

Coast Guard Retiree Council

August 12, 2015

Non-Generic Prescriptions

Beginning on Oct. 1, TRICARE beneficiaries will have to obtain refills for certain drug prescriptions through the mail, or at military treatment facilities, according to a [new interim final rule](#) from the Defense Department.

The new policy affects refills of non-generic prescription “maintenance medications,” or drugs that people take on a regular basis for chronic conditions, such as high cholesterol or blood pressure. The change does not apply to medications for sudden infections or illnesses. The head of the Defense Health Agency will maintain and update a list of covered medications, available online or by telephone, and agency will contact eligible beneficiaries about the change, stated the rule, published on Aug. 6 in the *Federal Register*.

The change, mandated by the 2015 National Defense Authorization Act, aims to save money for the department and TRICARE enrollees by avoiding the higher drug co-payments associated with many prescriptions medications in retail pharmacies. The department estimated that the change will save the government roughly \$88 million annually, while TRICARE beneficiaries will save about \$16.5 million per year because of cheaper co-payments.

Paratus 1450 trailer

Paratus 14:50 is an upcoming, feature-length documentary on the United States Coast Guard's response to Hurricane Katrina in 2005. Check it out at Paratus1450.com

Vaccines

August is National Immunization Awareness Month, and we're here to inform Veterans and raise awareness on how vaccines protect your health and the health of your family and community!

Immunizations or vaccines are medical preparations given to individuals to help improve the body's resistance to a particular disease. Getting vaccines will prevent outbreaks of many types of diseases and can also save lives.

Recommendations for getting immunizations or vaccines depend on your age, gender, health status, and family history. These are some of the most common illnesses that can be prevented by getting vaccinated.

Shingles, Influenza, Hepatitis, Chickenpox, Measles, Tetanus, HPV, Pneumonia, Pertussis

30th Vice Commandant

The Commandant announced that the U.S. Senate has confirmed and Secretary Johnson, on behalf of the President, has appointed VADM Charles D. Michel as the Vice Commandant of the Coast Guard. VADM Pete Neffinger left to head TSA.

VA Launches New No-Cost Training Programs

The Department of Veterans Affairs (VA) today launched two new no-cost training programs, Accelerated Learning Programs (ALP) and VA Learning Hubs, to help transitioning Servicemembers and Veterans from all eras learn skills, earn credentials, and advance in civilian careers following separation from service.

ALPs and Learning Hubs are part of VA's [Veterans Economic Communities Initiative \(VECI\)](#), promoting education and employment opportunities for Veterans through integrated networks of support in 50 cities. VA launched the VECI program in response to President Obama's August 2014 challenge to help Veterans and families integrate with their communities and find meaningful jobs that can lead to economic success. Under VA Secretary Robert McDonald's [MyVA](#) transformation, VECI is now in place in cities across the United States.

Pentagon gets ready to award big contract

The Pentagon is poised within days to award one of the most coveted health information-technology contracts in history — the first phase of a deal that could ultimately be worth more than \$10.5 billion over the 18-year life of the contract.

This is the first major federal IT contract since HealthCare.gov, which was so plagued by defects that hundreds of thousands of Americans were initially frustrated in trying to sign up for health insurance.

The effort, designed to provide a much-needed upgrade to the current system used by 9.5 million military personnel, including active duty and retirees, is being hotly pursued by three of the heaviest hitters in private industry: Epic Systems, Cerner, and Allscripts Healthcare Solutions.

Twitter

Coast Guard Personnel Service Center, Reserve Personnel Management Division (CG PSC-RPM) has partnered with CG-131 in establishing a Twitter account for communicating up-to-the-minute information to reservists and other subscribers of the (at)USCGReserve Twitter feed.

3. CG PSC-RPM will utilize Twitter as an official communications tool to announce information such as officer boards and panels, officer promotions, enlisted advancements, Reserve assignments, long term non-contingency ADOS, and other topics of importance to our customers.

Rescue Swimmer

USCG Petty Officer Darren Harritty from A/S North Bend swam a distance of 500 feet four separate times, in rough water, to rescue four fishermen north of Cape Blanco. The helicopter

hoist failed, and Harritty swam each fisherman to shore.

Prescriptions

Don't be afraid to call and ask your doctor or pharmacist to explain prescription directions again if you didn't understand them the first time," encourages Dr. George Jones, Chief of the Defense Health Agency Pharmacy Division. "And it's always a good idea to write down any additional or special instructions so you don't forget them once you get home."

Rear Admiral Selection Board

NO	RANK	NAME	UNIT
1	CAPT	BELL JR., MATTHEW T.	CG PSC
2	CAPT	BERT, MELISSA	D7 COMMAND CADRE
3	CAPT	VOGT, ANTHONY J.	CG ACADEMY
4	CAPT	HAYES, ROBERT P.	CG ICC
5	CAPT	DERMANELIAN, DAVID M.	C4IT SERVICE CENTER
6	CAPT	TIONGSON, ANDREW J.	USCGC JAMES

Taxes and DEERS

Accuracy of DEERS information is ALWAYS important. Relative to the Affordable Care Act (ACA), Minimum Essential Coverage (MEC), and Tax Season 2014, CG Retirees/Annuitants should confirm that individual and beneficiary information, including SSNs, are correct in DEERS. DEERS information is reported to IRS, allowing IRS to confirm tax payers have MEC as required by the ACA. Strategic communications planning is underway within CG-13 to ensure appropriate messaging on this topic to the CG Family - including CG Retirees/Annuitants.

Replacement Medicare Card

Your Medicare card is proof of your Medicare insurance. If your Medicare card is lost, stolen, or destroyed, you can ask for a replacement by using your online my Social Security account.

Phishing

As anticipated, scammers apparently have started using the Office of Personnel Management offer of identity protection services for victims of the data breach to launch email "phishing" expeditions to trick recipients into sharing personal information.

The U.S. Computer Emergency Readiness Team, or US-CERT, which is part of the Department of Homeland Security's National Cybersecurity and Communications Integration Center, posted a notice on its website warning of the scam.

"US-CERT is aware of suspicious domain names that may be used in phishing campaigns masquerading as official communication from the Office of Personnel Management (OPM) or the identity protection firm CSID. "Https://opm.csid.com is the legitimate domain used by CSID, which is responsible for identity protection services for those affected by the recent data breach.

"US-CERT recommends that users visit the OPM website for more information. Users are also encouraged to read US-CERT's guidance on avoiding social engineering and phishing attacks and report suspicious emails."

Tri-Care Dental

It is a good time for a reminder of why having comprehensive dental coverage under the TRICARE Retiree Dental Program (TRDP) makes good financial sense.

When seeing a participating TRDP network dentist — who has agreed to accept reduced fees and will file all claims paperwork — TRDP enrollees get two routine exams, a set of x-rays and two cleanings (or three for diagnosed diabetics) at 100% of the program's allowed amount with no out-of-pocket expenses. In most cases, TRDP enrollees will save more money on just these routine services than they would pay in annual premiums—and will have more of their \$1,300 annual maximum left to pay for other services offered by the TRDP, such as root canals, oral surgery, crowns, bridges and dental implants. In addition to the annual maximum, each TRDP enrollee also gets a separate \$1,200 dental accident maximum and a lifetime orthodontic maximum of \$1,750.

Captain John R. Hearn

It is with great sadness that I announce the death of Captain John R. Hearn, Jr., USCG (retired), who passed away on Sunday, 17 May 2015, in Portsmouth, VA, at the age of 82. Captain Hearn was the 4th Gold Ancient Mariner and retired after 37 distinguished years of service in the U.S. Coast Guard.

2. Captain Hearn enlisted in the Coast Guard in 1953. After boot camp, he served on board CGC MADRONA (WLB-302) out of Portsmouth, VA for 6 years, attaining permanent Cutterman status as a BM1 in 1958.

Attaining Chief Boatswains Mate, he was the first Officer-in-Charge (OIC) of CGC POINT HIGHLAND (WPB-82333) out of Norfolk, VA. As a BMCS and CWO2, Captain Hearn was OIC and then CO of CGC SLEDGE (WLIC-75303) and CGC NARCISSUS(WLI-238). He served as a deck watch officer on board CGC EDISTO(WAGB-284), which took him deep into the Arctic and Antarctic. As a Lieutenant, he commanded CGC WHITE PINE (WLM-547), followed by CO tours on board CGC HOLLYHOCK (WLM-220) and CGC CONIFER (WLB-301). His final afloat tour, as a Commander, was as CO of CGC UTE (WMEC-76) out of Key West, FL, inducting the UTE into Coast Guard service after time with the Navy.

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