

Captain's Call Kit

Fall 2000



Program set to ease TRICARE debt collection hassles

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CCK articles may be easily copied for posting on command bulletin boards. Articles may also be used for Plans of the Day, Captain's Call, SITE-TV, the command newspaper or reading and reference purposes. This quarter's articles include the following:

If you have any suggestions or comments for articles or ways to improve CCK, please write, call or fax a comment to:

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Program set to ease TRICARE debt collection hassles

DOD has announced a new program to help service members, retirees and eligible family members with TRICARE-related debt problems.

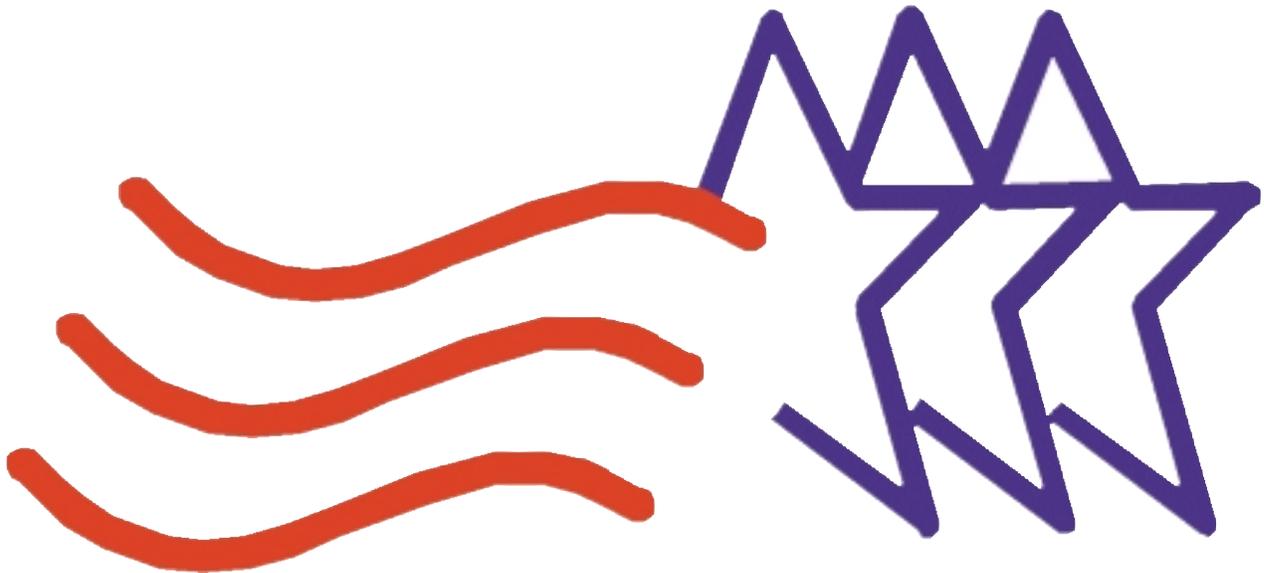
For the first time, an assistance officer located at each military treatment facility (MTF) and TRICARE lead agent office will be the single point of contact when a TRICARE beneficiary needs help with these kinds of problems.

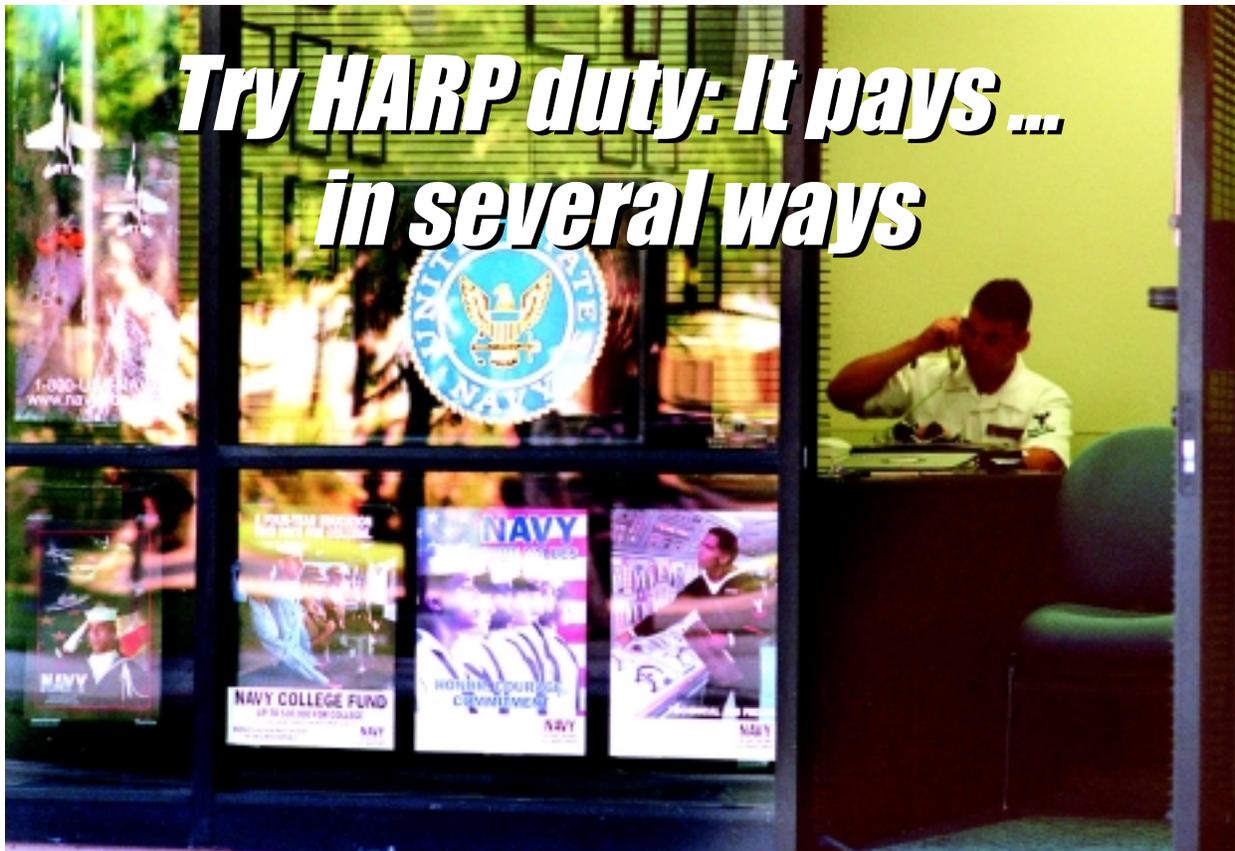
The debt collection assistance officer will intercede with all agencies involved, including military personnel offices, the MTFs, lead agents, network and non-network providers, TRICARE Management Activity, managed care contractors and even debt collection agencies when appropriate, to resolve a collection issue arising from a TRICARE claim.

The debt collection assistance officer will notify the beneficiary of the resolution. If appropriate, written documentation will be provided for use with credit reporting companies in removing unwarranted adverse credit information related to TRICARE claims.

Service members in remote locations may contact any debt collection assistance officer. These points of contact will be identified by the military services prior to implementation of the program.

Additional information about TRICARE claims processing can be found on the Military Health System/TRICARE web site at <http://www.tricare.osd.mil>.





Are you happy with your career and want to share your Navy experiences with others? Would you like some time back in your hometown? Would you like the Navy to pay for your travel? If you answered, "Yes," to these three questions, you should look into the Bluejacket Hometown Area Recruiting Program (HARP).

This program is an outgrowth of HARP, which has proven to be a productive tool in assisting the Navy's recruiting efforts. Applicants receive training at their hometown recruiting office to assist field recruiters at local high schools. Rewards are abundant in this program.

The Navy pays for travel to and from your hometown, and with three referrals

who join the Navy, you receive a Letter of Commendation from Commander, Navy Recruiting Command (CNRC). Four successful referrals earn you a Navy/Marine Corps Achievement Medal.

Bluejacket HARP is primarily for enlisted ranks E-1 through E-6 and there are no rating restrictions. To qualify you must be a high school graduate from the town in which you intend to assist. General Equivalency Diploma (GED) recipients are also considered on a case-by-case basis.

For more information about Bluejacket HARP duty and other programs, go to <http://www.cnrc.navy.mil>.

GUARD 2000 program offers more options to stay Navy

Negotiating for orders can be a tug-of-war between what a Sailor wants and what the Navy needs. Now, an old program with some new twists and a new name is helping Sailors and detailers find mutually agreeable assignments.

The Guaranteed Assignment Retention Detailing (GUARD) program has been revitalized and improved by providing first-term Sailors with more options when they reach their end of active obligated service (EAOS). GUARD 2000 was recently announced in NAVADMIN 083/00 and it is effective immediately.

The GUARD 2000 program allows Prescribed Sea Tour (PST) waivers of up to 18 months for first-term Sailors on a case-by-case basis and gives detailers greater flexibility in assigning Sailors to lower priority billets.

The new program offers guaranteed assignment to choice of homeport/duty station or ship type in exchange for a four-, five- or six-year enlistment. Additionally, GUARD 2000 is available twice during a 20-year career; at the end of the first enlistment and at the end of any other enlistment, up to 17 years of service.



The key to the success of this program is communication between the Sailors and their detailers before the 1306/7 is submitted.

Maintaining fully-manned recruiting billets continues to be a high priority, and volunteers for recruiting duty will be given maximum consideration.

For more information, please see NAVADMIN 083/00, available on the Navy Personnel Command/ BUPERS web site at <http://www.bupers.navy.mil>.

Navy offers incentives for forward deployment volunteers



Navy officials have decided to “sweeten the pot” for Sailors who volunteer to transfer early to one of the 27 Forward-Deployed Naval Forces (FDNF) sea duty units.

Petty officers third class to chief petty officers who request an early transfer and meet all eligibility requirements will get to choose either a follow-on East Coast or West Coast shore duty assignment or a class “C” school. They must agree to two things to be eligible:

1) Rotate at least six months early to one of the more than 16,000 “Type 4” sea-duty billets.

2) Successfully complete a prescribed sea tour or at least 36 months at their new command.

Interested Sailors should contact their detailer to find out if they are eligible and what billets are available. Sailors can anticipate receipt of orders within two weeks after they reach agreement on their assignment with their detailer.

Additional information, including eligible ratings, is available in NAVADMIN 053/00.

Navy Junior ROTC program seeks instructors

Planning on retiring from the Navy soon? Are you interested in teaching as a follow-on career? The Navy Junior Reserve Officers Training Corps (NJROTC) Program might be for you.

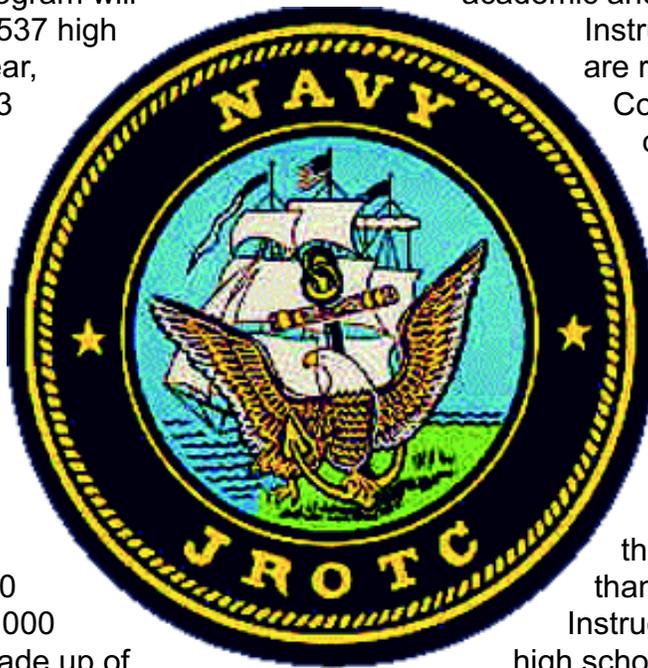
The NJROTC Program will expand from 490 to 537 high schools this fiscal year, with plans to add 163 more schools during FY02 through FY05. This expansion will necessitate the hiring of more than 400 additional instructors to fill these new positions.

The current NJROTC program encompasses approximately 64,000 cadets, more than 1,000 instructors, and is made up of units in 43 states, the District of Columbia, Italy, Japan and Guam. It is designed to promote patriotism, citizenship, self-discipline and leadership skills in high school students. The program includes a Naval Science curriculum with subjects

like naval history, oceanography, navigation, naval operations and leadership. Additional activities include community service, orientation trips to military bases, sea cruises, athletic, academic and drill events.

Instructors in this program are retired Navy, Marine Corps and Coast Guard officers and senior enlisted (E-6 to E-9) who have served a minimum of 20 years active duty or have retired under the Temporary Early Retirement Authority (TERA) and have been out of the service no more than six years.

Instructors are hired as high school teachers, wear their uniforms, maintain current weight requirements and receive a salary at least equal to the difference between their retired pay and the active-duty pay and allowances. Many instructors are paid considerably higher salaries.



More information on this program can be found at www.cnet.navy.mil. Type NJROTC in the search window.

Additional information can be obtained by calling (850) 452-4947, ext. 334 or send e-mail inquiries to cheryl-m.ward@cnet.navy.mil.

Sailors and Marines: take stock in America

The U.S. Savings Bond program originally began as an effort to support and strengthen the U.S. economy during World War II, but it is still going strong today in its 59th year.

Why are U.S. Savings Bonds so popular? The short answers are: safety, ease of purchase, tax advantages, financing, education, retirement and improved market-based rates.

Currently, 55 million Americans own 800 million Savings Bonds for a total worth of \$186 billion, making them the most widely-held financial security in the world.

It's a safe, sound way to invest in your future, the future of your children or other loved ones. For more information, go to ***<http://www.savingsbond.gov>***.



Veterans entitled to military funeral honors



DOD is now required to render military funeral honors to all eligible veterans.

The National Defense Authorization Act for FY00 calls for the U.S. Armed Services to provide at least two military personnel, including one from the veteran's branch of service, to perform a funeral honors ceremony upon request.

The funeral honors ceremony will include the folding and presentation of the American flag and the playing of "Taps." However, the scarcity of buglers in the Armed Services often necessitates use of

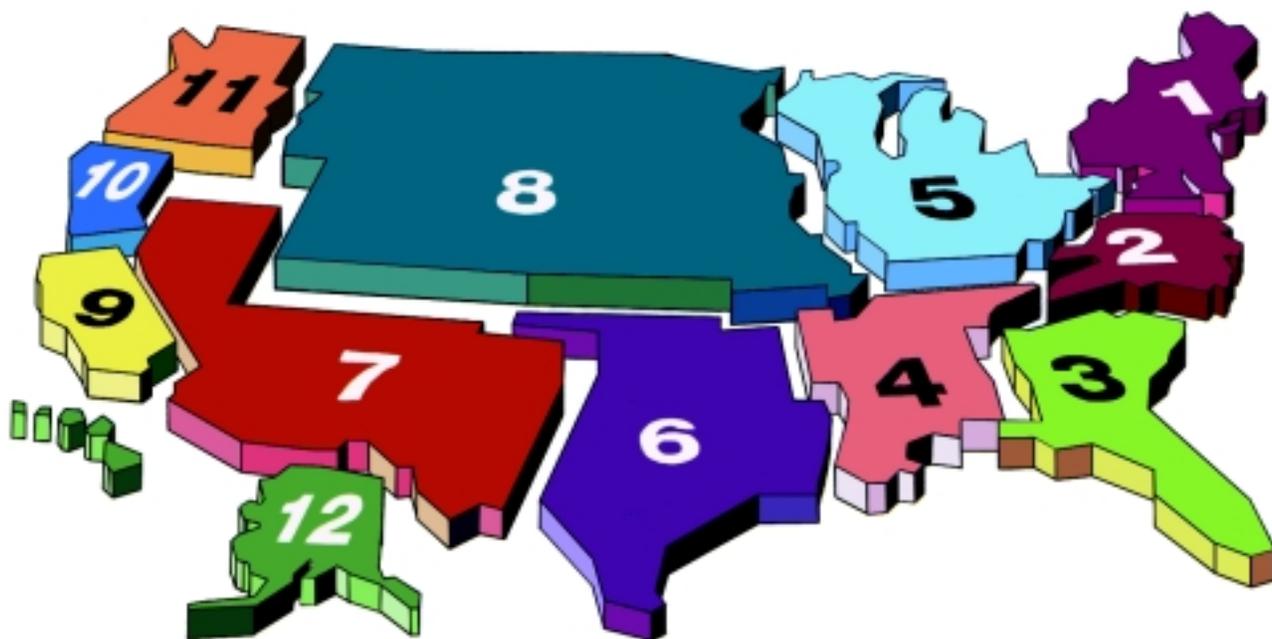
a high-quality recording instead, which is permitted under the new law.

A member of the deceased veteran's parent military service will present the flag to the next of kin.

While the Armed Services are required to render honors, they are not provided automatically. The next of kin or other appropriate person must request the funeral honors from the military through a funeral director, as required by DOD policy.

For more information, please see NAVADMIN 106/00. A toll-free number is available at (877) MIL-HONR (645-4667) for funeral directors to coordinate the ceremonies. DOD has also established a web site at <http://www.militaryfuneralhonors.osd.mil>, which explains the funeral honors process.

TRICARE Health Care Information Line (HCIL)



All TRICARE regions now have toll-free TRICARE Health Care Information Lines (HCIL) that provide medical advice and assistance for non-emergency situations you may encounter — saving you both time and money.

When you contact an HCIL, you have the option to speak with a nurse or listen to one of hundreds of topics on health from the audio health library.

The HCILs provide 24/7 medical information service. They **do not** provide pre-certification or authorization for medical services.

The following list of available TRICARE HCILs by region is provided for your information:

Region 1 (Northeast) — 1-800-308-3518; Coverage: Northern Va., Eastern W.Va., Md., Del., N.J., Pa., N.Y., Conn., R.I., Mass., N.H., Vt. and Maine.

Region 2 (Mid-Atlantic) — 1-800-931-9501 (Option 3); Coverage: Southern Va. and all of N.C.

Region 3 (Southeast) and **Region 4** (the Gulf South) — 1-800-333-5331; Coverage: Ala., Eastern Ark. (near NSA Mid-South, Millington, Tenn.), Fla., Ga., Eastern La., Miss., S.C. and Tenn.

Region 5 (Heartland) — 1-800-941-4501 (Option 3); Coverage: Ill., Ind., Ky., Mich., Ohio,

W.Va., Wis. and the St. Louis area of Mo.

Region 6 (Southwest) — 1-800-611-2875; Coverage: Ark., Western La., Okla. and Texas (except El Paso).

Region 7/8 (Central) — 1-888-887-4111; Coverage: Ariz. (except Yuma), Colo., Idaho (except Northern Idaho), Iowa, Kan., Minn., Mo. (except St. Louis), Mont., Neb., Nev., N.M., N.D., S.D., El Paso area of Texas, Utah and Wyo.

Region 9 (Southern Calif.) and **Region 10** (Golden Gate) — 1-800-611-2883; Coverage: Calif.

Region 11 (Northwest) — 1-800-750-6946; Coverage: Ore., Wash. And Northern Idaho (to include Boundary, Bonner, Kootenai, Benewah, Latah and Shoshone counties).

Region 12

TRICARE Pacific (Alaska) — 1-800-822-2878

TRICARE Pacific (Hawaii) — 1-800-611-2883

Korea HCIL: From a DSN phone, call 550-HOME and then 1-800-917-9172 (NO COST). From a Korean civilian telephone, call toll-free, 003-081-10332 or dial 1-800-917-9172 while in the United States or wherever 800 service is available.

Pacific HCIL is also available on the Internet at <http://www.hcil-online.com/tricare-pacific>.

Sources: Extracted from various TRICARE-related web sites.

Healthwatch: prostate cancer awareness

Prostate cancer is the most common non-skin related malignancy in American men.

The American Cancer Society predicts that there will be about 180,400 new cases of prostate cancer in the United States this year, and about 31,900 men will die of this disease. This form of cancer is more common in men over the age of 50, but it has been found in younger men as well. More than eight out of 10 men with prostate cancer are over the age of 65.

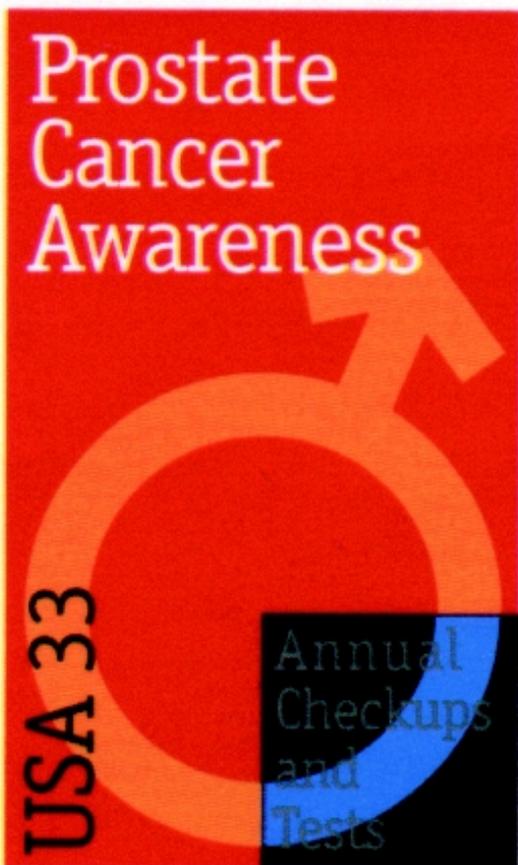


Prostate cancer is more than twice as common among African-American men than it is among Caucasian men. It is also much more common in men with a family history of prostate cancer than in those without.

The good news is that we do have tools for early detection of prostate cancer. These tools include a rectal exam of the prostate and a simple blood test.

Using the blood test and exam, we have been able to detect prostate cancer at an earlier stage than in the past.

If caught early, prostate cancer is much more treatable, and the chances of a cure are very high with the use of modern therapy.



1999

Naval Reserve test-markets aggressive recruitment program

The Naval Reserve has implemented a first-of-its-kind program designed to bring more naval personnel into its ranks. Naval Reserve recruiters now contact every Sailor who is scheduled to leave active duty.

Four geographic areas — centering on Norfolk; Jacksonville, Fla.; San Diego; and Seattle, are serving as “test markets” for the program. This initiative is designed for eligible personnel who leave the Navy before retirement.

Each year, approximately 18,500 individuals eligible to join the Naval Reserve leave the Navy. With annual recruiting goals of 18,000 enlisted personnel and more than 2,100 officers, the Naval Reserve is aggressively seeking these Sailors.

Studies have shown that Navy personnel who join the Naval Reserve typically do so within 90 days of separation. The new program is designed to ensure that contact is made within 30 days before separation occurs or separation leave commences.

Recruiters explain the benefits of joining the Naval Reserve during face-to-face or telephone interviews. These benefits include extra monthly income and enlistment bonuses, retirement benefits, training in management and leadership, travel, health care, low-cost life insurance, funds for education and a home loan guarantee program.

For more information, call 1-800-872-8767 or go to <http://www.navy-reserve-jobs.com>.

