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**BODY BY HOOAH**

What the Reserve Component Needs to Know About the TRICARE Dental Program (TDP)

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# HOOAH 4 HEALTH

## NEWSLETTER

### What the Reserve Component Needs to Know About the TRICARE Dental Program (TDP)

The TRICARE Dental Program (TDP) offers a wide range of diagnostic, preventive and restorative dental services and is available to members and families of the Selected Reserve (SELRES) and Individual Ready Reserve (IRR). Enrollment in the TDP is voluntary, and Reserve Component sponsors do not have to be activated to enroll themselves or their families in the TDP.



There are, however, important differences in coverage for family members when their Reserve Component sponsors are activated versus when they are in a reserve status.

Reserve Component sponsors who are activated are covered by the same dental benefits as active duty service members. Sponsors placed on active duty orders for 31 days or more are ineligible for enrollment in the TDP. If previously enrolled in the TDP, they will be automatically disenrolled and automatically re-enrolled upon deactivation. The sponsor should confirm re-enrollment before seeking dental treatment.

For family members, the main difference in TDP is the premium cost. Reserve Component family members who enroll in the TDP before their sponsor is called to active duty will enjoy a cost savings when their sponsor is activated. The current premium rate for Reserve Component family enrollment is \$49.36 per month. When the sponsor is activated, fees decrease to \$19.74 per month.

Many families enroll after a sponsor is ordered to active duty. When these families enroll, they pay the active duty family premium rate of \$19.74 per month. When the sponsor is released from active duty, enrollment fees increase to \$49.36 per month. It is also important to remember that premium rates change in January of each year. The TRICARE Dental Program (TDP) requires a 12-month enrollment commitment; however, this commitment is waived for non-TDP-enrolled families whose sponsor is ordered to active duty in support of certain contingency operations, but only if the family is enrolled in the TDP within the first 30 days of activation. If a family enrolls after the initial 30 days of activation, they will be locked in to the TDP for 12 months. Reserve Component family members must decide to enroll in the TDP within the first 30 days of their sponsor's activation to take advantage of waiving the 12-month enrollment commitment.

*(Continued on page 2)*



**BODY BY HOOAH**

What the Reserve Component Needs to Know About the TRICARE Dental Program (TDP)

***(What the Reserve Component Needs to Know About the TRICARE Dental Program (TDP) - Continued from page 1)***

This will provide Reserve Component families the freedom to choose to remain enrolled in the TDP or disenroll if their sponsor is released from active duty before the completion of the 12-month enrollment period and will be responsible for the full premium upon deactivation according to Colonel Kathleen Woody, Director of Medical Programs, OASD/RA. The TRICARE Dental Program is administered by United Concordia Companies Inc. (UCCI).

For more information about the TDP, beneficiaries may access the benefit handbook online at [www.ucci.com](http://www.ucci.com), or by calling toll free 1-800-866-8499, 24 hours a day. Members residing outside the continental United States (OCONUS) should call 1-888-418-0466 (toll free). This telephone number is available in the following countries: Australia, Bahrain, Belgium, Bolivia, Columbia, Egypt, Germany, Greece, Iceland, Italy, Japan, Netherlands, Norway, Panama, Portugal, Saudi Arabia, South Korea, Spain, Switzerland, Turkey and the United Kingdom. At all other locations, members should call 1-717-975-5017. Representatives are available to assist members in English, German and Italian 24 hours a day, Monday through Friday.



<http://www.tricare.osd.mil/>

**SOURCE:**

<http://www.tricare.osd.mil/newsreleases/2002/news0232.htm>

November 5, 2002



**MIND MATTERS**

"One suicide is one too many."

**"One suicide is one too many."**

*By Maj. R. Eschmann  
Office, Chief of the Army Reserve*

*"It is our responsibility to help our soldiers, families and civilians understand how to identify at-risk individuals, recognize warning signs and know how to take direct action."*

**-- General Eric K. Shinseki, Army Chief of Staff**

To implement the Army Chief of Staff's suicide prevention policy, the Army trains and utilizes a cadre of people - chaplains and their assistants, psychologists, nurses, social workers, counselors, and command administrative personnel.

"Our part of this is that we provide yearly suicide prevention training at the unit level and one-on-one counseling to soldiers and their family members," said Chaplain (Col.) Geraldine Manning; Office of the Chief Army Reserve.

The Army Chief of Chaplains ensures that all chaplains and chaplain assistants are professionally trained in suicide prevention as part of the Army Well-Being Program.

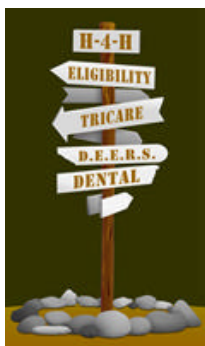
"One suicide is one too many", she said. "Leaders must ensure that they take care of soldiers, civilians and family members. They must be caring and proactive to ensure their people have the resources they need to live happy, healthy lives."

According to mental health professionals, the primary psychological motivators for

**Fact:** There were 28,322 confirmed suicides within the United States last year.

**Fact:** 1 in every 17 Americans (6%) had thoughts of suicide in the past 12 months.

**Fact:** The highest ranking DoD member to commit suicide - Secretary of Defense James Forrestal. The youngest soldier that committed suicide last year - 18 years old.



H4H Benefits Sign Post

***(Continued on page 3)***

**("One suicide is one too many." – Continued from page 2)**

contemplating suicide are killing one's self to "get back at" a person(s) and using one's death as self-punishment to atone for guilt and shame.

Manning said that suicide is preventable. "Suicide is preventable in the Army if: leaders know and care about their peers & subordinate soldiers, constructively intervene early on in their soldier's problems, and pay close attention to soldiers and civilians who have had major losses."



Chaplain (Col.) Geraldine Manning; OCAR

shows that the Army's programs are working."

Army suicide prevention focuses on developing life-coping skills, encouraging help-seeking behavior, raising vigilance on suicide awareness, and integrating unit and community programs. "Prevention programs focus on training people about how to recognize early signs of suicidal behavior and how to intervene," said Manning, who is currently holding suicide prevention training workshops at the Office of the Chief, Army Reserve.

Manning emphasized that suicide prevention for Army Reserve soldiers does not stop when a unit is mobilized or deployed. "Chaplains and other mental health professionals are available for counseling wherever they are deployed."

Currently, pre-deployment and family reunion chaplain briefings are practiced both in the active Army and the Army Reserve. Chaplains are engaged in mandatory one on one interviews and counseling sessions with soldiers before they leave country and again when they return home.

"We are also available to provide counseling to family members who have loved ones deployed," said Manning. Last year, eight Army family members were known to have committed suicide - the youngest was 14 years old.

She added, "To paraphrase Gen. Shinseki - it's our responsibility to help our soldiers, families and civilians learn to recognize warning signs and identify at-risk people -- one suicide is one too many."

The Office of the Secretary of Defense has declared 2003, the Year for Suicide Prevention.

Major losses might include legal, marital, occupational or financial problems, promotion pass-over, or death of a loved one. "These stresses are more pronounced during the November-December holiday season," said Manning.

The Office of the Chief Army Reserve Chaplain said a commander must ensure everyone in the command knows the suicide warning signs or suicidal behavior and create a command climate that encourages help-seeking and buddies taking care of buddies. "Command awareness and vigilance are important entities in preventing suicides in the Army," she said.

Manning added that while suicides are a silent killer both in the military and civilian populations, the military has a far lower suicide rate than their civilian counterparts. "This ratio

**MIND MATTERS**

"One suicide is one too many."

**Warning Signs**

- Talking or hinting about suicide.
- Formulating a plan to include acquiring the means to kill oneself.
- Having a desire to die.
- Obsession with death including using sad music or poetry or artwork.
- Themes of death in letters and notes.
- Finalizing personal affairs.
- Giving away personal possessions.
- Obvious drop in duty performance.
- Unkempt personal appearance.
- Feelings of hopelessness or helplessness.
- Family history of suicide.
- Made previous suicide attempts.
- Drug or alcohol abuse.
- Social withdrawal.
- Loss of interest in hobbies.
- Loss of interest in sexual activity.
- Reckless behavior, self-mutilation.
- Physical health complaints, or changes/loss of appetite.
- Complaints of significant sleep difficulties.
- Frequent physical complaints and medical appointments.

**(Continued on page 4)**



### MIND MATTERS

"One suicide is one too many"



### SPIRIT

Letter to the Army Reserve  
Family

Visit the  
**HOOAH 4 HEALTH**  
Media Center:



Want to see  
archived issues of the  
**HOOAH 4 HEALTH**  
Newsletter?



### **("One suicide is one too many." - Continued from page 3)**

Additional information can be found at the following Web sites:

- [US Army Center for Health Promotion and Preventive Medicine](#)
- [American Foundation for the Prevention of Suicide](#)
- [American Association of Suicidology](#)

View this article online at:

<http://www.hooah4health.com/mind/new/morethanblues.htm>

This article first appeared in the July 2001 USACHPPM Today.

## Letter to the Army Reserve Family

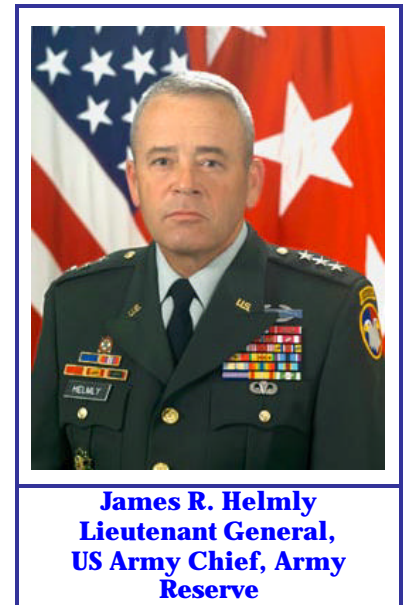
My Fellow soldiers, employees, and family members of the United States Army Reserve:

These are challenging and stressful times. Our Nation has turned to it Army once again, to embark upon an effort that will test our mettle as soldiers. Our nation is confronting a threat unlike many that we have faced in the past. For only the second time in our history, our enemies have brought the fight to our home. Some of our fellow countrymen seem worried about whether we will succeed. I am not. Let me tell you why.

I have the high honor and privilege of being a member of the finest Army in the world. And I have the singular honor of leading one of the three elements of that Army-the United States Army Reserve. Not a day goes by that I don't thank God for the privilege of serving with such a group of dedicated citizen patriots. Men and women who freely and of their own accord, have stepped forward to serve selflessly; willingly, with pride and courage. I have met with many of you by now and I'll see many more of you in the days and weeks that follow. Everywhere I go I hear the same thing. "Yes, it's hard to be uprooted from my family; yes, I worry that I'll still have a good job when I get home. But this is what I signed up to do when I took my oath. I'm here and I'm going to get the job done." You represent the ideals upon which this country is founded. Patriotism. Selfless service. Honor. Sacrifice for the common good. And I will tell you the people of your country appreciate what you are doing. One only has to pick up a newspaper or turn on the news to see the vast outpourings of support from our neighbors across the land. We see it when you ship out from your unit for mobilization stations. The patriotic displays of flags in your communities, the presence of dignitaries and ordinary citizens wishing you well, and the tears of people who may not even know you personally when your bus pulls away. Their hopes and prayers for your safe return go with you.

Before we are done many more of you will be mobilized. We must all be preparing for that possibility right now. If you are not mobilized and have not been alerted you should be thinking about what you can do to assist those who are and preparing for mobilization now. We are all in this fight together regardless of where we are. This is not a time to give anything less than 110%!

There are some other things I want you to do right now. I want you to tell your loved ones how much they mean to you and how much you appreciate the support they give you in your military career so you can serve. Our Family Readiness program has worked wonders over the years correcting some of the problems we encountered during Desert Storm, but family



**James R. Helmly**  
**Lieutenant General,**  
**US Army Chief, Army**  
**Reserve**

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**(Letter to the Army Reserve Family - Continued from page 4)**



readiness works only because our families and loved ones give of themselves freely to serve us and other family members. You, personally, need to be confident that your loved ones will be alright while you serve. Check all your plans for their continued well being. And talk to them about what it means to you to serve your country in these times. Share with them the pride that you share with CSM Jones, CSM Piacentini and I when we have been with you. Like the rest of your countrymen, the Command Sergeants Major and I cannot adequately express how proud we are of you. Be assured that we will do everything within our powers to look out for your interests and those of your loved ones. You are in the hearts and prayers of a grateful nation and will stay there until we finish the job at hand.

May our Creator bless this nation, our people, and those who serve in their defense.

Sincerely,  
James R. Helmly Lieutenant General, US Army  
Chief, Army Reserve

## HOOAH HUMOR

No matter how hard my mom tries, every plant or flower she has attempted to grow seems to wither and die an untimely death under her care. But she never gives up hope.

While she was visiting home recently, my sister nudged me and pointed to a line of new plants my mother had placed by the kitchen window.

"Look," she whispered, "death row."

## Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission

By Rudi Williams  
American Forces Press Service

WASHINGTON, Feb. 11, 2003 -- Noting that DoD's anthrax and smallpox vaccination plans are part of the global war on terrorism, Army Col. John D. Grabenstein said vaccines shield people from dangerous germs, keep them healthy so they can live better lives, and help them do their military missions and return home healthy.



**ENVIRONMENT**  
Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission

Vaccines prevent infections such as tetanus, typhoid fever, measles, yellow fever, smallpox, anthrax and a host of other diseases, according to Grabenstein, 20-year expert in vaccines. He is Deputy Director for Military Vaccines, Office of the Army Surgeon General. He spoke recently at the 2003 TRICARE Conference here.

"Anthrax and smallpox vaccines are very much alike and, at the same time, very much different," Grabenstein said during a conference session on DoD vaccination programs against the two diseases.

**(Continued on page 7)**



**SPIRIT**  
Letter to the Army Reserve Family

**"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be".**

- Rosalynn Carter

**"To all of the men and women of the United States armed forces now in the Middle East, the peace of a troubled world and the hopes of an oppressed people now depend on you.**

**That trust is well placed.**

**The enemies you confront will come to know your skill and bravery. The people you liberate will witness the honorable and decent spirit of the American military."**

-President George W. Bush  
March 19, 2003



**SEND A MESSAGE OF SUPPORT TO OUR TROOPS NOW!**

As of Valentine's Day, February 14, 2003 more than 4.6 million people have signed Defend America's online Thank You Note to the men and women of the U.S. military. Why not add your name to the list?

[www.defendamerica.mil](http://www.defendamerica.mil)



## ENVIRONMENT

Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission

### "Ready to Roll?"

[www.deploymentlink.mil/](http://www.deploymentlink.mil/)

### Homeland Security Public Preparedness Information

[www.ready.gov](http://www.ready.gov)

View an educational video about Smallpox in the HOOAH 4 HEALTH Media Center:



## ***(Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission – Continued from page 5)***

The World Health Organization declared smallpox eradicated in 1980. DoD stopped routine smallpox immunizations in 1990.

Grabenstein said President Bush announced the resumption of smallpox vaccinations on Dec. 13, 2002, and about 2,000 people on epidemic response teams received them shortly after. The total will climb to about one-half million as hospital and clinic medical teams and mission-critical military forces are immunized.

The number of combat troops vaccinated will be reported to civilian public health authorities, but will not be released to the public, the colonel emphasized.

Controversy abounds about the pros and cons of inoculations against anthrax and smallpox, but Grabenstein assured conferees that whatever DoD medical professionals say or do is rooted in science.

"We're evidence-based and have a firm foundation for what we do. We acknowledge what we don't know and try to get that data and proceed accordingly," he said. "The other key piece is that we're in the care-giving business and operate a no-fault health care system.



"Is that absolute, definitive proof that the vaccine never causes any harm to anybody? No. All medications have their side effects," Grabenstein remarked. "We operate a no-fault system, so if somebody is sick, get them care. It doesn't matter whether the vaccine did it, get them care and then we'll sort it all out."

He recalled a conversation on a bus en route to the Pentagon when one of the folks in his office said, "I thought you stopped the program with anthrax vaccinations because of all the controversy."

"No," he responded, "we almost ran out of vaccine. That's why we slowed down." DoD began anthrax vaccinations in March 1998, but manufacturer's delays resulted in a slowdown in 2000 and 2001, the colonel noted. DoD reacted in July 2000 by limiting inoculations to troops in or bound for Korea and Southwest Asia. "That wasn't enough, so we slowed down twice again," Grabenstein said.

He said Congress directed the National Academy of Sciences Institute of Medicine to start a thorough study in fall 2000 on "everything known about anthrax vaccine. The academy concluded in March 2002 that anthrax vaccine effectively protects humans against anthrax, including inhalation anthrax, "caused by all known or plausible engineered strains of B. anthracis."

Grabenstein said the Centers for Disease Control and Prevention is coordinating a study to see if the long-recommended six-shot series is really necessary or whether fewer doses would protect as well. He said he hopes the CDC data support fewer shots, say, four. The Food and Drug Administration has the final word, he noted.

As to vaccine safety, Grabenstein said, the National Academy of Sciences investigative committee listened carefully to naysayers' concerns and allegations but in the end found that anthrax vaccine has side effects "comparable to those observed with other vaccines regularly administered to adults. There's no evidence people face increased risks of life-threatening or

***(Continued on page 7)***

***(Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission – Continued from page 6)***

permanently disabling adverse events immediately after vaccination nor any elevated risk of developing adverse health effects over the longer term."

In the lessons-learned category, Grabenstein said DoD has "all sorts of customers, and we need to work with them. We need to educate them and listen to their concerns and find the answer that they personally want, not just what we think most people want."

Grabenstein said there's a new resource in the vaccine area. "We started with the vaccine health care center at Walter Reed Army Medical Center in Washington a year and a half ago," he noted. "The delightful news is that the Navy is standing up the second vaccine health care center at Portsmouth, VA. And there's an additional series of sites coming along in the pipeline."

The Army, DoD's lead agent for vaccines, is using Food and Drug Administration-licensed doses of the smallpox vaccine, also known as vaccinia vaccine or Dryvax, manufactured by Wyeth Laboratories. Grabenstein said vaccinia is a weaker virus that has a lower rate of adverse reactions than the potentially lethal smallpox virus, more properly called variola virus.

He noted that the smallpox vaccination program is about preparedness. "Contagious, we know. Deadly, we know. And the effect on a military mission would be enormous," he said. "With anthrax, we talk about higher threat areas, but it's really a different construct with smallpox."

Many of the people receiving smallpox vaccinations now are those furthest from medical reinforcement, he said. "We have great resources in the states. Conditions in Afghanistan are not like that," he added.



Grabenstein estimated about 65 percent of active duty personnel and 43 percent of reservists have never been vaccinated against smallpox. Even among those who have been immunized, he said, their last dose was a long time ago.

Up to 40 percent of any group of people might be exempted from smallpox vaccination to avoid adverse events. Automatically exempted, for instance, are pregnant women, breast-feeding mothers, and persons with immune deficiencies, such as HIV infection, or with certain skin conditions and allergies.

Of the patch of skin that usually serves as a smallpox immunization site, Grabenstein gave clear warning: "Don't touch it. If you touch it by accident, wash your hands. Don't let others

touch it." He also said to avoid close contact with medically exempt people. In field situations, don't share mattresses, clothes or towels with them.

This story may also be viewed online at:

<http://hooah4health.com/new/2003newsflash/vaccines.htm>



**ENVIRONMENT**

Vaccines Shield People from Germs, Keep Them Healthy, Help Military Mission

**Four Star Citrus Ambrosia**  
(Serves 4)

**Nutritional Analysis:**

Calories: 155  
Fat: 2 g  
Cholesterol: 3 mg  
Fiber: 3 g  
Sodium: 47 mg

**Ingredients:**

grated peel of ½ tangerine  
2 tangerines, peeled, segmented, seeded  
1 grapefruit, peeled, sectioned  
1 carton (8 ounces) low fat vanilla yogurt  
2 oranges, peeled, cut into half cartwheel slices  
3 Tbsp. flaked coconut, toasted

Stir tangerine peel into yogurt; chill. Divide fruit into four dessert dishes; chill. To serve, spoon yogurt mixture over fruit. Sprinkle each serving with toasted coconut and garnish with fresh mint leaves, if desired.

This is an official [5-A-Day recipe](#) and provides four people with one and a half servings of fruit each.

Click on the link below to view the recipe online:  
<http://www.5aday.gov/recipe-four-star-citrus-ambrosia.shtml>

Recipe provided by Sunkist Growers, Inc.



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**ARE YOU READY TO  
 ACCEPT THE HOOAH  
 CHALLENGE?**

[www.hooah4health.com](http://www.hooah4health.com)



**What is HOOAH 4 HEALTH?**

HOOAH 4 HEALTH (H4H) is a web-based health promotion and prevention program developed to respond to the needs of the U.S. Army Reserve Components. The site was launched in May 2000 and since then over 34 million hits have been recorded. The users of [www.hooah4health.com](http://www.hooah4health.com) include not only Reserve Component citizen-soldiers and active Army personnel, but also their co-workers and families. Also, many users are elementary school children, and requests to link to this innovative U.S. Army web site originate from around the world. The vision and implementation of the Army Well-Being Strategic Plan is captured throughout the modules on the site. Body, mind, spirit, environment, prevention, change, family and lifestyle are the primary wellness topics contained in a user-friendly environment.

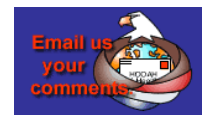
This is the fifth issue of the HOOAH 4 HEALTH newsletter. It has been developed and designed so any user can customize it to enhance or augment their DOD health promotion or prevention program. Just insert a tailored organization logo at the top left-hand corner. The editors invite you to visit the H4H web site ([www.hooah4health.com](http://www.hooah4health.com)) regularly and use the quarterly newsletter. A message board is available on the site. All comments and contributions are welcomed. HOOAH!

**SOLDIERS...BEFORE YOU REGISTER for the HOOAH CHALLENGE:**

**Although the H4H Challenge correspondence course can be previewed through the H4H web site, the following procedures should be used to register and enroll in the Army Correspondence Course Program:**

- Go to web site: <http://www.atsc.army.mil/accp/aipdnew.asp>
- Scroll down to the button that says "Click Here to Begin".
- Click YES to any security pop-ups.
- Register.
- Complete the logon screen by assigning yourself a User ID and Password.
- Select the ENROLL button.
- You will be enrolling in a SUBCOURSE not a course.
- It will ask the number, i.e. IS0831.
- Input required information .
- Scroll down and check the disclaimer.
- Then Submit.

**If you have any questions, comments, or suggestions email us at:**  
[h4hnewsletter@visiontracks.com](mailto:h4hnewsletter@visiontracks.com)



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