

TRICARE MAIL-ORDER PHARMACY BENEFITS

Are you aware that by taking advantage of the TRICARE “Mail-Order” Pharmacy program, you can not only save yourselves money and time but also save the Federal Government MILLIONS of dollars?


Military pharmacy costs in 2009 jumped 7.2% to \$7.5 Billion and **outpatient prescriptions cost TRICARE \$4.7 Billion, a 14% increase from 2008!** A prescription for a brand name drug that is filled at a commercial pharmacy costs TRICARE about 35% more than drugs dispensed at a military pharmacy or by mail. Prescriptions filled in retail outlets cost beneficiaries \$3 for generic drugs, \$9 for brand name drugs included in TRICARE’s “formulary” and \$22 for non-formulary brand medications for a 30-day supply. By using the “mail-order” pharmacy, the same co-pays apply BUT the beneficiary can be given a 3-month refill for the same co-pay amounts which results in a 66% of savings!

Since 2007, over 220,000 prescriptions were switched to “home delivery” saving beneficiaries an estimated \$3 million and reducing TRICARE drug costs by over \$66 million. As we are all aware, Federal spending is out of control and we should all do our part to try to contain it. So why not consider a “change of habit” and look into the TRICARE “mail order” pharmacy option?

To find out more information, call the Mail Order Pharmacy “Member Choice Center” at 1-877-363-1433 or go to www.express-scripts.com/TRICARE.

Submitted by Col Jim Pauls, USAF (Ret)

The recent passage of the national health care bill has created a lot of questions/rumors/misinformation and consternation, and some truths regarding health care under TRICARE, TFL, VA health care, Medicare, etc. The most recent MOAA News Exchange (March 24th) provides a lot of information in Question/Answer format that may help to answer a lot of questions. The MOAA link is:
www.moaa.org/lac/lac_issues/lac_issues_major/lac_issues_major_hc/lac_issues_major_hc_reformfaq.htm.



**We live in the land of the free.
Because of the brave.**

And now, we welcome you to experience complete freedom in retirement living. The Chesapeake is located on the beautiful Virginia Peninsula, surrounded by a community and culture that thrive on and celebrate the tradition and service of the Armed Forces.

★ ★ ★ ★ ★ Convenient to: ★ ★ ★ ★ ★

Fort Eustis • Newport News Shipbuilding and Drydock Company • Fort Monroe
 • Langley Air Force Base • Camp Peary • Naval Weapons Station Yorktown • Naval Station Norfolk
 • Portsmouth Naval Hospital • V.A. Hospital in Hampton • Marine Terminal • NASA

★ ★ ★ ★ ★



The Chesapeake
1969/2009

The Peninsula's Leader in Retirement Living for Over 40 Years.

955 Harpersville Road, Newport News, VA 23601
 (757) 223-1650 or toll-free (800) 345-0474

www.thechesapeake.org

The Chesapeake is a not-for-profit ministry of Virginia Baptist Homes.





NELSEN
FUNERAL HOME & CREMATORY

Veterans Funeral Care™

On-Site Crematory • Cremation with Confidence™

757-565-1141 / nelsencares.com

Blair Nelsen, Maj, USAF (Ret)

WARWICK TRAVEL SERVICE

Call us for “ALL” of your TRAVEL
 Special Group Departures

OCTOBER: OCEANIA Cruise... Ancient Legacies
 14 days-Med Cruise-Athens to Rome

2011...JANUARY....Egypt & the NILE w/Jordon

MARCH.....OCEANIA Cruise... Transatlantic
 19 days- Buenos Aires to Barcelona

10858 Warwick Blvd...Newport News
GERRY SIEKIRSKI 757-599-3011