



Welcome



62d Medical Squadron





62d Medical Squadron

Agenda Medical Briefing



- ***Medical Inprocessing/Medical Records/Enrollment***
- ***McChord Dental Clinic***
- ***McChord Airman's Clinic (62 MDS)***
- ***Access to Care & Specialty Care***
- ***Preventive Health Assessment***
- ***Behavioral Health Services***
- ***Immunizations***
- ***Sexual Transmitted Infections***
- ***Preventive Medicine Clinic***
- ***MiCare***
- ***Other Medical Info/Resources***





McChord Dental Clinic



- **Exam/Cleaning:** Mandatory once a year to keep you world-wide qualified.
- **All non-emergency call for appt**
- **Sick Call:** Call 982-5505 or walk in at 0730 to be triaged.
- **After hour emergency:** Go to the ER at Madigan.
- **Deployment Exams**
 - Call 982-5505
 - Last minute deployer – walk-in (may have to wait for Space-A)
- **Dependents:** Register with MetLife Dental Insurance at <http://militaryoneclick.com/metlife/> or Metlife.com





62 MDS/Airman's Clinic



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- **Walk-In Services (Hours 0800-1130; 1300-1530)**
 - RTFS/RTCS – Mon thru Fri 0730; & Mon/Wed/Fri 1300
 - Sore (Strep) Throat
 - Pregnancy Testing
 - Suture/Staple Removal
 - Wart Removal
 - Recurrent Injections – Depo-Provera, Vitamin B12, etc.
 - Blood Pressure Checks: Provider Directed Only
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62 MDS/Airman's Clinic



■ Quarters Status

- Commander or Supervisor – may allow AD members to stay home 24 hours (formal quarters not necessary)
 - Per AFI 41-210, *TRICARE Operations and Patient Administration Functions*, 4.14. Quarters Status
- Member may call the clinic to speak with an RN for home care advice



■ Appointments

- Tricare Regional Appt Center (TRAC) **1-800-404-4506**
 - Mon thru Fri 0600-2000; Sat/Sun 0700-1530
- Online @ <https://www.tricareonline.com>
- Same Day Appts – non-emergent, urgent care that requires treatment within 24 hrs (symptoms < 72 hrs)



62d Medical Squadron

Access to Care

Medical Briefing



Acute Appointment: An acute appointment is reserved for non-emergent, urgent care. Before an Acute appointment is scheduled appropriate nurse triage may occur to determine the most appropriate level of treatment for the patients medical problem. Acute appointments will be booked w/i 24 hrs. (i.e., illness/injury w/i the last 72 hrs. Unable to go to work).

Routine Appointment: A routine appointment is used for new problems which are not acute in nature (do not need to be seen on the same day). Routine appointments shall not exceed 7 days. (i.e., acne, warts, constipation, weight concerns, foot problems, chronic joint or back pain, etc.)

Well Appointment: A well-patient visit or a specialty care referral shall not exceed 4 weeks (28 calendar days). (i.e., Preventive Health Assessments; eye exams, separation, pap smears, etc).



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Patient Advocate

Medical Briefing



What is a Patient Advocate & how can they help me?

- ✓ Look into & help resolve patient & family complaints
- ✓ Resolve communication issues with your provider
- ✓ Answer questions about confidentiality & assist you in getting information about your care

Who can call a Patient Advocate?

- Patients
- Families
- Visitors
- Staff

How can I access a Patient Advocate?

- You may walk-in to the clinic & request Patient Advocate at anytime
 - If Patient Advocate is available, will meet with patients immediately
- You can be contacted by phone
- You can contact in writing or via e-mail





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Types of Medical/Specialty Care

Madigan Healthcare System



-
- ✓Dermatology
 - ✓Pediatrics
 - ✓Orthopedics
 - ✓Physical Therapy
 - ✓Clinical Investigations
 - ✓Emergency Medicine
 - ✓Family Medicine
 - ✓Ministry & Pastoral Care
 - ✓Nursing
 - ✓Obstetrics & Gynecology
 - ✓Pain Management
 - ✓Pharmacy
 - ✓Physical Medicine
 - ✓Preventive Medicine
 - ✓Psychiatry
 - ✓Radiology
 - ✓Social Work
 - ✓Substance Abuse Rehabilitation
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62d Medical Squadron

Public Health

My Individual Medical Readiness

Medical Briefing



IMR Action List			
(Nothing due)			
Immunizations			
Immunization	Series	Date	Next Due
Hep A	2	1 Mar 2001	
Hep B	3	12 Mar 2007	
Influenza	15	21 Aug 2013	1 Sep 2014
MMR	0	25 Feb 2009	Pos Titer
Polio	1	13 Apr 2000	
Td	2	14 Sep 2006	14 Sep 2015

View DD2766c View Worksheet

Immunizations

Medical Readiness						
PHA	Overall Status:		Labs	Profile	Med Equipment	Other
Current	Current		Current	Ready	Current	
Web HA: 12 Nov 2013	Dental Class: 1	Blood Type: A	Restriction: No	GMI Required: No	ANAM Date: -	
Interval History: 12 Nov 2013	Dental Date: 12 Aug 2013	RH: Positive	Release Date: 23 Feb 2014			
DD2766 Review and Update: 22 Nov 2013		Sickle Cell: Negative				
Provider Review/Signature: 22 Nov 2013		G6PD: Normal		AF469		AF422a
Last In-Person Visit: -		HIV Date: 15 Oct 2012				
		DNA: On File				

Overall IMR status

Profiles

Deployment Health Assessments				
Form	Form Date	Deploy Date	Return Date	Closed Date
Pre-Deployment (DD2795)	04/11/2011	05/12/2011	-	05/24/2011

Deployment Questionnaires

Family Member Immunizations					
Select	Shot Rec	Worksheet	Name	Gender	DOB
Select	Shot Rec	Worksheet		M	07/03/2003
Select	Shot Rec	Worksheet		M	08/11/2006
Select	Shot Rec	Worksheet		M	06/22/2012

Dependent Shots

For More Information Contact

DO NOT REPORT TO THE LAB
Hours: Mon-Fri 0730-1600

--Red or Yellow for Immunizations:
Immunizations Clinic is open M-F 0730-1130 & 1230-1600 EXCEPT for:
*Thursdays 1200-1630 (Closed for Training)
*Smallpox Clinic each Wednesday at 1230-1400. Smallpox Clinic starts at 1230. Please arrive no later than 1230.
*PPD test given everyday but Thursdays (they must be read 2 days later)
--Contact 253-982-0311/5688 for questions

--Due for any DHA. Complete your Post Deployment AF Web DHA survey on line by clicking the Start DHA hyperlink in your action items. For Pre Deployment go to: <https://asims.afms.mil/webapp> to complete DD form 2795. **Once completed, call 982-1896 to schedule your DHA face to face appointment.

--Red or Yellow for PHA and/or WebHA:
Complete your AF WEB/HA by clicking on the Start PHA hyperlink in your action items **Once completed,

Local MTF contact numbers

<https://asims.afms.mil/webapp>



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Preventive Health Assessment

Medical Briefing



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- **IAW AFI 10-205 and 44-170 - PHAs will be conducted annually.**
 - **The intent of the PHA is to provide evidence-based, cost-effective preventive health services and to identify and document potential duty-limiting conditions.**
 - **Individual Airman Role and Responsibility**
 - **Takes personal responsibility for their IMR requirements by accessing ASIMS Web App.**

 - **PRIOR TO PHA**
 - **Accomplish Web Based Health Assessment (WEBHA)**
 - **Ensure you are 14 hours noise free.**
 - **Rule of Thumb: If you have to raise your voice to be heard within 3 feet from the person you are talking to, it is considered hazardous noise.**

 - **DEPLOYMENT PROCESSING**
 - **Please see your Unit Deployment Manager**
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62d Medical Squadron

Behavioral Health Services

Medical Briefing



SSgt Alan Anderson, NCOIC

- **MH Clinic**
 - Services available for AD, Guard, Reserve, dependents and retirees
 - Clinic hours 0730-1630
 - Call (253) 982-3685 or 3684 to schedule appointment
 - Walk in services available for any immediate distress or suicidal/homicidal ideations

- **ADAPT**
 - Types of referrals
 - Self referral, Command referral, Medical referral, Positive UA
 - Clinic hours 0730-1630
 - Clinic phone # (253) 982-0296 or 3684

- **FAP**
 - All FAP services are provided by the Army on Ft. Lewis
 - Clinic phone # (253) 968-4249
 - Clinic is located at 2013 B N. 3rd St



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Immunizations

Medical Briefing



SSgt Russell, NCOIC

253-982-0311

Hours Mon-Fri 0730-1600

CLOSED for lunch daily 1130-1230



Smallpox and Yellow Fever are Wednesdays only at 1230.



62d Medical Squadron
Preventative Medicine Clinic
Medical Briefing



**Preventive Medicine Clinical Services
Testing and Treatment of
Sexually Transmitted Infections (STI)**

**Preventive Medicine Clinic
Bldg 9025
Walk-in clinic hours: 0730-1000
968-4443**

**Directions from JBLM:
drive past hospital, turn left on Gardner Loop (ACU Bank on corner)
turn right on to 5th Street, Prev Med on right**

ALL VISITS ARE CONFIDENTIAL – COMMANDER WILL NOT BE NOTIFIED



OUR CLINIC IS ONLINE!

Good News, now you can...



**Securely
Message Your
Healthcare Team**



**Request
Appointments**



**Request
Medication
Refills**



**Get Your
Lab Results**

It's Easy To Get Started



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Online Services

Medical Briefing



■ **MiCare (www.relayhealth.com)**

- Message your provider for:
 - Medical/referral/profile questions
 - Medication renewals
 - Non-urgent healthcare concerns
- Can also view lab/rad results



Call 1-800-TRICARE (874-2273);
Option 1
24 hours a day, 7 Days a week

■ **Nurse Advice Line**

- 1-800-TRICARE (874-2273)

■ **TriCare Online (www.tricareonline.com)**

- Manage your appts, view lab/rad results, refill prescribed medications





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Ancillary Services

Medical Briefing



- Physical Therapy
- Radiology
- Pharmacy
- Laboratory





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Other Information & Resources

Medical Briefing



- **Exceptional Family Member Program**
- **Medical Evaluation Board**
- **Health & Wellness Center**
- **Nurse Advice Line**





Clinic Resources



■ Appointments

- TRICARE Regional Appt Center (TRAC) 800-404-4506
or TRICARE On-Line <https://www.tricareonline.com>

■ Services

- McChord Clinic Line (connect w/services below) 982-CARE (2273)
- Patient Advocacy Airman's Clinic 982-9846 McChord Clinic 982-8696
- United Healthcare Mil & Vets 877-988-WEST (9378) or <http://www.uhcmilitarywest.com>
- Pharmacy Central 982-2458/Refills 968-6699
- Radiology (plain X-rays only, other Diag Imaging @ MAMC) 982-2361
- Lab 982-2073
- Exceptional Family Member Program (EFMP) 982-3350
- Recovery Care Coordinator (RCC) 982-8580
- Medical Evaluation Board 982-4931/8704
- Community Nursing 982-8693
- Behavioral Health 982-3684
- Nurse Advice Line 1-800-TRICARE (874-2273)

Websites (Sharepoint)

- TRICARE "I Want To ... " www.tricare.mil
- Benefits Correspondence/ DEERS Updates 800-538-9552 or <http://milconnect.dmdc.mil>



Questions?

