

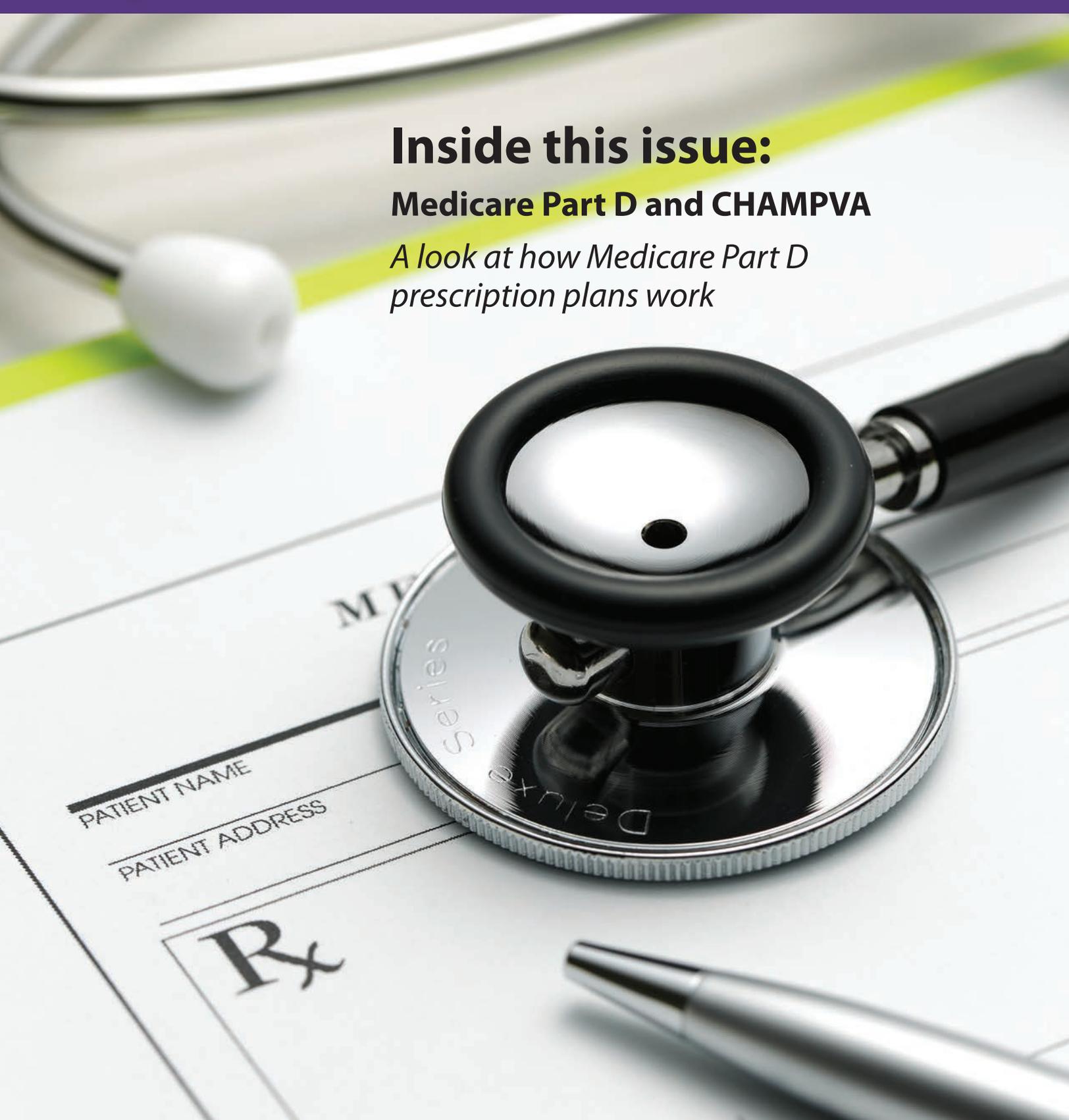


YOUR **HEALTH**

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Medicare Part D and CHAMPVA

*A look at how Medicare Part D
prescription plans work*





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On the Cover



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At CHAMPVA, we often receive questions from beneficiaries about Medicare Part D prescription plans. CHAMPVA beneficiaries are required to have Medicare Part B, if eligible, to keep CHAMPVA benefits. However, CHAMPVA beneficiaries are not required to have Medicare Part D.

We offer tips and useful information about Medicare Part D, such as, the decision to enroll in Medicare Part D is a personal one. We cannot provide financial advice to beneficiaries, and the most cost effective way for beneficiaries without other prescription coverage to receive medication is through Meds by Mail (MbM).

MOVING?

Send your change of address

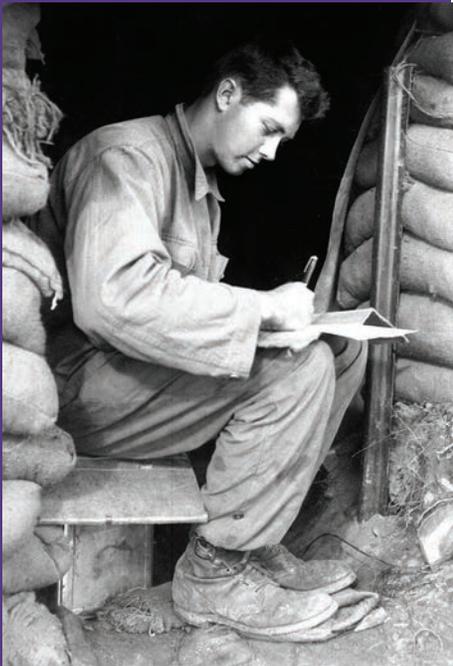
We want to keep you informed with up-to-date information that could impact your CHAMPVA benefits or your health. If you are planning to move or have recently changed your address, please contact the Veterans Health Administration Office of Community Care and give us your new contact information.

Mail: CHAMPVA, PO Box 469060, Denver CO 80246-9060

Phone: 1-800-733-8387

Email: Follow the instructions at http://www.va.gov/PURCHASE_CARE/aboutus/contacts.asp for the Inquiry Routing & Information System (IRIS).

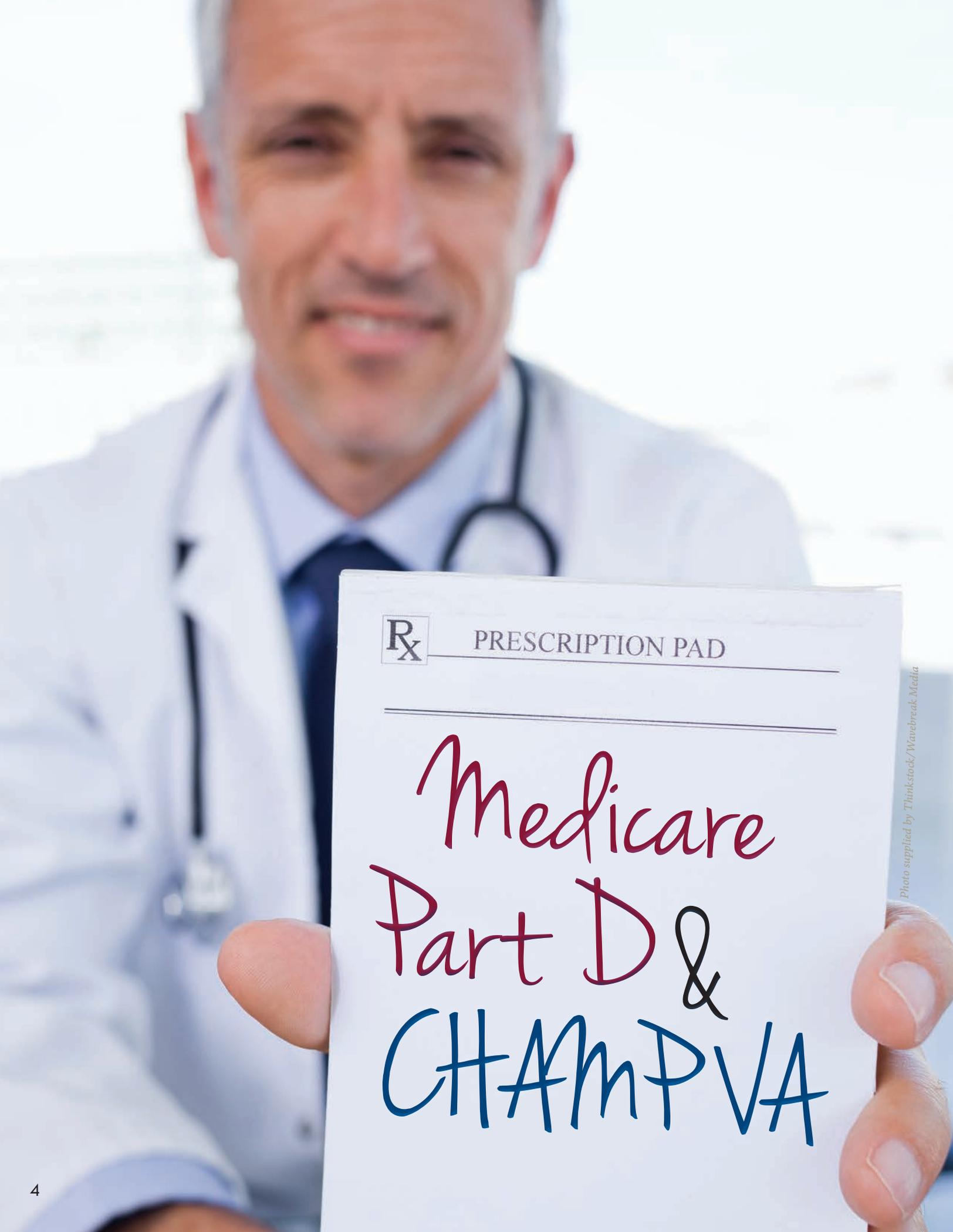
TELL US YOUR STORY



The Veterans Health Administration Office of Community Care, which administers CHAMPVA, would like to share your military service-related stories with our employees. We want to honor the people who have served our country and otherwise sacrificed to ensure our continued freedom. The stories will be printed in our internal employee newsletter. If you are a Veteran, tell us about your experiences, including your name/branch/units/duty stations in which you served. Or, if you are a spouse, child or survivor of a Veteran, share with us the sacrifices you and your family made to support and encourage your Veteran sponsor, either while they were serving or in your post-service life. We will gladly accept photos to go along with your stories. Photos will be copied and originals returned to you if a return address is provided.

SEND YOUR STORIES TO:

VHA Office of Community Care
ATTN: COM Department, Editor
PO Box 469060
Denver CO 80246-9060



Rx

PRESCRIPTION PAD

Medicare
Part D &
CHAMPVA

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At CHAMPVA, we often receive questions from beneficiaries about Medicare Part D prescription plans. CHAMPVA beneficiaries are required to have Medicare Part B, if eligible, to keep CHAMPVA benefits. However, CHAMPVA beneficiaries are not required to have Medicare Part D.

Whether or not to enroll in Medicare Part D is a personal decision. We cannot provide financial advice to beneficiaries, but we can offer information that may be helpful in deciding whether or not to enroll in Medicare Part D.

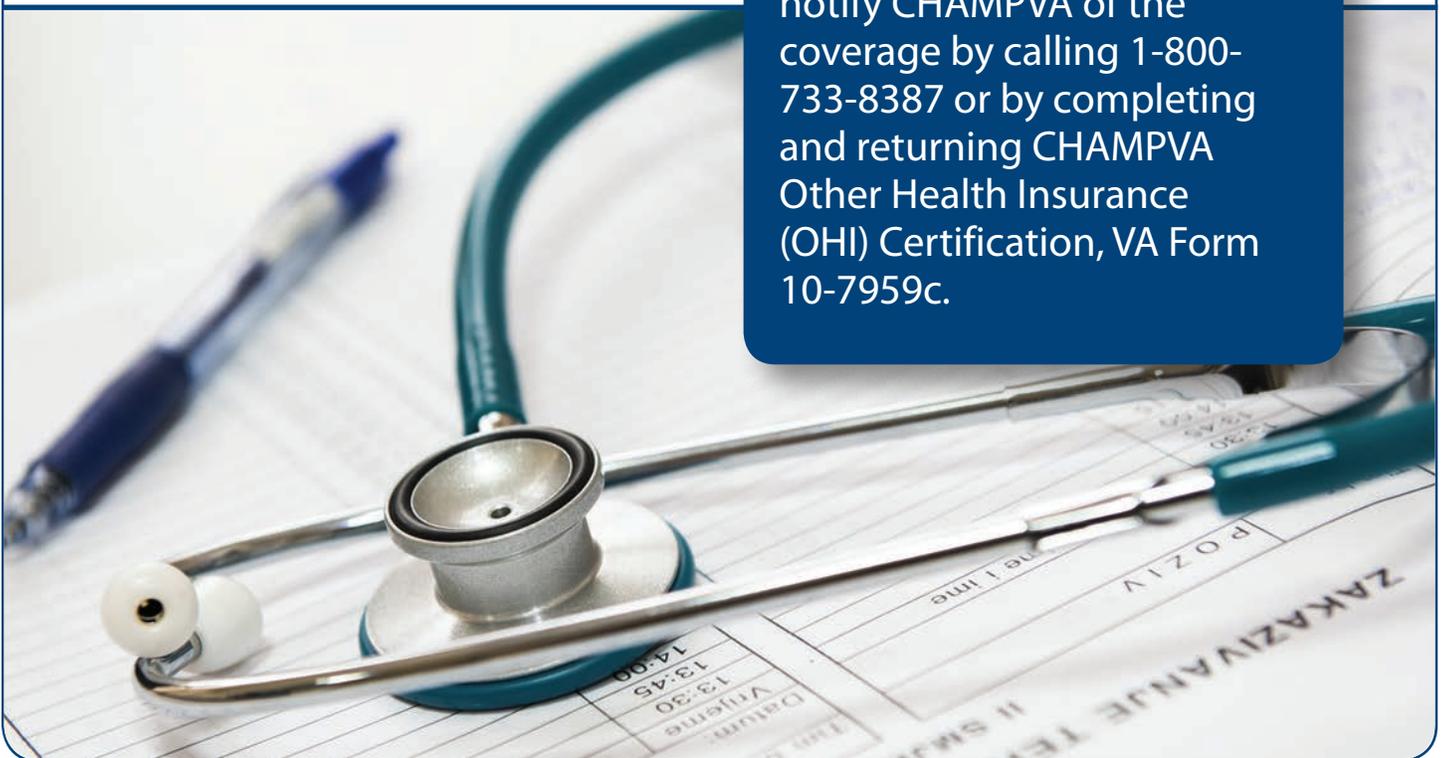
When deciding whether or not to enroll in Medicare Part D, here are some things to consider:

- ❖ CHAMPVA has no monthly premium for prescription coverage. If you are enrolled in CHAMPVA and do not have other pharmacy coverage, you can use Meds by Mail or OptumRx®.
- ❖ MbM is free with no cost shares or deductible.

- ❖ CHAMPVA prescription coverage does not have a “donut hole.”
- ❖ The CHAMPVA deductible is \$50 per calendar year and the cost share is 25% for covered medical and pharmacy services. The maximum calendar year CHAMPVA out-of-pocket for pharmacy and medical is \$3000 (in 2016).

When deciding whether or not to enroll in Medicare Part D, consider the benefits you already have with CHAMPVA, and the costs that you would pay with CHAMPVA only. Then consider additional benefits you would receive with Medicare Part D, and the costs. If you decide that CHAMPVA fits your personal pharmacy and financial needs, you do not have to enroll in Medicare Part D.

If you choose to enroll in Medicare Part D, you must notify CHAMPVA of the coverage by calling 1-800-733-8387 or by completing and returning CHAMPVA Other Health Insurance (OHI) Certification, VA Form 10-7959c.



What you need to know about generic medications and Meds by Mail

CHAMPVA offers a Meds by Mail (MbM) benefit to eligible beneficiaries who do not have prescription coverage with any other health insurance. By choosing to use MbM, you can have your medications shipped directly to your mailbox without paying a cost share or deductible.

MbM is the most cost efficient way to receive maintenance medications that treat chronic conditions such as arthritis, asthma, high cholesterol and high blood pressure.

MbM and CHAMPVA are committed to saving money and therefore dispense generic medications when they are available instead of dispensing the costly brand name. According to the FDA, billions of dollars are saved every year when patients choose generic over their brand name.

There should not be any hesitation when being faced with the decision to use a generic in place of the brand name. The Food and Drug Administration (FDA) states that “generic drugs are identical – or bioequivalent – to a brand name drug in dosage form, safety, strength, route of administration, quality, performance characteristics and intended use”.¹

The FDA firmly believes that generic drug products that have gone through the approval process can be used with the full expectation that consumers will receive the same benefits from generics as they do from brand name equivalents”.²

MbM carries many medications, including those for Hepatitis C and cancer, that may not have a generic equivalent available at this time. Two hundred of the most common medications available can be found on our website: <http://www.va.gov/purchasedcare/programs/dependents/pharmacy/index.asp>.

Save Time and Postage with ePrescribing!

E-Prescribing is the easiest, safest and most convenient way to have new prescriptions sent to Meds by Mail (MbM). If your health care provider has the ability, they can simply search and select “Meds by Mail CHAMPVA” from their e-prescribing software and your prescription will be sent electronically to MbM. This means no form to fill out, no envelope or postage required, and less wait time for you to receive your prescription.

To check availability of your specific medications, contact MbM, they're happy to help!
Cheyenne: 1-888-385-0235
Dublin: 1-866-229-7389

¹ <http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingGenericDrugs/ucm144456.htm>

² <http://www.fda.gov/aboutfda/transparency/basics/ucm194953.htm>

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FACTS

about generic drugs



Photo supplied by Thinkstock/iStock

What are generic drugs?

A generic drug is the same as a brand-name drug in:

- ☺ dosage
- ☺ safety
- ☺ strength
- ☺ quality
- ☺ the way it works
- ☺ the way it is taken
- ☺ the way it should be used

Are generic drugs as safe as brand-name drugs?

Yes. The FDA says that all drugs must work well and be safe. Generic drugs use the same active ingredients as brand-name drugs and work the same way. So they have the same risks and benefits as the brand-name drugs.

Are generic drugs as strong as brand-name drugs?

Yes. FDA requires that generic drugs must be as:

- ☺ high quality
- ☺ strong
- ☺ pure, and
- ☺ stable as brand-name drugs

Are brand-name drugs made in better factories than generic drugs?

No. All factories must meet the same high standards. If the factories do not meet certain standards, the FDA won't allow them to make drugs.

If brand-name drugs and generic drugs have the same active ingredients, why do they look different?

In the United States, trademark laws do not allow generic drugs to look exactly like the brand-name drug. However, the generic drug must have the same active ingredients. Colors, flavors, and certain other parts may be different. But these things don't affect the way the drug works and they are looked at by FDA.

Does every brand-name drug have a generic drug?

No. When new drugs are first made they have drug patents. Most drug patents are protected for 17 years. The patent protects the company that made the drug first. The patent doesn't allow anyone else to make and sell the drug. When the patent expires, other drug companies can

start selling the generic version of the drug. But, first, they must test the drug and the FDA must approve it.

What is the best source of information about generic drugs?

Contact your doctor, pharmacist or other healthcare worker for information on your generic drugs. For more information, you can also visit the FDA website at:

<http://www.fda.gov/cder> and click on Consumer Education.

Do generic drugs take longer to work in the body?

No. Generic drugs work in the same way and in the same amount of time as brand-name drugs.

Why are generic drugs less expensive?

Creating a drug costs lots of money. Since generic drug makers do not develop a drug from scratch, the costs to bring the drug to market are less. But they must show that their product performs in the same way as the brand-name drug. All generic drugs are approved by FDA.

Foot care can lead to better health

Healthy feet enhance the quality of life. Some diseases predispose you to more serious complications when a foot problem occurs. This article will provide you with some good tips from the National Institute of Health (NIH) – National Institute on Aging on keeping your feet in good condition.

Do's and Don'ts	Rationale
Wash your feet every day with warm water and mild soap. Rinse the soap from your feet.	It is important to remove dead skin, germs and debris from your feet.
Inspect your feet every day. You may need a mirror or someone in your family to take a look.	Early identification prevents more serious problems.
Dry your feet thoroughly, making sure to dry in between your toes. Don't put on shoes or socks until your feet are dry. Change your socks when they become damp from exercise.	Prevents the growth of fungus such as occurs in athlete's foot (tinea pedis) or toenail fungus (onychomycosis). Fungus grows in moist places.
Moisturize your feet especially in the winter or when the air is dry. Make sure that the lotion or cream is thoroughly rubbed in, before you put on socks.	Prevents cracking of the skin that can lead to infection.
Massage your feet especially after physical strain such as a long walk, dancing, or shopping.	Improves circulation and reduces muscle strain.
Cut your toenails straight across.	Prevents ingrown toenails.
Rub corns or calluses with washcloth when wet or after soaking about 20 minutes; or rub the callus or corns with pumice or an emery board after ² bathing when the skin is soft. NOTE: Diabetics should not use pumice without approval by their doctor who manages their diabetes or foot problems. Never use a razor.	Reduces uncomfortable thickened skin. A razor may cut the skin and cause an infection.
Wear shoes when outside, and wear shoes that fit. This includes sandals or flip-flops. Make sure you can wiggle your toes.	Prevents abrasive friction of the shoe against your skin. Shoes too big or too small can result in the development of calluses, blisters, sores and sometimes bunions. Wiggling toes promotes good circulation.
Wear protective foot gear to keep the foot warm and dry in cold temperatures.	Prevents frost bite.
Wear protective foot gear such as flip-flops when in a public shower.	Helps prevent athlete's foot or toenail fungus.
Wear shoes that fit. They should not be tight. Make sure the shoe fits your larger foot. There should be 3/8 to 1/2 inch space from your longest toe when standing. It is best if the shoe resembles the shape of your foot.	Reduces friction on the ends of your toe and, more importantly, allows for circulation.



Do's and Don'ts	Rationale
Use sunblock to the skin exposed when wearing sandals or flip-flops.	Reduces the chance of sunburn and skin cancer.
Raise your feet when sitting and uncross your feet. Reverse the feet often if crossed.	Improves circulation.
Don't smoke or use tobacco.	Tobacco usage is very bad for your circulation. The nicotine in tobacco causes the blood vessels to constrict and reduces blood flow to your tissues in your feet.

When to see a doctor:

Everyone should see a health care provider when you have warts, painful bunions, ingrown toenails, cuts that don't heal, a swollen inflamed area on the foot, tingling or numbness, foot deformities, fractures, discoloration of the skin, pain in the foot that does not go away with rest, or swollen feet that stay swollen. If you are concerned about a foot problem, ask your primary care physician if your foot problem should be evaluated.

If you are a diabetic you should have your feet examined by your health care provider at least once a year. You should seek medical assistance when you have issues such as cuts or breaks in the skin, ingrown toenails, calluses, or corns.

Some other diseases or medical conditions that might require routine medical assessments include: peripheral vascular disease, Raynaud's disease, Rheumatoid arthritis, Hansen's disease (leprosy), gout, neuropathy, lupus, myxedema, hypothyroidism, vasculitis and hepatitis C.

CHAMPVA covers the medical treatment of most medical foot conditions. However, this program excludes the removal of corns, calluses, trimming of toenails and other routine podiatry services, unless the patient has a diagnosed systemic medical disease, such as diabetes mellitus affecting the lower limbs. A copy of the CHAMPVA Operational Policy Chapter 2, Section 16.7 Podiatry can be found at http://www.va.gov/purchasedcare/pubs/champva_policy.asp.

CHAMPVA recognizes podiatrists as authorized healthcare providers. Pedicures to trim toenails for a person with a diagnosis of diabetes or other medically allowed condition that affects the foot are not covered when performed by a non-authorized provider such as a cosmetologist, nail expert in a salon, beautician, etc.

*Take good care of your feet,
& happy walking!*

¹NIH National Institute on Aging. Age Page Foot Care. U.S. Department of Health and Human Services. Publication date July 2010. Page Last Updated: December 22, 2015. <https://www.nia.nih.gov/health/publication/foot-care>

²Singh, Dishan, Bentley, G., Trevino, S.G; Callosities, corns and calluses British Medical Journal Volume 312 1 June 1996



Some tips for filing a **CHAMPVA** Beneficiary Claim

Here are some areas of concern from the front-line voucher examiners who process CHAMPVA Claims.

Photo supplied by Thinkstock/BananaStock

For the beneficiary filing their own claims, you must obtain and sign a CHAMPVA Claim Form (VA Form 10-7959a) by calling us at 1-800-733-8387. You can also obtain the form from our website at: <http://www.va.gov/vaforms/>. It is very important that your name appear on the form exactly as it is on your CHAMPVA Identification Card. Please be sure to sign and date the form. We CANNOT process your claim without your signature.

A continual reminder that an itemized billing statement on an approved CMS-1500 or UB-04 form (see samples.) is required with the following information:

- Full name, address and **tax identification number of the provider**
- Address where payment is to be sent (bene's address, usually on the VA Form 10-7959a)
- Address where services were provided
- Provider professional status (doctor, nurse, physician assistant, etc.)
- Specific date of each service provided. Date ranges are acceptable only when they match the number of services/units of services
- Itemized charges for each service
- Appropriate medical code (ICD-9/10, CPT, HCPCS) for each service

If your other health insurance (OHI) was billed, provide a copy of their explanation of benefits (EOB) detailing what they paid. (Sometimes the definition or explanation of their codes is on the reverse of their EOB – please include a copy of that as well). If you have two OHIs (such as Medicare and a Medicare supplemental plan), we will need both EOBs to process your claim.

UB-04 (Hospital/Institutional) claim form
For illustration only; obtain a complete form from your provider.

CMS 1500 (Doctor/Professional) claim form
For illustration only; obtain a complete form from your provider.

For more information please call 1-800-733-8387

Most diabetes supplies available through **Meds by Mail**

CHAMPVA eligible beneficiaries with diabetes can receive most diabetes-related supplies easily through Meds by Mail at no charge. The following is a breakdown of what is available and what is not.

Who can use Meds by Mail?

Anyone who is CHAMPVA eligible and does not have any other prescription coverage including Medicare Part D.

What is required in order to receive diabetic supplies?

If you have been diagnosed with diabetes, submit prescriptions for the supplies you need from the items available below, specifying the brand you require of each item and the amount you use each day. Here are the ways you can get your prescription to Meds by Mail:

- ❖ Your prescriber can send them electronically by e-prescribing to Meds by Mail CHAMPVA
- ❖ Your prescriber can write the prescriptions for you to mail to Meds by Mail with an order form
- ❖ Or, your prescriber can fax the prescriptions directly to Meds By Mail

Meds by Mail can provide up to a 90-day supply at a time and can refill the item(s) for up to a year if your prescriber specifies that we should do so.

What is available from Meds by Mail?

- ❖ **Insulin:** Apidra, Humalog, Humalog Mix 50/50, Humalog Mix 75/25, Humulin R, Humulin N, Humulin 70/30, Lantus, Levemir, Novolin R, Novolin N, Novolin 70/30, Novolog, Novolog 70/30. Please note, MbM can only mail insulin to physical addresses (no PO Boxes) and does not mail outside the continental United States
- ❖ **Test strips with corresponding lancets and control solutions:** Accucheck Aviva Plus, Accucheck Compact Plus, Breeze 2, Contour, Contour Next, Freestyle, Freestyle Lite, NovaMax, One Touch Ultra, Precision Xtra, Prodigy No Code, TrueTrack Smart, Truetest
- ❖ **Insulin pump cartridges/reservoirs:** Animas, Minimed, and Omnipod

- ❖ **Insulin pump infusion sets:** Animas, Silhouette, Silhouette Paradigm, Quick Set Paradigm, Sure-T, and Mio.
- ❖ **Insulin syringes** from 30 unit to 100 unit sizes with many different needle sizes
- ❖ **Pen needles** for insulin pens in most sizes and brands

What is NOT available from Meds by Mail?

Blood glucose monitors are not available from Meds by Mail but are covered by CHAMPVA if you have been diagnosed with diabetes; you can receive a monitor at your local pharmacy.

Insulin pumps are not available from Meds by Mail and are not covered under your pharmacy benefit, but are covered by CHAMPVA by submitting a claim for reimbursement. Brands of insulin, test strips and pump supplies not listed above are not stocked at Meds by Mail. Sharps containers, control solution, alcohol swabs and glucose tablets or gels are also not covered items.



Photo supplied by Thinkstock/Hemera

For more information please call customer CHAMPVA service at 888-385-0235 or visit

<http://www.va.gov/purchasedcare/programs/dependents/pharmacy/index.asp>

CHAMPVA mental health services to be handled in-house



Photo supplied by Thinkstock/iStock

CHAMPVA authorizations for mental health services are no longer processed through the current mental health contractor, Magellan Behavioral Health. This change became effective June 30, 2016. VHA Office of Community Care will process all CHAMPVA mental health authorization requests and approval services in-house.

Arleen Schoentag, a business analyst with the organization, noted, "The transition will be seamless to ensure that we maintain the highest quality of customer service to our beneficiaries and providers when contacting us for their mental health services and benefits. The mental health benefits and services for our beneficiaries will remain the same. Our providers will continue to follow the same billing processes and no change will impact their billing and payment."

Leadership felt the time was ripe for a change. "We have worked closely with Magellan for 15 years, but for cost effectiveness we decided to move all mental health requests and preauthorization services in-house," added Schoentag.

What can CHAMPVA customers expect? For the most part, business as usual.

The Customer Service Center (CSC) will be the business owner and will establish a team

to handle all mental health preauthorization inquiries and requests. CSC staff will answer incoming calls, complete the intake, make preauthorization determinations and provide verbal and written notifications. All claims will continue to be received at VHA Office of Community Care by the Healthcare Reimbursement (HCR) Department and continue with the established processing, and payment methods. The Policy Management Department will continue to process and make determinations on appealable mental health issues.

As under Magellan, mental health services will not require preauthorization when Medicare or other health insurance is the primary payer. However, CHAMPVA is the primary payer to Medicaid (not Medicare) and would require preauthorization.

Additionally, VHA Office of Community Care will assume responsibility for all mental health reconsiderations and appeals as was previously done under Magellan.

This realignment of business processes supports VA's mission to administer health care benefits to Veterans and their families with our core values of integrity, commitment, advocacy, respect, and excellence (ICARE).

Understanding Utilization Review

Photo supplied by Thinkstock/Hemera

CHAMPVA beneficiaries may be interested in knowing about utilization review (UR) and how it influences coverage of healthcare services. UR is the process in which health care services or treatments are reviewed by various methods to determine if the service or treatment is medically necessary, and covered by policy or regulations. Utilization Review supports the VA objective to assure the right care at the right time in the right setting for the right reasons. The UR process leads to a CHAMPVA benefit determination.

The review can be done prospectively (before the care is rendered), concurrently (at the time care is done), or retrospectively (after the care is provided). Techniques frequently used to conduct UR include: preauthorization, retrospective review of clinical notes by clinical nurse reviewers, artificial Intelligence in claim processing and evaluation, and comparison of aggregate data.

UR determinations provide benefit coverage information for CHAMPVA beneficiaries. The review process evaluates

medical necessity, medical appropriateness, and covered benefits in regards to the place of service, length of service and intensity of service to determine approval or denial of payment.

The UR benefit determination is limited to the approval or denial of payment for the reviewed or requested service. The UR process does not cancel the care or prescribe other care. Patients in communication with their healthcare provider will make the determination on the care they receive.

Recognizing that the best care is not always the most care, UR places an emphasis on quality of care over quantity of care. However, a UR program evaluates both underutilization as well as overutilization. UR benefits the VA and its CHAMPVA beneficiaries by:

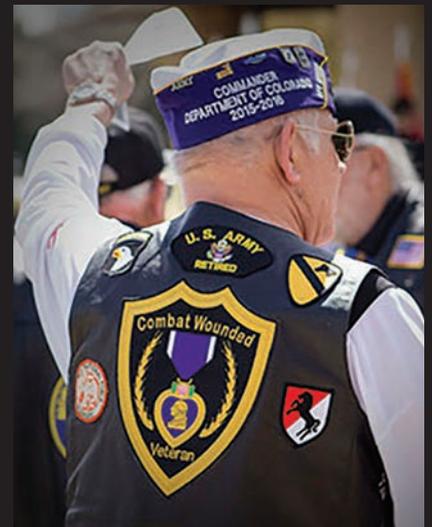
- Helping to ensure the CHAMPVA beneficiary receives the right care at the right time,
- Complying with CHAMPVA operational policies and regulations,

- Identifying areas of underutilization that might be remedied by better communicating covered benefits to CHAMPVA beneficiaries and their providers,
- Identifying patterns of high utilization that again might be targeted with better communication of benefits to CHAMPVA beneficiaries and their providers,
- Identifying trends in fraud, waste, or abuse,
- Providing the CHAMPVA beneficiary and provider with information about coverage of a specific treatment or service,
- Promoting quality care for CHAMPVA beneficiaries that is supported by evidenced-based criteria established by clinical experts,
- Identifying healthcare trends that might need to be funded with more resources.

50th

anniversary commemoration of the Vietnam War





This year marks the 50th anniversary commemoration of the Vietnam War. Two months after the signing of the Vietnam peace agreement, the last U.S. combat troops left Vietnam on March 29, 1973, although hostilities continued until the fall of Saigon on April 30, 1975. We honor all those who served.

Photos taken by Jessica Downey and Jessica Frenkel at Fort Logan National Cemetery, Col., on March 29, 2016.



Springtime Asparagus with Lemon Garlic Shrimp

Asparagus is a spring staple, high in the B-vitamin folate, which may protect against cancer by helping maintain the integrity of DNA. These little green spears also contain fiber, vitamin C, beta-carotene and the antioxidants glutathione and rutin. This recipe pairs the veggie with red pepper and protein-rich shrimp for a simple, healthy meal. A light lemon marinade and fresh herbs add flavor and fragrance to the dish.

Makes 4 servings.

Ingredients

- ✓ 1 lb. raw extra large shrimp (26-30 count), peeled and deveined
- ✓ 1 lemon, cut in half
- ✓ 2 Tbsp. extra virgin olive oil, divided
- ✓ 2 lbs. fresh asparagus, trimmed, cut diagonally in 1-inch pieces
- ✓ 2 medium red bell peppers, cut in about 1/4-inch x 1-inch slices
- ✓ 1 Tbsp. lemon zest
- ✓ Salt to taste
- ✓ 1 cup reduced-sodium chicken or vegetable broth
- ✓ 1 tsp. cornstarch
- ✓ 8 cloves garlic, minced (about 2 Tbsp.)
- ✓ 2 Tbsp. fresh lemon juice
- ✓ 1 Tbsp. chopped fresh parsley
- ✓ 1 Tbsp. chopped fresh cilantro, optional



Per serving:

263 calories,
9 g total fat (1.5 g saturated fat),
18 g carbohydrate,
30 g protein,
6 g dietary fiber,
315 mg sodium.

Directions

Place shrimp in medium glass bowl. With hand strainer positioned over bowl to catch lemon seeds, squeeze juice from lemon halves over shrimp. Toss shrimp in lemon juice and set aside to marinate.

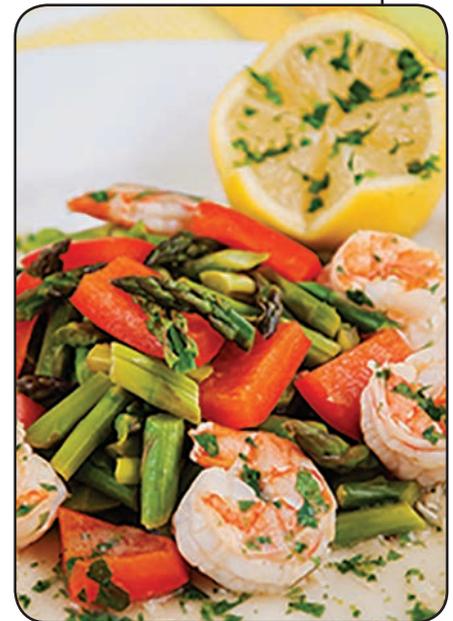
Heat large skillet over medium-high heat. Add 1 tablespoon oil and heat just until oil begins to shimmer. Add asparagus, peppers, lemon zest and salt to taste. Sauté until vegetables begin to soften, about 8-10 minutes.

Transfer mixture to medium bowl and cover with foil to keep warm. Set skillet aside off heat.

In small mixing bowl, whisk broth and cornstarch together until smooth.

Return skillet to medium heat. Add remaining tablespoon oil and garlic. Sauté garlic until fragrant, about 1 minute. Add shrimp and sauté 1 minute. Add broth mixture. Cook, gently stirring continually until sauce has thickened and shrimp are pink, about 2 minutes. Remove pan from heat, stir in lemon juice, parsley and cilantro, if using. Season to taste with salt.

Divide vegetables among four dinner plates and top with shrimp.



Courtesy of the American Institute for Cancer Research: www.aicr.org

Roasted Vegetable Lasagna

This tasty and healthy dish boasts meaty eggplant, fresh zucchini and lycopene-rich tomatoes. Whole-wheat noodles pack cancer-fighting fiber and hundreds of natural plant compounds, called phytochemicals, which protect cells from the type of damage that may lead to cancer.

Makes 12 Servings

Ingredients

- ✓ 2 eggs
- ✓ 1/2 cup grated Parmesan cheese
- ✓ 1/2 tsp. ground nutmeg
- ✓ 1/2 tsp. garlic powder
- ✓ 4 cups low-sodium tomato sauce
- ✓ 3 cups low fat mozzarella cheese
- ✓ 2 eggplants (about 3 lbs.), quartered lengthwise
- ✓ 6 medium zucchini (about 3 lbs.)
- ✓ Canola oil cooking spray
- ✓ 1 lb. whole-wheat lasagna noodles
- ✓ 15 oz. low fat ricotta or low fat cottage cheese (or a combination of both)

Directions

Preheat the oven to 450 degrees. Grease a 13x9x2-inch baking pan, set aside.

Slice the eggplant and zucchini in 1/2-inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for 20 minutes. Toss the vegetables and continue to roast until well browned and soft, about 20 minutes more. Transfer vegetables to a large bowl.

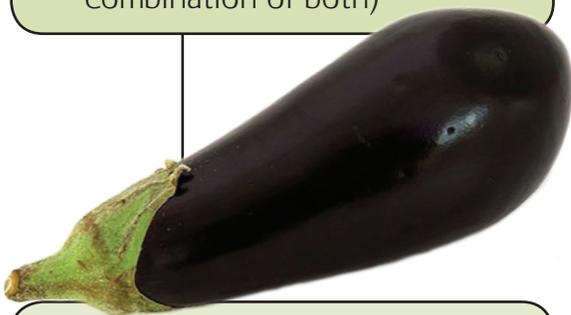
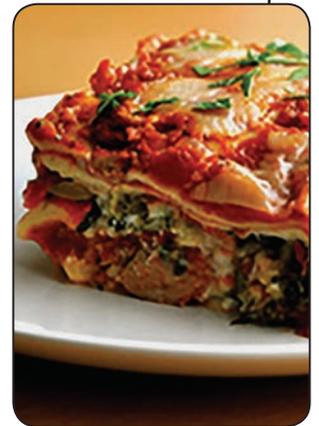
Reduce the oven temperature to 375 degrees.

Cook the lasagna noodles according to package directions. Separate the noodles and let them cool slightly.

Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.

To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta (noodle strips slightly overlapping). Spread with one-third of the ricotta mixture. Sprinkle one-quarter of the mozzarella over the ricotta. Spoon one-third of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.

Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes before serving.



Per serving:

360 calories,
11 g total fat (5 g saturated fat),
45 g carbohydrate,
23 g protein,
11 g dietary fiber,
310 mg sodium.

Courtesy of the American Institute for Cancer Research: www.aicr.org

Fusilli with Broccoli Rabe Pesto & Burst Cherry Tomatoes

The healthy secret to this simple pasta dish is in the sauce. Traditional pesto is a blend of garlic, basil, oil and cheese. Our version uses broccoli rabe, a vegetable rich in isothiocyanates and other health benefiting compounds that may play a role in cancer prevention. Top with colorful cherry tomatoes for a burst of flavor and extra nutrition.

Makes 4 servings

Ingredients

- ✓ 1 bunch (about 1 1/4 lbs.) broccoli rabe
- ✓ 4 Tbsp. extra virgin olive oil, divided
- ✓ 8 oz. whole-wheat or whole-grain fusilli
- ✓ 1/4 cup slivered blanched almonds
- ✓ 1-2 large garlic cloves, coarsely chopped
- ✓ Pinch red pepper flakes, optional
- ✓ 1/4 cup (1 oz.) freshly grated pecorino cheese
- ✓ Salt and freshly ground black pepper
- ✓ 1 1/2 cup (10.5 oz.) small cherry tomatoes



Per serving:

424 calories,
21 g total fat (3 g saturated fat),
48 g carbohydrate,
12 g protein,
3 g dietary fiber,
110 mg sodium.

Directions

Bring large pot filled with water to boil.

Meanwhile, cut off bottom 2 inches of stems from broccoli rabe. Picking through bunch, break off and discard remaining woody part from thick stems. Pinch off and set aside florets, saving them for another use.

Add 1 tablespoon oil to boiling water. Add broccoli rabe. Cook with water bubbling until greens are tender but firm, 8 minutes. Drain greens in colander. Use back of wooden spoon to press greens firmly against side of colander to extract as much water as possible from broccoli rabe; greens should be moist not wet.

Refill drained pot with water and cook pasta according to package directions. While pasta cooks, pulse almonds, garlic and red pepper flakes (if using), in food processor until coarsely chopped, 10-12 pulses. Add broccoli rabe and pulse until it is coarsely chopped. Add cheese and pulse 10 times. With motor running, drizzle in 2 tablespoons oil. Pesto should be finely textured with white flecks of nut, not a smooth puree. Season to taste with salt and pepper.

Drain cooked pasta and divide it among 4 wide, shallow bowls. Add pesto and using fork, combine with pasta.

In medium skillet heat remaining tablespoon oil over medium-high heat until oil shimmers. Add tomatoes and cook, using wooden spoon to keep tomatoes rolling in pan until skin cracks on serve



Courtesy of the American Institute for Cancer Research: www.aicr.org

CHAMPVA

foreign claims filing reminders

Filing a CHAMPVA foreign medical claim is not necessarily the same as filing one state-side. The eligibility criteria are the same, however.

CHAMPVA provides coverage to the spouse or widow(er) and to the children of a Veteran who:

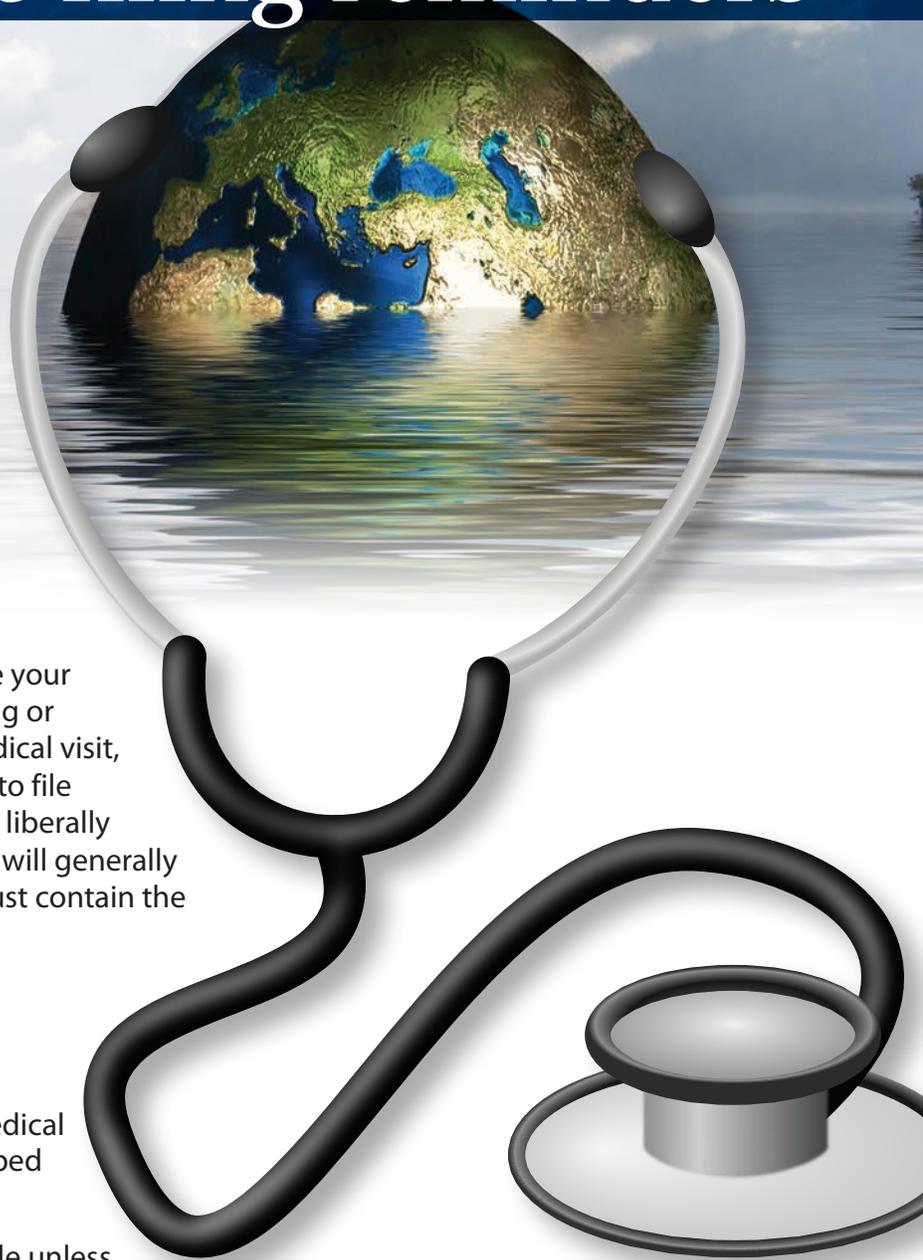
- is rated permanently and totally disabled due to a service-connected disability, or
- was rated permanently and totally disabled due to a service-connected condition at the time of death, or
- died of a service-connected disability, or
- died on active duty

The easiest way to file a claim stateside is to have your provider do it, which is often the case. While living or travelling overseas, and the need arises for a medical visit, certain procedures need to be followed in order to file a correct claim. Requirements for itemization are liberally interpreted for foreign claims and foreign claims will generally not be rejected for lack of itemization. Claims must contain the following information:

- A valid, payable diagnosis
- The provider name and address
- Date services were provided
- The service/supply/drug/DME (Durable Medical Equipment) ordered, performed or prescribed
- Charges for each item

Foreign claims are paid at 75% of the VA allowable unless the catastrophic cap has been met.

With respect to other health insurance also known as OHI, the same rules apply. CHAMPVA is always the secondary payer of benefits when there is other health insurance.



For more information call 1-800-733-8387

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Community Care

Your Health Magazine
VHA Office of Community Care
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