

Retiree Update 20 July 2015

It's a long one but a lot of great information...

I urge you to get with your local commands and enjoy this special CG anniversary with them, and document it!

Subject: 2015 COAST GUARD DAY - CG RETIREE SERVICES WEB CG Retiree Councils, Retiree Service Desks, et al: I plan to add a 2015 COAST GUARD DAY spot on the CG Retiree Services web (<http://www.uscg.mil/retiree/>) to post photos of CG military retirees and their families at CG Day celebrations throughout the CG. I welcome your feedback and ask for your assistance in collecting photos (ideally with the names of those pictured), "shout-outs," and whatever else might be appropriate for posting. While contacting retirees (e-mail/mail) remains a challenge and an area I'm working to improve, please encourage CG military retirees and their families to join in celebrating CG Day events.

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Questions about the **Veterans Choice** program? <https://t.co/Z0Soazs80G> offers a youtube presentation that is informative.

Last week the VA started its roll-out of its new **health data program** before several VSO representatives. At the meeting, Council members of the VA's IT office demonstrated the new platform. While this is still not a single electronic medical healthcare it is a huge improvement of the present system. Now all the VA medical centers have different programs and cannot share medical records easily. This system will allow all medical providers in the VA to immediately call up a patient's records from throughout the VA system. It will also make it easier for healthcare providers to get DoD and third party providers' medical records. The platform is being rolled out slowly and is expected to be throughout the entire VA by next February.

Just over two years ago the Veterans Affairs Department released a strategy for ending the **disability claims backlog**. Today, the VA is little more than two months away from the deadline it set -- the end of Fiscal Year 2015 -- but currently has just under 128,000 backlogged claims. VA officials have tried to squeeze in additional time by changing the target date to the end of the calendar year vs fiscal year. According to the VA's latest numbers, 127,916 veterans have been awaiting a decision on their claim longer than 125 days -- the VA-stipulated point at which a claim enters the backlog.

The newly revised edition of the Army regulation for military awards, AR 600-8-22, lays out the procedures that service members, veterans and surviving family members need to follow for **requesting replacement medals of previously awarded decorations**. Replacement medals will

be issued on a one-time, no-cost basis to the recipient of the award, or the primary next of kin to a deceased recipient. Subsequent replacement medals or service ribbons for individuals not on active duty may be made at cost price, according to the 25 JUN update of the regulation. Coast Guard awards: write Commandant (G-PS-5/TP41, U.S. Coast Guard, Washington, D.C. 20593-7238.

Retiree Appreciation Days (RADs) are designed with you in mind. They're a great source of the latest information for retirees and Family members in your area. RADs vary from installation to installation, but, in general, they provide an opportunity to renew acquaintances, listen to guest speakers, renew ID Cards, get medical checkups, and various other services. Some RADs include special events such as dinners or golf tournaments. Due to budget constraints, some RADs may be cancelled or rescheduled. Also, scheduled appearances of DFAS representatives may not be possible. If you plan to travel long distances to attend a RAD, before traveling, you should call the sponsoring RSO to ensure the RAD will held as scheduled and, if applicable, whether or not DFAS reps will be available. Note that this schedule has **been expanded to include** dates for retiree/veterans related events such as town hall meetings, resource fairs, stand downs, etc. For more information call the phone numbers of the Retirement Services Officer (RSO) sponsoring the RAD as indicated in the attachment. An up-to-date list of Retiree Appreciation Days can always be accessed online at

- HTML: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.html
- PDF: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.pdf
- Word: http://www.hostmtb.org/RADs_and_Other_Retiree-Veterans_Events.doc

Below are web-sites that provide **information on Veterans benefits and how to file/ask for them**. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you -- and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests. Note: Some of these links may be outdated, so you would have to do a Google search.....

Appeals Pamphlet <http://www.va.gov/vbs/bva/pamphlet.htm>

Board of Veteran's Appeals <http://www.va.gov/vbs/bva/>

Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>

Center for Veterans Enterprise <http://www.vetbiz.gov/library/library.htm>

Center for Women Veterans <http://www1.va.gov/womenvet/>
Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>

Department of Veterans Affairs Home Page <http://www.va.gov/>
Directory of Veterans Service Organizations <http://www1.va.gov/vso/index.cfm?template=view>
Disability Examination Worksheets Index, Comp <http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>
Due Process http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02/ch02_seca.doc
Duty to Assist
http://www.warms.vba.va.gov/admin21/m21_1/mr/part3/subptiii/ch01/ch01_seca.doc

Electronic Code of Federal Regulations <http://www.gpoaccess.gov/ecfr/>
Environmental Agents <http://www1.va.gov/environagents/>
Establishing Combat Veteran Eligibility
<http://www4.va.gov/healtheligibility/library/pubs/combavet/combavet.pdf>
Evaluation Protocol for Gulf War And Iraqi Freedom Veterans With Potential Exposure to Depleted Uranium (DU) <http://www1.va.gov/gulfwar/docs/duhandbook1303122304.doc> See also,
Depleted Uranium Fact Sheet <http://www1.va.gov/gulfwar/docs/depleteduraniumfaqsheet.doc>
Evaluation Protocol for Non-Gulf War Veterans With Potential Exposure to Depleted Uranium (DU) <http://www1.va.gov/gulfwar/docs/duhandbooknongw130340304.doc>

Fee Basis, Priority For Outpatient Medical Services And Inpatient Hospital Care
<http://www4.va.gov/healtheligibility/coveredservices/specialbenefits.asp>
Federal Benefits for Veterans and
Dependants http://www1.va.gov/opa/publications/benefits_book.asp
Forms and Records Request <http://www.va.gov/vaforms/>

General Compensation Provisions
http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=2094
Geriatrics and Extended Care <http://www1.va.gov/geriatricsshg/>
Guideline for Chronic Pain and Fatigue <http://www.healthquality.va.gov/>
Guide to Gulf War Veteran's Health <http://www1.va.gov/gulfwar/docs/vhigulfwar.pdf>
Gulf War Registry Program (to include Operation Iraqi Freedom)
http://www.publichealth.va.gov/exposures/gulfwar/registry_exam.asp
Gulf War Subject Index <http://www1.va.gov/gulfwar/page.cfm?pg=7&template=main&letter=a>
Gulf War Veteran's Illnesses Q&As
<http://www1.va.gov/gulfwar/docs/gwillnessesqandasib1041.pdf>

Hearings http://www.warms.vba.va.gov/admi_n21/m21_1/mr/part1/ch04.doc

Homeless Veterans <http://www1.va.gov/homeless/>

HSR&D Home <http://www.hsr.d.research.va.gov/>

Index to Disability Examination Worksheets C&P exams

<http://www.vba.va.gov/bln/21/benefits/exams/index.htm>

Ionizing Radiation http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1374

Iraqi Freedom/Enduring Freedom Veterans VBA

<http://www.publichealth.va.gov/exposures/oefoif/resources.asp>

M21-1 Table of Contents http://www.warms.vba.va.gov/m21_1.html

Mental Disorders, Schedule of Ratings

http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4_130.doc

Mental Health Program Guidelines

http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=1094

Mental Illness Research, Education and Clinical Centers <http://www.mirecc.va.gov/>

MS (Multiple Sclerosis) Centers of Excellence <http://www4.va.gov/ms/>

My Health e Vet <http://www.myhealth.va.gov/>

National Association of State Directors <http://www.nasdva.net/>

Neurological Conditions and Convulsive Disorders, Schedule of Ratings

<http://www.warms.vba.va.gov/regs/38cfr/bookc/part4/s4%5F124a.doc>

OMI (Office of Medical Inspector) <http://www.medicalinspector.va.gov/>

Online VA Form 10-10EZ <https://www.1010ez.med.va.gov/sec/vha/1010ez/>

Parkinson's Disease and Related Neurodegenerative Disorders <http://www1.va.gov/netsix-padrecc/docs/Handout.pdf> and,

http://www.parkinsons.va.gov/houston/documents/bulletin_for_nurses.pdf

Peacetime Disability Compensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=cite:+38usc1131

Pension for Non-Service-Connected Disability or Death

[title="http://veterans.house.gov/documents/title38.pdf">http://veterans.house.gov/documents/titl](http://veterans.house.gov/documents/title38.pdf)
[e38.pdf](http://veterans.house.gov/documents/title38.pdf)

Persian Gulf Registry Referral Centers

http://www.publichealth.va.gov/docs/gulfwar/gw_newsletter_feb93.pdf

Persian Gulf Veterans' Illnesses Research 2002, Annual Report To Congress

<http://www.research.va.gov/resources/pubs/gulfwarrpt99.cfm>

Policy Manual Index <http://www1.va.gov/vapubs/>

Power of Attorney <http://www4.va.gov/vaforms/medical/pdf/vha-10-0137-fill.pdf>

Project 112 (Including Project SHAD)

http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=2089

Prosthetics Eligibility http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=337

Public Health and Environmental Hazards Home Page <http://www.publichealth.va.gov/index.asp>

Public Health/SARS http://www.houston.va.gov/docs/sars_factsheet.pdf

Publications Manuals <http://www1.va.gov/vhapublications/publications.cfm?Pub=4>

Publications and Reports <http://www.research.va.gov/resources/pubs/default.cfm>

Request For And Consent To Release Of Information From Claimant's Records

<http://www4.va.gov/vaforms/va/pdf/va3288.pdf>

Research Advisory Committee on Gulf War Veterans Illnesses <http://www1.va.gov/rac-gwvi/>

Research and Development <http://www.research.va.gov/>

Survivor's and Dependents' Educational Assistance

https://www.gibill.va.gov/pamphlets/ch35/ch35_pamphlet_general.htm

Title 38 Index Parts 0-17 http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv1_02.tpl

"

Title 38 Index Part 18 http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?sid=1b0c269b510d3157fbf8f8801bc9b3dc&c=ecfr&tpl=/ecfrbrowse/Title38/38cfrv2_02.tpl

"

Title 38 Part 3 Adjudication Subpart "Pension, Compensation, and Dependency and Indemnity Compensation

http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=1b0c269b510d3157fbf8f8801bc9b3dc&tpl=/ecfrbrowse/Title38/38cfr3_main_02.tpl

Title 38 PART 4--Schedule For Rating Disabilities

http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=/ecfrbrowse/Title38/38cfr4_main_02.tpl

U.S. Court of Appeals for Veterans Claims <http://www.uscourts.cavc.gov/>

VA Best Practice Manual for Posttraumatic Stress Disorder (PTSD)

<http://www.avapl.org/pub/PTSD%20Manual%20final%206.pdf>

VA Fact Sheet <http://www.vba.va.gov/vba/benefits/factsheets>

VA Health Care Eligibility <http://www4.va.gov/healtheligibility/>

VA healthcare for Gulf War Veterans <http://www1.va.gov/gulfwar/>

VA Instituting Global Assessment Of Function (GAF)

http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=1094

VA Life Insurance Handbook http://www.warms.vba.va.gov/admin29/handbook/29_98_01.pdf

VA Loan Lending Limits and Jumbo Loans http://valoans.com/va_facts_limits.cfm

VA MS Research <http://www4.va.gov/ms/>
VA National Hepatitis C Program <http://www.hepatitis.va.gov/>
VA Office of Research and Development <http://www.research.va.gov/default.cfm>
VA Trainee Pocket Card on Gulf War <http://www.va.gov/oa/pocketcard/gulfwar.asp>
VA Emergency Management <http://www.publichealth.va.gov/emergencymanagement/>
VA WRIISC-DC http://www1.va.gov/vhapublications/viewpublication.asp?pub_id=1121
VA OIG Hotline Telephone Number and Address <http://www4.va.gov/oig/contacts/hotline.asp>
Vet Center Eligibility - Readjustment Counseling Service <http://www.va.gov/rcs/Eligibility.htm>
Veterans Benefits Administration Main Web Page <http://www.vba.va.gov/>
Veterans Legal and Benefits Information <http://valaw.org/>
VHA Forms, Publications, Manuals <http://www1.va.gov/vhapublications/>
VHA Programs - Clinical Programs & Initiatives <http://www1.va.gov/health/>
VHA Public Health Strategic Health Care Group Home Page <http://www.publichealth.va.gov/>
VHI Guide to Gulf War Veterans Health
<http://www.publichealth.va.gov/vethealthinitiative/gulfwar.asp>
Vocational Rehabilitation <http://www.vba.va.gov/bln/vre/>
Vocational Rehabilitation Subsistence <http://www.vba.va.gov/bln/vre/sa.htm>
VONAPP online <http://vabenefits.vba.va.gov/vonapp/main.asp>

WARMS-38CFRBookC <http://www.warms.vba.va.gov/bookc.html>
WartimeDisabilityCompensation http://frwebgate.access.gpo.gov/cgi-bin/getdoc.cgi?dbname=browse_usc&docid=cite:+38usc1110
War-Related Illness and Injury Study Center - New Jersey <http://www.wri.med.va.gov/>
Welcome to the GI Bill Web Site <http://www.gibill.va.gov/>
What VA Social Workers Do <http://www.socialwork.va.gov/socialworkers.asp>

VETERAN RELATED LEGISLATION INTRODUCED IN THE HOUSE AND SENATE:

(write your Congressman if you have any strong opinions on an issue.)

- H.R.2941 : **Veterans Affairs Employee Accountability Act.** A bill to amend title 38, United States Code, to prohibit the receipt of bonuses by Department of Veterans Affairs employees who violate Federal civil laws or regulations, and for other purposes. Sponsor: Rep Roe, David P. [TN-1] (introduced 6/25/2015)
- H.R.2974 : **Veteran Continuity of Care Act.** A bill to amend the Veterans Access, Choice, and Accountability Act of 2014 to increase the duration of follow-up care provided under the Veterans Choice Program. Sponsor: Rep Brownley, Julia [CA-26] (introduced 7/8/2015)
- H.R.2975 : **Misused Veteran Benefits Repayment.** To amend title 38, United States Code, to ensure that the Secretary of Veterans Affairs repays the misused benefits of veterans with fiduciaries. Sponsor: Rep Brownley, Julia [CA-26] (introduced 7/8/2015)

- H.R.2981 : **VA Employee Congressional Testimony.** A bill to amend title 38, United States Code, to provide that congressional testimony by Department of Veterans Affairs employees is official duty, and for other purposes. Sponsor: Rep Huelskamp, Tim [KS-1] (introduced 7/8/2015)
- H.R.2999 : **Enhance VA Authority to Fire Employees.** To amend title 38, United States Code, to improve the authority of the Secretary of Veterans Affairs to suspend and remove employees of the Department of Veterans Affairs for performance or misconduct that is a threat to public health or safety. Sponsor: Rep Takano, Mark [CA-41] (introduced 7/9/2015)
- H.R.3016 : **VA Podiatrist Role Clarification.** A bill to amend title 38, United States Code, to clarify the role of podiatrists in the Department of Veterans Affairs. Sponsor: Rep Wenstrup, Brad R. [OH-2] (introduced 7/9/2015)
- H.R.3019 : **Nursing Home/Hospital Care for Vets.** A bill to amend title 38, United States Code, to direct the Secretary of Veterans Affairs to furnish, at the request of an eligible veteran, nursing home care and hospital care at State licensed or certified residential care facilities. Sponsor: Rep DeLauro, Rosa L. [CT-3] (introduced 7/10/2015)
- S.1676 : **DOCs for Veterans Act of 2015.** A bill to increase the number of graduate medical education positions treating veterans, to improve the compensation of health care providers, medical directors, and directors of Veterans Integrated Service Networks of the Department of Veterans Affairs, and for other purposes. Sponsor: Sen Tester, Jon [MT] (introduced 6/24/2015)
- S.1693 : **Vet Emergency Medical Treatment Reimbursement.** A bill to amend title 38, United States Code, to expand eligibility for reimbursement for emergency medical treatment to certain veterans that were unable to receive care from the Department of Veterans Affairs in the 24-month period preceding the furnishing of such emergency treatment, and for other purposes. Sponsor: Sen Hirono, Mazie K. [HI] (introduced 6/25/2015)
- S.1721 : **VA/DoD Joint Uniform Formulary for Systemic Pain and Psychotropic Drugs.** A bill to require the Secretary of Defense and the Secretary of Veterans Affairs to establish a joint uniform formulary with respect to systemic pain and psychotropic drugs that are critical for the transition of an individual from receiving health care services furnished by the Secretary of Defense to health care services furnished by the Secretary of Veterans Affairs, and for other purposes. Sponsor: Sen Blumenthal, Richard [CT] (introduced 7/8/2015)
- S.1731 : **Minimum Service Waiver to Provide VA Homeless Benefits.** A bill to amend title 38, United States Code, to waive the minimum period of continuous active duty in the Armed Forces for receipt of certain benefits for homeless veterans, to authorize the Secretary of Veterans Affairs to furnish such benefits to homeless veterans with discharges or releases from service in the Armed Forces with other than dishonorable conditions, and for other purposes. Sponsor: Sen Murray, Patty [WA] (introduced 7/9/2015)

Same-sex married couples will now be able to share veterans pensions, home loans, medical services and similar benefits previously unavailable to them, department officials announced 29 JUN. On 26 JUN, the Supreme Court ruled that same-sex couples have the right to marry in all states and that those unions must be recognized. Gay rights advocates hoped the measure would drop the last obstacles in getting benefits through the Veterans Affairs Department for same-sex couples with military ties. Active-duty same-sex military couples received access to Defense Department benefits in 2013, when the high court struck down the Defense of Marriage Act. But even after that ruling, VA officials denied benefits for some same-sex couples in states where their marriages were not legally recognized, citing other federal restrictions. Now those barriers are gone. In a statement, VA officials said they are working quickly to provide instructions on extending benefits to all married couples, including same-sex spouses. VA said the new ruling allows the department to "recognize the same-sex marriage of all veterans, where the veteran or the veteran's spouse resided anywhere in the United States or its territories at the time of the marriage or at the time of application for benefits." Officials also said that they will issue new guidance in coming weeks to clarify any potential points of confusion, in cases where same-sex couples may not be immediately eligible for the benefits.

Operation Martillo ► U.S. Coast Guard Involvement

When the cutter *Vigilant* docked at the Coast Guard base in Miami Beach on June 12, its crew offloaded bales of marijuana and packets of cocaine worth millions on the illegal market. It was the latest catch in the ongoing Operation Martillo dragnet in which vessels and aircraft from the United States and more than a dozen other countries in Latin America, the Caribbean and Europe seek to disrupt drug-trafficking routes in the Atlantic, the Caribbean and the Pacific. Launched Jan. 15, 2012, Operation Martillo (Spanish for hammer) has netted at least 515,336 kilos of cocaine and 117,754 pounds of marijuana. It has also led to the arrest of at least 1,348 people in various operations under the program.

The interdictions have resulted in a loss of about \$8 billion in revenue for drug trafficking organizations, according to official U.S. estimates. The figures were supplied by a spokesman for the U.S. Southern Command. Operation Martillo is run by Joint Interagency Task Force-South (JIATF-South), in support of U.S. Southern Command. Operation Martillo has projected an image of an all-encompassing strategy able to catch many of the drug boatloads headed for the United States. But some U.S. officials in the past have said that its efforts are not enough because of limited resources. "Because of asset shortfalls, we're unable to get after 74 percent of suspected maritime drug smuggling," Southern Command Cmdr. Marine Gen. John Kelly was widely quoted as saying in 2014.

Since then, however, Martillo has acquired more assets and Kelley has expressed more optimism about drug interdictions. “The Coast Guard Commandant shares my view that transnational organized crime poses a significant threat to our hemisphere, and he has committed a 50 percent increase in cutters equipped with ability to land a helicopter, plus a commensurate plus-up in maritime patrol aircraft hours.” Kelly said in the 2015 Southern Command posture statement before Congress. How the Coast Guard cutter Vigilant came to deliver the seized cocaine and marijuana at the base in Miami Beach is generally the way Operation Martillo plays out.

- First Coast Guard cutters patrolling the Atlantic or Caribbean spot a boat suspected of carrying drugs. In this case, the cocaine was discovered on May 22, when crew members aboard the Coast Guard Cutter Bear and the Vigilant responded jointly to reports from a Colombian Air Force maritime patrol aircraft of a suspicious go-fast vessel. The go-fast began heading toward Colombian shores and beached itself on an island. Vigilant crew members then recovered 14 bales of jettisoned contraband that turned out to be cocaine.
- Five days later, a helicopter from the Coast Guard Cutter Resolute located another suspicious go-fast boat northeast of Panama. The helicopter observed the go-fast crew jettisoning packages over the side as the cutter deployed a boarding party. Personnel recovered 62 bales of marijuana. Four suspected smugglers were taken into custody. The wholesale value of the cocaine was \$10.9 million, while the wholesale value of the marijuana was \$13.7 million, according to a Coast Guard statement.



Coast Guard personnel offload intercepted cocaine at the Miami Beach base earlier this month. |

Meanwhile, the Coast Guard said that its personnel planned to turn over the four detained suspects to federal law enforcement officials in Miami. This is perhaps the most controversial dimension of Operation Martillo. That’s because no matter where the suspects are detained in the high seas, many of them are brought to Miami for prosecution. Some of these defendants, with the assistance of their attorneys, have challenged the detentions abroad and prosecution here as

unlawful. But so far, none of these challenges have stopped law enforcement officials from prosecuting defendants detained abroad as part of Operation Martillo. At least one or two high-seas drug interdiction case emerges in Miami federal court dockets every month. “Our ongoing Operation Martillo continues to yield tactical successes thanks to increased contributions by our partner nations and our continued coordination with DEA,” Kelly said in his statement to Congress.

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. If you don't already have an account you can create one online at <https://secure.ssa.gov/RIL/SiView.do>. Once you are logged in to your account, select the "Replacement Documents" tab. Then select “Mail my replacement Medicare Card.” Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security. If you can't or prefer not to use the online service:

- Call 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday, from 7 a.m. to 7 p.m.; or
- Contact your local Social Security office. Go to <https://secure.ssa.gov/ICON/main.jsp> if its location is unknown to you.

Speeding is by far the most common type of moving violation. It's the reason for 66 percent of moving violations; and **speeding tickets are on the rise**. They're up 4 percent from a similar survey two years ago. Common reasons for traffic tickets received over the past five years in descending order are:

- Speeding: 66 percent
- Running a stop sign or red light: 14 percent
- Driving without a license: 11 percent
- Not wearing a seat belt: 9 percent
- Driving while using a mobile device: 6 percent
- Careless or reckless driving: 5 percent
- Passing another vehicle improperly: 4 percent
- Failure to stop for a pedestrian: 3 percent
- Driving under the influence: 2 percent

More women (69 percent) get speeding tickets than men (64 percent), and people ages 50 to 64 (70 percent) get more speeding tickets than any other age bracket. The survey also found that most drivers who got a moving violation (78 percent) did not experience an insurance rate hike as a result.

A four-page newsletter for **TRICARE Prime beneficiaries in the South Region**. This issue includes articles about preventing heat-related illness, the TRICARE Nurse Advice Line,

transferring your TRICARE Prime enrollment when moving, reporting other health insurance, registering newborns and newly adopted children in DEERS and enrolling in TRICARE Prime, and filling compound drug prescriptions. This issue also includes information about the online chat function now available from Humana Military. To view a copy of this newsletter, please visit <http://go.usa.gov/3fdxT>.

A four-page newsletter for **TRICARE Prime beneficiaries in the North Region**. This issue includes articles about preventing heat-related illness, the TRICARE Nurse Advice Line, transferring your TRICARE Prime enrollment when moving, reporting other health insurance, registering newborns and newly adopted children in DEERS and enrolling in TRICARE Prime, verifying enrollment information before seeking care, and filling compound drug prescriptions. To view this newsletter, please visit <http://go.usa.gov/3fdx3>.