



“A good manager is a man who isn't worried about his own career but rather the careers of those who work for him.”  
~ H.S.M. Burns

TRICARE beneficiaries can contact the new nationwide Nurse Advice Line (NAL) for professional medical advice to help decide whether self-care is the best option, or if they should see a healthcare provider immediately. The NAL is staffed by a team of registered nurses who answer healthcare questions and provides beneficiaries with live advice 24/7. Beneficiaries can call 1-800-TRICARE (874- 2273) and select option 1 to connect to the NAL. A representative will check their eligibility in the Defense Enrollment and Eligibility Reporting System (DEERS) and then transfers them to a nurse. The NAL has nurses that specialize in different specialties and can provide medical advice on a wide range of issues. For more information, visit the TRICARE Nurse Advice Line webpage at [http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/04\\_25\\_14\\_NurseAdviceLine.aspx](http://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/04_25_14_NurseAdviceLine.aspx).

Since 2008, the Air Force has seen a gradual rise in the number of mental health visits for active duty, both in the Military Treatment Facilities and in purchased care. In June, the Air Force Medical Operations Agency (AFMOA) will begin to roll out the first-ever Air Force Mental Health Help Seeking Campaign, which actively encourages people who are struggling to seek help early. For more information about mental health support programs, call the Defense Centers of Excellence for Psychological Health and TBI Outreach Center at 866-966-1020. For confidential assistance, call Military OneSource at 800-342-9647. Call Vet4Warriors peer support for service members, civilians, and family members at 855-838-8255.

With the temperatures rising, both in the ocean and on land, water and sun safety must be a number-one priority. Children should never be left unattended near any body of water. Swimmers should attempt to swim at beaches with lifeguards nearby. Sunscreen with at least 30 SPF should be put on 20 minutes before leaving home. Check on the elderly during warm days to make sure they are receiving enough liquids and staying hydrated. Pets are just as susceptible to heat stroke as humans -- always have cool water available and shade when outside. Never leave children or pets in a parked car. For more hot weather safety tips, visit the Centers for Disease Control (CDC) website at [www.bt.cdc.gov/disasters/extremeheat/heattips.asp](http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp), the National Weather Service website at [nws.noaa.gov/os/heat/index.shtml](http://nws.noaa.gov/os/heat/index.shtml), and the Weather.com website at [www.weather.com/safety/heat](http://www.weather.com/safety/heat).

The Pentagon is developing a new multi-billion dollar electronic health record system that would leverage commercial technology to ensure health records can be shared with both private hospitals and the VA, Pentagon officials said. The DoD Healthcare Management System Modernization program, which began in January 2013, plans to create an electronic system and database that facilitate access to medical records for more than 9.6 million troops and their families.

The U.S. Air Force recently released new feedback forms for its comprehensive Air Force evaluation system. The Airman Comprehensive Assessment (ACA) is now available, for both officer and enlisted Airmen. The new AF Form 931 (airman basic through technical sergeant) and AF Form 932 (master sergeant through chief master sergeant) replace the current versions of the performance feedback forms. The AF Form 724 will replace the current version of the officer performance feedback, aligning it with the current officer performance report. View the memo released by senior leadership on AF Portal. AFI 36-2406 and the new ACA forms (AF Form 931, AF Form 932, and AF Form 724) are available on Air Force ePublishing.

The Army & Air Force Exchange Service is teaming up with Welch's/Sour Jacks to offer two military shoppers a chance to drive home a brand-new Smart car. Through July 31, shoppers can enter the Promotion in Motion Smart Car Giveaway at Exchange locations worldwide. Authorized shoppers 18 years and older can enter the giveaway. No purchase is necessary, and the drawing will take place on or about Aug. 29.

Starting this summer, a new Applied Behavior Analysis (ABA) policy will cover all TRICARE beneficiaries with autism spectrum disorder (ASD) under a single benefit. The Autism Care Demonstration (ACD) will start July 25, 2014 and will run until Dec. 31, 2018. All beneficiaries currently receiving ABA under TRICARE will transition seamlessly to the new benefit with no gap in coverage by Dec. 31, 2014. Currently, TRICARE beneficiaries with ASD get ABA covered by one of three programs, depending on their sponsor's duty status. The ACD combines these programs into a single benefit that will stay with beneficiaries if they move from active duty, retire or switch TRICARE plans. All ASD patients will have the same access to care, regardless of sponsor status or plan. For more information, visit [www.tricare.mil/aba](http://www.tricare.mil/aba).

A new study reveals that men are often the victims of sexual assault and women are often the perpetrators. The National Crime Victimization Survey found in asking 40,000 households about rape and sexual violence that 38 percent of incidents were against men. Under the military's definition, a sexual assault can be anything from unwanted sexual contact, such as inappropriate touching or grabbing, to sodomy and rape. In as many as two-thirds of reported sexual assault cases, alcohol is involved. For help, call the Department of Defense's Safe Helpline at 1-877-995-5247, visit the Safe Helpline website at [www.SafeHelpline.org](http://www.SafeHelpline.org) or call 229-639-8896/5252. For more information, visit the DoD's Sexual Assault Prevention and Response (SAPR) website at [www.sapr.mil](http://www.sapr.mil).

The service members Group Life Insurance program is scheduled to increase monthly premium rates. Service members with the maximum 400,000 dollars of life insurance will see an increase of two dollars, while lower coverages will have smaller increases. Marines are able to see the increase by accessing their Leave and Earnings Statement through MyPay (<https://mypay.dfas.mil>). Service members with Traumatic service members Group Life Insurance will continue to pay one dollar per month. For more information, visit the service members Group Life Insurance webpage at <http://benefits.va.gov/insurance/sgli.asp>.

The Army & Air Force Exchange Service is teaming up with Dickies to salute the American Hero of the Year with a grand prize of \$25,000 or one of four runner-up prizes of \$1,000. All active-duty and retired U.S. military personnel and their family members are eligible. Nominations can consist of a video less than 5 minutes, a photo and essay of up to 500 words or a standalone essay. Nominations should tell what being an American hero means to the nominee and why they are a true American hero. Entries will be accepted through July 17. Visit the AAFES Homeward Bound webpage at [www.shopmyexchange.com/homewardbound](http://www.shopmyexchange.com/homewardbound) and click on the Dickies American Hero of the Year logo to access an application.

The Secretary of Defense has ordered a review of the Military Health System (MHS) focused on health care, access, patient safety and quality of care. The review will determine if MHS provides ready access to medical care, has created a culture of safety and effective processes, and meets or exceeds benchmarks for healthcare quality. What do you think about these issues? Take MOAA's survey and your thoughts will be shared with the Secretary of Defense. To take the survey visit <http://www.moaa.org/MRhealthcaresurvey>.

Learn the art of fly fishing on one of the most beautiful streams in the country. Total Outdoors is offering military veteran families fly fishing camps on Penn's creek in central Pennsylvania. Camps are July 11-13, July 25-27, August 8-10 and August 22-23. Meals, lodging and equipment are included. Space is limited -- call 570-922-0002 to make your reservations.

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