The Dentist is in ...

The TRICARE Active Duty Dental Program

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Chief, Dental Care Branch
TRICARE Management Activity

The Department of Defense has selected United Concordia Companies, Inc. (United Concordia) to administer the new TRICARE Active Duty Dental Program (ADDP). The ADDP launched on Aug. 1 and offers active duty service members (ADSMs) access to civilian dental care through an extensive dental network across the United States and its territories, including American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands.

The ADDP provides civilian dental access for ADSMs who are either remotely located or who are referred for care by a military dental treatment facility (DTF).

Under the ADDP, ADSMs located in remote areas with no DTF access must receive care from United Concordia’s network dentists. The ADDP was developed to provide dental services for these remote ADSMs and to ensure dental readiness for all ADSMs regardless of where they are stationed. ADSMs are considered remote if they live and work more than 50 miles from a military DTF.

Although the majority of ADSMs receive their dental care at DTFs, there may be instances when the DTF will need to refer ADSMs for civilian dental care. DTFs authorize these ADDP referrals when they encounter limited appointments in their clinics or when specialty care is unavailable. The DTFs—not the ADSMs—initiate all referrals for civilian dental care. ADSMs who live and work within 50 miles of a DTF must receive a referral from the DTF before receiving civilian dental care.

Under the ADDP, service members must be on active duty at the time dental care is provided. Claims received for those not on active duty will be denied, and the service member will be responsible for all charges related to that care. When the service member requests or is referred for care, ADDP eligibility is verified in the Defense Enrollment Eligibility Reporting System (DEERS). National Guard and Reserve members issued delayed-effective-date active duty orders for more than 30 days in support of a contingency operation are eligible for the ADDP. Personnel in the Transitional Assistance Management Program (TAMP) are not currently eligible for the ADDP.

Remote ADSMs must contact United Concordia to receive an Appointment Control Number before scheduling an appointment with a civilian provider. The ADDP requires that all care be provided by ADDP network providers and offers a unique customer service process of scheduling dental appointments via United Concordia Dental Care Finders (DCFs). The DCFs will guide ADSMs through the process from start to finish.

United Concordia DCFs are available to assist with obtaining dental appointments and answer any questions by phone at 1-866-984-ADDP (1-866-984-2337) from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday–Friday, and from 8:00 a.m. to 5:00 p.m. Eastern Time on Saturday. DCFs may also be reached by e-mail at addpdcf@ucci.com.

For more information on the ADDP or to access a list of ADDP providers, visit the ADDP Web site at www.addp-ucci.com.
The TRICARE Dental Program (TDP) Web site offers a variety of online enrollee services that let you manage your dental benefits quickly and easily.

Visit www.TRICAREdentalprogram.com, where you can enroll or disenroll, change your coverage options, pay premiums, sign up for the eBill feature, find a participating dentist and manage your benefit information. The Web site also contains a variety of forms and TDP educational materials that can be downloaded and printed.

Some useful online tools include:

- **eBill**—This feature allows enrollees who do not have TDP premiums automatically deducted from their sponsor’s military payroll account to pay each monthly premium manually, set up automatic payments or schedule payments in advance. You also have the flexibility of choosing a payment date that is most convenient for you, such as around your payday or on the first of each month. Payments can be made using Visa®, MasterCard® or a checking account.

- **Find a Dentist**—Use this tool to search for participating dentists by specialty or location in the United States or overseas. If your dentist isn’t a TDP participating provider, you can nominate him or her online. United Concordia will then contact the dentist about becoming a participating provider.

- **My Dental Benefits**—This password-protected tool gives you secure access to your benefit information. You can view your treatment record, check the status of claims, review and update benefits and eligibility information, request a new identification card and more.

**Note:** For the protection of all TDP beneficiaries, some services require registration and/or can only be accessed by the TDP sponsor.

To access these convenient online tools, visit the TDP Web site at www.TRICAREdentalprogram.com, click on “Information for Enrollees” and go to the “Quick Links” section.

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**New Online Children’s Activities**

Hey, kids! New activities have been added to the “Children’s Fun Activities” section on the TRICARE Dental Program (TDP) Web site, featuring Becky Brush and Matty Molar.

New interactive online games include:

- **Super Crossword**—Help Becky and Matty solve the crossword puzzle and learn how to keep a healthy smile.

- **Quiz Show**—Answer questions about oral health. Answer correctly and advance to the next level!

- **Interactive Coloring Game**—Create your own coloring page with Becky and Matty. You can select their outfits and accessories and place them on the page wherever you want. Then just print the page and color!

- **Spot the Difference**—Help Becky and Matty find the differences between two seemingly identical pictures.

There are also new games that can be downloaded and printed, including a picnic coloring page, pirate maze and an underwater adventure search.

In each activity, Becky and Matty encourage children to practice good dental hygiene and healthy eating habits.

To access these fun activities and learn more about oral health, visit www.TRICAREdentalprogram.com and click on “Get a Healthy Smile with Becky & Matty.”
To Rinse or Not to Rinse?

Brushing, flossing and eating a healthy diet are all important parts of good oral health care. But did you know that rinsing with a mouthwash can also be helpful in maintaining a healthy mouth and bright smile?

In general, mouthwash works by reducing the bacterial count and slowing down bacterial activity in plaque, a thin film of bacteria that forms on teeth. In addition to reducing plaque, mouthwash freshens breath and prevents or controls tooth decay and gingivitis, an inflammation of the gums caused by the accumulation of plaque along the gum line.

Basic ingredients in mouthwash include water, alcohol, cleansing agents and flavoring ingredients. Active ingredients vary depending on the type of mouthwash but can be broken down into four general groups:

- Antimicrobial agents, which act directly on oral bacteria to help reduce plaque, decrease the severity of gingivitis and control unpleasant breath
- Fluoride, which helps reduce tiny lesions (tooth decay) on tooth enamel and make teeth more resistant to decay
- Astringent salts, which serve as temporary deodorizers that freshen breath
- Odor neutralizers, which chemically inactivate odor-causing compounds

Using a daily mouthwash can offer important benefits. According to the American Dental Association (ADA), antimicrobial mouthwash is very effective in reducing plaque and gingivitis. Clinical studies have also shown that combined use of a fluoride mouthwash and fluoride toothpaste provides better protection against tooth decay than that provided by fluoride toothpaste alone.

When choosing a mouthwash, you should make sure it has the ADA’s Seal of Acceptance, an important symbol of a dental product’s safety and effectiveness. Also, check the mouthwash manufacturer’s label for recommendations on how and when to use the product. Finally, remember that rinsing is not a substitute for regular brushing and flossing. You should use a mouthwash in addition to your normal dental care routine.

For more information on the benefits of adding a mouthwash to your daily oral hygiene routine, talk to your dentist or visit the ADA Web site at www.ada.org.

New TRICARE Dental Program Premiums

The following table lists your TRICARE Dental Program (TDP) monthly premiums for the 2010 benefit year (February 1, 2010–January 31, 2011). The new premium amounts will be deducted from your military pay account or billed directly to you. Visit the TDP Web site at www.TRICAREdentalprogram.com for information regarding payment options.

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<th>Active Duty</th>
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<th>Selected Reserve</th>
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<td>Sponsor-Only Premium</td>
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<td>Single Premium* (one family member, excluding sponsor) Folks 31.72</td>
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* If both the sponsor and a single family member are enrolled, the premium due is the total of the sponsor-only premium and the single premium.
Periodontal disease, or gum disease, is an infection caused by bacteria under the gums that can destroy the gums and bone and increase your risk for other diseases.

The American Dental Association (ADA) classifies gum disease in two stages based on severity: gingivitis (inflammation of the gums) and periodontitis (inflammation of the tooth-supporting structures). Gingivitis is the milder form of the disease and is usually reversible. Periodontitis is more serious and can cause greater damage to the gums, the bone surrounding the teeth and other areas of the body. Studies have indicated that gum disease is related to increased risk for stroke, heart disease, diabetes, rheumatoid arthritis and, in pregnant women, premature or low-birth-weight infants.1

 Symptoms
The most common symptoms of gum disease are:
• Gums that bleed
• Gums that have pulled away from the teeth
• Loose teeth
• Persistent bad breath
• Pus between your teeth and gums
• Red, swollen or tender gums
• Change in the way teeth fit together or a change in the fit of partial dentures

If you experience any of these symptoms, you should see your dentist right away. It’s also possible to have gum disease and not have any warning signs, so regular dental checkups are important.

 Risk Factors
Poor oral hygiene is the most obvious contributing factor for gum disease, but you could also be at risk due to a variety of other factors. Some of these might surprise you:
• Age (gum disease is less common before the ages of 30–40)
• Gender (men are more likely to have gum disease than women)
• Crooked teeth
• Defective fillings
• Bridges that no longer fit properly
• Tobacco (smoking or chewing)
• Hormonal changes (e.g., with pregnancy or use of oral contraceptives)
• Systemic diseases (e.g., diabetes)
• Genetic susceptibility
• Some medications (e.g., steroids, anti-epilepsy drugs, cancer drugs, oral contraceptives and calcium channel blockers used to treat heart disease)

 Prevention
The ADA recommends the following oral care to prevent gum disease:
• Brush twice a day with an ADA-accepted fluoride toothpaste
• Floss daily
• Get regular professional cleanings and oral exams
• Eat a balanced diet
• Change brushes every three to four months or sooner if the bristles become frayed with use
• Avoid sharing toothbrushes

For more information, visit the ADA Web site at www.ada.org.

“Month of the Military Child” Prize Winners

North
First Prizes:
Eden Houle, Haylee Joyce Parker, Dalyla Soto, Stephanie Weissman and Marcus Zamora
Second Prizes:
Julian Burgett, Loveda Murkins, John Ellis, Jakim Aaro and Chase Litzenberg
Third Prizes:
Tes Rodgers, Faatimah Hassan, Elise Little, Jallene Fuhrmann and Luciano Ortiz, III

South
First Prizes:
Second Prizes:
Alexandra Nicole Bracewell, Dalton G. Thompson, Natalia Rodriguez Surillo, Caroline Williams and Brittany Nelson
Third Prizes:
Austin Weatherby, Tyshaun Vaughn, Colin “Daniel” Holmes, Tareak Barnes and Tatianna Burnett

Europe
First Prizes:
Izzie Alvarez, Raiden Kaleel Ory, Elizabeth Yun Volz, Samuel Garner and Ian Kenney
Second Prizes:
Lucas Stemmerding, Pilar W. Cerritos Gatto, Sterling Watkins, Erika Minock and Michelle A. Santana Soto
Third Prizes:
Chloe Catalano, Alana Shanley, Sophie Gillette, Nia Bank and Katja Rowell

Pacific
First Prizes:
Ethan Nguyen, Antonio R. Garcia, Jade M. Harber, Joshua Rapacz and Jasmin Benavente
Second Prizes:
Kairee Williams, Cheyenne Jones, Nicholas Brown, Rayce Priest and Solomon Wechsler
Third Prizes:
Sayuri L. Rule, Kiko Rai Damian, Sophia Kurkchi, Danielle Hershey and Demonte Williams

Latin America and Canada
First Prizes:
Patrick Gabriel Stacey, Grayson Lincoln, Neely Johnson, Javier E. Camachorivera and Jean Carlos Arvelo
Second Prizes:
Gennsen Lincoln, Nora Kate Riemer, Daniel Coleman, Celine Coleman and Shalil Omar Velazquez
Third Prizes:
Sage Padgett, Paris N. Lloyd, Emma Riemer, Carlos Gabriel Arzola Pagan and Rawil Arvelo

Prizes

First prize winners ages 0–2 received a Disney’s Baby Einstein™ Baby Neptune™ Ocean Adventure Gym and “Discovering Water” DVD; “Water, Water Everywhere” book; and Teethe & Tug Pals: Baby Neptune.

Second prize winners ages 0–2 received a Disney’s Baby Einstein My First Story Reader, “Baby’s First Sounds” DVD and “Colors Flip Flap Book.”

First prize winners ages 3–6 received a VTech® V-Motion Active Learning System.

Second prize winners ages 3–6 received a VTech Create-a-Story™ Reading System.

First prize winners ages 7–10, 11–14 and 15–17 received a Nintendo® Wii™ Gaming Console and Wii Play bundle.

Second prize winners ages 7–10, 11–14 and 15–17 received a Nintendo DS Lite.

Third prize winners (all ages) received a $50 Army and Air Force Exchange gift certificate.

United Concordia thanks everyone who entered this year’s contest. We appreciate your support of our nation, the military family and the TRICARE Dental Program.

Note: Winners were randomly selected in each TRICARE Region. Any entry submitted with an incorrect region was researched and re-entered in the applicable region to ensure consideration. Winners have been notified by United Concordia.
**Word Search!**

The words listed below are hidden within the box of letters. See if you can find them!

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<th>BRUSH</th>
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*Answer key:* XDLOVTAGXT AEBRUSHYRA ENKJWCISE R DTSXRAYYUT IIHEGVAPB A RSCTSIFLR OTZSOTAQH UQOANYRID LTLPEMGUMS FYVGPBDESJ
The TRICARE Dental Program (TDP) covers orthodontic treatment for enrolled family members (non-spouses) up to age 21. Any TDP member enrolled as a full-time student is eligible to receive orthodontic treatment coverage up to 23 years of age. Coverage is effective until the end of the month in which the member reaches the applicable age limit.

Orthodontic treatment is also available for spouses and National Guard and Reserve members up to age 23. In order to ensure service duty policy compliance, National Guard and Reserve members should confer with unit commanders before treatment, as the presence of orthodontic appliances may affect eligibility for some assignments.

**Covered Services**

The TDP covers comprehensive orthodontic services in both the United States and outside the continental United States (OCONUS); however, limitations apply. For details, refer to your TRICARE Dental Program Benefit Booklet.

In OCONUS areas, if orthodontic care is not available at an overseas dental treatment facility (DTF), enrollees are required to have a Non-Availability and Referral Form (NARF) from their TRICARE Area Office (TAO) or the military DTF and must receive care from an orthodontist on the Host Nation Provider (HNP) list.* After the initial examination, the HNP must submit the orthodontic treatment plan to the TAO for approval, and the TAO will issue a second NARF authorizing the services.

United Concordia recommends that you seek a predetermination of payment for OCONUS orthodontic services before care is rendered. To submit a predetermination request, complete a TDP OCONUS Claim Form and include a statement from the HNP indicating the total cost of treatment needed. United Concordia will then provide you with a summary of covered costs.

**Cost-Shares**

The TDP allows a lifetime maximum of $1,500 per enrollee for orthodontic treatment, which is separate from the annual maximum of $1,200 for all other covered dental benefits (per contract year). Orthodontic diagnostic services are applied to the $1,200 dental program annual maximum.

For orthodontic services received in the United States and OCONUS service areas, beneficiaries are responsible for a 50-percent cost-share. However, for command-sponsored enrollees in OCONUS areas, the Government will pay any difference between the remaining 50 percent and the $1,500 lifetime maximum, along with any difference between the orthodontist’s charge and United Concordia’s allowance.

Orthodontic treatment providers should notify United Concordia if changes to their patient’s prescribed treatment plan results in changes to payment schedules. A revised payment schedule will be sent to both the orthodontist and patient.

For more information, refer to your TRICARE Dental Program Benefit Booklet or visit the TDP Web site at www.TRICAREdentalprogram.com.

* An exception is Canada, where TDP members may receive care from any orthodontist; however, a NARF is still required.
If you are getting out of the military and are eligible for the Transitional Assistance Management Program (TAMP), it is important to understand the dental benefits available during this 180-day period.

During TAMP, sponsors separating from the military are eligible for dental care provided in military dental treatment facilities (DTFs) on a space-available basis, and space-available dental care is very limited.

If you remain in the Selected Reserve or Individual Ready Reserve, you and your family may be eligible to enroll in the TRICARE Dental Program (TDP). There is a 12-month service commitment for new TDP enrollments.

When you are on terminal leave, you continue to receive your active duty dental benefits until your terminal leave ends. Family members enrolled in the TDP pay active duty family member premiums and continue to receive the benefits during the terminal leave period.

You and your eligible family members may be covered under TAMP if you, the sponsor, are:

- Involuntarily separating from active duty under honorable conditions
- A National Guard or Reserve member separating from a period of active duty that was more than 30 consecutive days in support of a contingency operation
- Separating from active duty following involuntary retention (stop-loss) in support of a contingency operation
- Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation

Note: Once you are enrolled in TAMP, you are not eligible for coverage under the TRICARE Active Duty Dental Program (ADDP), even if you have a valid referral from the time you were covered by the ADDP.

For additional information, visit the TDP Web site at www.TRICAREdentalprogram.com.