

In Touch

*with the TRICARE Retiree
Dental Program*



In this issue

- *Dental reminders for fall season include having back-to-school checkups, avoiding sugary Halloween treats*
- *From the front lines*
- *Time to remember that the TRDP allows you to coordinate benefits with other dental plans*
- *Delta Dental Federal Services proudly participates in Quilts of Valor Foundation*
- *Fun Facts*
- *The Smile Corner*

Dental reminders for fall season include having back-to-school checkups, avoiding sugary Halloween treats

The fall months are typically a very busy time for most people. However, it is just as important to remember to take care of your family's dental health as it is to shop for needed back-to school supplies or prepare for those neighborhood ghosts and goblins that will soon come a-knocking for traditional Halloween goodies.

With school back in session (or soon to be), be sure to schedule a dental visit for your child. The dentist can examine your child's mouth and take x-rays, and if necessary, apply dental sealants to tooth surfaces that show early signs of susceptibility to decay. The dentist can also fill cavities and clean your child's teeth to ensure he or she is "dental ready" for the new school year. (While you're at it, why not schedule a checkup for yourself, too!)

Halloween presents another challenge to maintaining a healthy mouth, especially for children. Here are some tips that can help you stay on top of your child's dental health after a night of trick-or-treating:

- Serve a healthy dinner. A good meal before trick-or-treating leaves less room for sugary sweets.
- Offer tooth-friendly items to trick-or-treaters. Sugar-free treats or travel sizes of toothpaste and dental floss are some alternatives to candy.
- Avoid jawbreakers or hard candies, especially for children ages five and under. These can chip teeth or cause choking.
- Avoid sticky treats like caramels or gummy candies. Instead, choose candies that will be eaten right away, such as small chocolate pieces (dark chocolate is best).

(continued)

From the front lines

By Lynn Jamroz, TRDP Marketing Representative, East Central region and Canada

- Set up a candy “bank.” Allow your child four or five pieces of candy, then “save” the rest in a sealed container (freeze chocolates and candy bars). Establish times over the next month when the “bank” will be open for “withdrawals.” Limit your child’s contact with sweets to once or twice a day after mealtime.
- Make sure your child brushes and flosses thoroughly before bedtime. To add fun to the pre-bedtime dental health routine, offer a new, brightly-colored toothbrush and flavored floss as a final Halloween treat.

Information provided in part by www.kidsource.com

Time to remember that the TRDP coordinates benefits with other dental plans

Perhaps you are one of the many TRDP enrollees who has taken a job after retiring from military service and who has other dental coverage provided by your employer. October marks the beginning of the open enrollment period for many employers’ benefit plans. This is a timely opportunity to remind you that if, in addition to the TRDP, you are covered by another dental plan either through your employer or your spouse’s, it is to your advantage to let both your dentist and Delta Dental know: Most dental carriers coordinate benefits with one another to allow you to make use of both programs and receive the maximum benefits to which you are entitled within each carrier’s policy limits.

Coordination of Benefits (COB) is a special provision designed to give insured individuals as much coverage as possible by setting forth guidelines that determine which company will pay as primary insurer and which will pay as secondary insurer when a working individual has a claim that is covered by more than one group insurance policy. Coordinating the benefits of both plans can mean that a large portion, if not all, of the patient’s entire claim will be paid, thus significantly reducing or even eliminating the patient’s out-of-pocket costs. For more details on the COB rules that determine coverage and payment under the TRDP, see the TRDP Basic Program or TRDP Enhanced Program Benefits Booklets.

Delta Dental Federal Services helps provide Quilts of Valor for wounded soldiers

Since 2001, thousands of soldiers have returned to the U.S. with debilitating physical or psychological wounds suffered in combat. As these injured soldiers work to rebuild their lives, hundreds of Americans throughout the country are constructing tangible gifts of appreciation and love through a non-profit organization known as the Quilts of Valor (QOV) Foundation. Several staff in Delta Dental of California’s Federal Services division—the division that administers the TRICARE Retiree Dental Program—are proud to participate

I believe that all good things happen because of perfect timing. To illustrate what I mean, here is an account of a situation that occurred recently while I was in the reception area of the TRICARE Service Center (TSC) at Fort Campbell, Kentucky. As I sat there waiting to see my contact, an older couple came in to the center. The gentleman signed in at the front desk, then picked up a TRICARE Retiree Dental Program (TRDP) enrollment brochure from the nearby rack.

I quickly introduced myself as the regional representative for the TRDP and asked the gentleman if he and his wife would like for me to explain the program to them. He heartily agreed, saying that the sole purpose they had come to the TSC was to learn about the TRDP.

The gentleman and his wife sat down next to me, and I used the TRDP Fact Sheet as a guide while I explained program eligibility, enrollment, benefits and the dentist network. The receptionist joined in the discussion and graciously logged on to the TRDP web site to find out what the cost of their premium would be.

Well, the couple simply could not believe that they had gotten ALL the answers they had come for—and all within the reception area of the TSC!! The gentleman jokingly asked the receptionist if I was who I said I was—so I gave him one of my business cards to assure him that I was indeed credible. I learned later that the couple did enroll in the program.

If this couple had not come in to the TSC at that exact moment, and if my contact had been ready to see me as soon as I got there, I would have missed that opportunity to help them understand the program. So, remember: The next time you are in your local TSC (or anywhere, for that matter) and you happen to see a person with a black and green briefcase, you will know that you are in the right place at the right time to ask about the TRICARE Retiree Dental Program!

in a local QOV chapter (www.quiltsofvalor.homestead.com) that serves the Sacramento, California area.

The QOV Foundation was started by Catherine Roberts of Seaford, Delaware in November 2003, when her son was deployed to Iraq. With a child suddenly in “harm’s way,” Catherine’s perception of the world began to change. In her own words, “Casualties no longer were just numbers, but real men and women dying. Hidden behind the casualties were the wounded.”

Catherine began conducting research and making phone calls around the country in an attempt to find out how she could start a project whose mission would ultimately be “to cover ALL wounded and injured service members from the War on Terror, whether physical or psychological wounds, with wartime quilts called Quilts of Valor.” After speaking with Senior Chaplain Clinician John L. Kallerson at Walter Reed Army Medical Center in Washington, D.C., whose wife was a quilter, Catherine realized she had finally found someone who understood what she wanted to do. Chaplain Kallerson agreed that “a hand-made lap quilt will be very good for our soldiers who have had amputations, since winter is coming on and the quilt will warm them; also, it will help with their phantom pain.”

Today, Catherine Roberts has contacts at 24 military hospitals and at various veterans groups around the country. The national Quilts of Valor Foundation has many chapters throughout the U.S., each made up of groups of volunteers who donate their time and talents to providing tens of thousands of quilts to comfort wounded soldiers and the families who have lost their loved ones in combat. If you would like to find out more about the QOV or know someone who should receive a Quilt of Valor, visit the foundation’s web site at www.qovf.org.

Fun facts:

- If you’re right-handed, you tend to chew your food on the right side. If you’re left-handed, you tend to chew on the left side. (www.securiandental.com, et al.)
- It is said that the Crocodile Bird—the popular name for the Egyptian plover—is so named because it flies right into the open mouths of crocodiles and picks out the food from between the crocodile’s teeth—sort of a “flying hygienist” who makes house calls. (en.wikipedia.org/wiki/Crocodile_Bird)
- Studies show that chewing sugarless gum can help reduce the risk of cavities in children. Chewing gum increases the flow of saliva which decreases acidity in the mouth and helps clean plaque build-up. (www.kidsdental.ca)

The Smile Corner

Q: Why should you be nice to your dentist?

A: Because he has fillings, too.

Important dates to remember

September

- 7 – Labor Day (1st Monday)
- 11 – Terrorist attacks on U.S. (2001)
- 18 – Air Force birthday (1947)

October

- 3 – NOAA birthday (1970)
- 12 – Columbus Day (2nd Monday)
- 13 – Navy birthday (1775)
- 24 – United Nations Day
- 28 – Dedication of the Statue of Liberty (1886)
- 31 – Halloween

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