving in Operation Iraqi Freedom are eligible for VA's new presumptions. Secretary Shinseki decided to include Afghanistan Veterans in these presumptions because NAS found that the nine diseases are prevalent in that country.

Noting that today's proposed regulation reflects a significant determination of a positive association between service in the Persian Gulf War and certain diseases, Secretary Shinseki added, "By setting up scientifically-based presumptive service connection, we give these deserving Veterans a simple way to get the benefits they have earned in service to our country."

Last year, VA received more than one million claims for disability compensation and pension. VA provides compensation and pension benefits to over 3.8 million Veterans and beneficiaries. Presently, the basic monthly rate of compensation ranges from \$123 to \$2,673 to Veterans without any dependents.

Disability compensation is a non-taxable, monthly monetary benefit paid to Veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

For more information about health problems associated with military service during operations Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom and related VA programs go to www.publichealth.va.gov/exposures/gulfwar/ or go to www.va.gov for information about disability compensation.

NCOAGA Chapter 1 Scholarships Deadline 1 May 2010

Each year scholarships are given out by the NCOAGA. For more information please visit: <http://www.ncoaga.com/scholarship.html>

- a. Chapter 1 Senior Division. Eligible youth dependents, as defined in Association Guidance Handbook Section 3-4, Education and Scholarship Program, in 12th grade - baccalaureate (years completed) will submit an essay of 750 - 1,000 words to the 1st Vice President of Chapter 1. Entries of original work in essay, poem, or letter format will be double-spaced. All applicants must complete and submit Association Guidance Handbook Form 6-11, Scholarship Application with their entry. The Scholarship Committee at each national Seminar will select a topic for the following year. The amount of this scholarship is \$1,300.00.
- b. Chapter 1 Junior Division. Eligible dependents, as defined in Association Guidance Handbook Section 3-4, Education and Scholarship Program, in 10th grade - 11th grade (years completed) will submit an essay of 50 - 750 words to the 1st Vice President of Chapter 1. Entries of original work in essay, poem, or letter format will be double-spaced. All applicants must complete and submit Association Guidance Handbook Form 6-11, Scholarship Application with their entry. The Scholarship Committee at each national Seminar will select a topic for the following year. The amount of this scholarship is \$600.00.
- c. The William M. Goyer Memorial Scholarship. The Chapter 1 Senior Division essay receiving the highest number of points will be awarded the William M. Goyer Memorial Scholarship. The amount of this scholarship is \$1,600.00.
- d. MSgt Bennie S. Frick Memorial Scholarship. Award of this scholarship will be based on meeting requirements for entrance in the educational institution of applicant's choice; demonstrated leadership in home, school, church and community activities; demonstrated financial need in order to begin or continue a program of study; and educational and life goals. Refer to Association Guidance Handbook Form 6-12, MSgt Bennie S. Frick Memorial Educational Award Application for application and full instructions. The amount of this scholarship is \$700.00.

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e. Betty Fearn Scholarship. This scholarship was established for an active member of Chapter 1. The member applicant will write a talking paper on themselves to include leadership, extent of and/or potential accomplishments in; civilian, military and academic achievements. The applicant will write a goals statement which will cover, as a minimum, the next year to include academic or educational goals; career (civilian and/or military) goals. Attachments to the talking paper and goals statement will be one or more of the following: a current progress report from the Community College of the Air Force or a copy of the Community College of the Air Force degree; a current transcript from an institution of higher learning such as a technical school, college or university; a letter of acceptance/enrollment from an institute of higher learning (such as mentioned above). The above information will be submitted with a cover sheet to include the applicant's name, rank, unit, region, chapter number and the unit and home addresses. The amount of this scholarship is \$1,000.00.

2010 ESSAY TOPICS

Chapter 1 Senior Division: How has your family member's military obligations affected you personally?

Chapter 1 Junior Division: What does the American flag mean to you?

SUBMITTAL DEADLINE Applications will be submitted to the 1st Vice President of Chapter 1 by 1 May of each year. Forward applications:

SMSgt Christopher Amburn
4930 Minuteman Way
Charlotte NC 28208-3866
E-Mail: christopher.amburn@ang.af.mil
<<mailto:christopher.amburn@ang.af.mil>>

TRICARE

Important
Telephone Numbers

TRICARE FOR LIFE
1-866-773-0404
www.tricare4u.com

RETAIL PHARMACY
1-866-DoD-TRRX
1-866-363-8779

NATIONAL MAIL
ORDER PHARMACY
1-866-DoD-TMOP
1-866-363-8667
www.express-scripts.com/
TRICARE

TRICARE PRIME
REMOTE
1-877-TRICARE
1-877-874-2273

TRICARE DENTAL
1-888-622-2256 (Enrollment)
1-800-866-8499 (Information)

NORTH REGION
Health Net Federal
Services
1-877-TRICARE
(1-877-874-2273)
www.healthnetfederalservices.com

WEST REGION
TriWest Healthcare
Alliance
1-888-TRIWEST
(1-888-874-9378)
www.triwest.com

SOUTH REGION
Humana Military Health-
care Services
1-800-444-5445
www.humana-military.com

TRICARE Information
Service
1-888-DoD-CARE
1-888-363-2273

West
San Diego, CA
TriWest
Healthcare
Alliance Corp
www.triwest.com

North
Washington, D.C.
Health Net Federal Services
www.healthnetfederalservices.com

South
San Antonio, TX
Humana Military Healthcare Services
www.humana-military.com

Health Care Reform Landing Page on Tricare.mil

TRICARE Management Activity C&CS has posted a simple landing page on the front page of www.tricare.mil with pertinent information links and very basic Q&As that we hope will assist you when answering questions regarding this subject and how it affects our TRICARE program/beneficiaries. Not a lot of new info at this point but will be updated as more info becomes available.

Questions & Answers—TRICARE and Patient Protection & Affordable Care Act. (see more Q&A on www.tricare.mil)

Will the new legislation transfer into another health care program? No. The Patient Protection and Affordable Care Act leaves TRICARE under sole authority of the Defense Department and the Secretary of Defense, and we are governed by an independent set of statutes. “For the Department of Defense, and specifically for our 9.6 million TRICARE beneficiaries, the law will not affect the TRICARE benefit. Eligibility, covered benefits, copayments and all other features of our TRICARE program remain in place.” - Assistant Secretary of Defense (Health Affairs) Dr. Charles Rice.

The new health care bill allows adult children to stay on their parent’s health care plan until age 26 if their employers don’t offer insurance.
Will TRICARE adopt this policy? Many beneficiaries with dependent children are very interested on how the Act will impact their children age 26 and younger. Our current age limits—21, or age 23, if the dependent is in a full-time school program—are set by statute, so separate legislation would be required to change them. If changes are made to the statutes governing TRICARE, then, like any other legislative initiative, time will be required for us to implement the changes. Until that time, the benefit remains unaffected by the Patient Protection and Affordable Care Act.

TRICARE MyBenefit Web Site a Top Performer

FALLS CHURCH, Va. – Since the American E-Government Satisfaction Index began measuring Web surfers' opinions in 2003 about the sites they visit, none of the 103 federal government Web sites it tracks has shown greater improvement in customer satisfaction than TRICARE's.

The steady increase in satisfaction with the TRICARE Beneficiary Web site, www.tricare.mil/mybenefit, is the result of TRICARE's constant and continuing commitment to improving beneficiaries' online experience. Throughout 2008, user satisfaction – measured by customer feedback – was higher than that same month in 2007. The 2007 redesign of the beneficiary Web site is one of the main reasons for the rating increase.

“TRICARE is an excellent example of a Web site that recognized the need for citizen-centric improvement and leap-frogged ahead as a result of the guidance it got from listening,” said Larry Freed, American Customer Satisfaction Index President and CEO. “Its leadership should be commended for being so responsive to the needs of such an important constituency.”

The site has a cleaner, more user-friendly layout allowing beneficiaries to easily find the information and updates they need about their benefit. A key feature of the redesign is having users personalize the information they get about their TRICARE benefit by answering three questions about their location, beneficiary status and current TRICARE plan.

Two other features launched in the redesign – the Plan Wizard and Is It Covered? – also helped to increase [tricare.mil](http://www.tricare.mil)'s usability. The Plan Wizard eliminates the guesswork for new beneficiaries who may not be sure which TRICARE plan they are enrolled in and provides a list of plans they may be eligible for. Beneficiaries can visit the Is It Covered? section to find out which health care services TRICARE covers.

More improvements to [tricare.mil](http://www.tricare.mil) are on the way including streamlined profile entry and a solutions center featuring answers to the most frequently asked questions about TRICARE.

Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions.

Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

Know Before You Go: Some Services Need Prior Authorization

FALLS CHURCH, Va. – Some health care services – like visiting a primary care provider when sick or for a follow-up appointment – are, as their name implies, routine. However, for other services – such as care from a medical specialist or special tests – TRICARE requires prior authorization. Routine care includes general office visits for the treatment and follow-up care for an ongoing medical condition. These do not need prior authorization.

However, when a provider recommends special tests, services, hospitalizations or other procedures, a prior authorization may be required. Some services requiring prior authorization are: home health services, hospice care, anesthesia, transplants and non-emergency inpatient admissions. Because there is no all-inclusive list of services requiring prior authorization, beneficiaries should speak with their provider and regional contractor to confirm prior authorization before getting care. In most cases, the health care provider recommending the procedure requests the prior authorization from the regional contractor and coordinates the process on the beneficiary's behalf. If the physician fails to get prior authorization, the patient may be responsible for payment.

Standard beneficiaries in particular, since they often make their own appointments and self-refer to specialists, should be careful to follow TRICARE's prior authorization guidelines. Beneficiaries who have other health insurance need to follow the rules of their commercial health plan. Generally, they don't need prior authorization for TRICARE-covered services, but there are exceptions. To learn more about prior authorization and what is covered go to www.tricare.mil.

To verify prior authorization, beneficiaries can contact their regional contractors: North Region: 1-877-TRICARE (1-877-874-2273); South Region: 1-800-444-5445; West Region: 1-888-874-9378.

About TRICARE Management Activity and the Military Health System
TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.6 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to www.health.mil.

TRICARE News Available Fast and Easy at Media Center

FALLS CHURCH, Va. – Don't feel like waiting for that next newsletter to get all the latest TRICARE news? Visit the new and improved Media Center at www.tricare.mil/mediacenter for the hottest links to TRICARE's social media and updates to what's happening with TRICARE.

The new Media Center makes it easier than ever for beneficiaries and providers to follow TRICARE online and share information with friends and family. By joining the conversation, TRICARE is addressing concerns and providing resources to resolve the common issues beneficiaries have when accessing their health care benefits.

Become a TRICARE fan on **Facebook**, get tweets on **Twitter** or sign up for e-mail alerts delivering the latest TRICARE benefit information. View TRICARE news releases, and videos, download podcasts and much more. It's all at the new TRICARE Media Center at www.tricare.mil/mediacenter.

South Carolina Personal Health Record Pilot Extended

FALLS CHURCH, Va. – Trying to keep track of all the paper work associated with a doctor visit or medical service can be complicated. But in South Carolina, a free pilot program that maintains all of this information for **TRICARE For Life** beneficiaries has been extended.

My Personal Health Record, South Carolina (MyPHRSC), a Medicare pilot project, has been extended through Sept. 30, 2010. MyPHRSC gives enrolled **TRICARE For Life (TFL)** beneficiaries online access to their Medicare claims records for the preceding 24 months. TFL beneficiaries in South Carolina can register and create their free MyPHRSC health record by going to www.myphrsc.com. The program has received positive feedback from TFL beneficiaries, said Seth Edlavitch, project director for MyPHRSC. "People like having all their claims information in one place," Edlavitch said. "I've heard of beneficiaries who, prior to signing up for MyPHRSC, kept track of their claims information by manually entering it into spreadsheets or juggling stacks of paper. With MyPHRSC, TFL beneficiaries can view their Medicare claims information for the past two years and have access to their pharmacy data in one location." A new MyPHRSC feature, the Health Tracker, now lets beneficiaries track some of their own health information so they can better manage their health. The Health Tracker tool lets them monitor blood pressure, blood sugar, cholesterol, peak flow and weight, print out the information and bring it to their doctor.

MyPHRSC is only available to TFL beneficiaries living in South Carolina. Beneficiaries with questions can email questions@myphrsc.com or call (888) 697-4772.

Family Readiness Air Guard Executive Council

Family Readiness office
telephone numbers

1-800-354-6943 Ext 4949
704-398- 4949

Cell Phone: 980-721-4019

DSN: 231-4949

kathleen.flaherty@ang.af.mil

The fastest way to get in touch with FR is now through the cell phone or e-mail , someone will answer or get back in touch with you as quickly as possible

The Role of the Executive council is to assist the commanders in the administration and management of the Family Readiness Program. The council is responsible for developing and disseminating policy, plans, and program guidance. These duties include, but not limited to develop a plan to provide the best possible tools for management to insure the all resources are available for our members and their families; develop a line a communication between senior management and the unit family readiness groups.

If you are interested in joining our TEAM please contact the Family Readiness office at 704-398-4949.

Family Readiness

Charter

Develop a program to provide information, on-going education, and assistance to families, members, and leadership aimed at preparing military members and their families for National Guard Military Life

Mission

Educate, Support, Assist, Communicate, Collaborate, and Sustain