

# Take Control of your health

January  
2016



Albany | Jacksonville | Key West | Kings Bay | Mayport

## New Year, New You

Starting fresh for the new year? Let Naval Hospital Jacksonville—our hospital and five branch health clinics—help you take control of your health for a better you.

We offer free wellness classes and support—for our active duty, retirees, and families.

First, set realistic goals. Take small, smart steps rather than trying for drastic changes.

Make healthy food choices. Emphasize fruits, vegetables, and whole grains, and stay within daily calorie needs. Drink water—at least 8 glasses daily.

Be active for at least 2½ hours a week. One small change is to take the stairs instead of the elevator.

Be smoke-free. We can help with medication, gum and classes.

Get enough sleep. Sleep is a necessity—not a luxury, and is vital to good health. Adults need 7-8 hours of sleep per night; teens 9-10 hours; and school-aged children at least 10 hours.

Reduce stress—take a break, stay active, smile and laugh, be social, and practice mindfulness.

Returning deployers and their families can get support from our Deployment Health Center.

For your spiritual health, chaplains also offer classes and counseling.

Use our [Patient Guide](#) to access resources—the 2016 issue debuts later this month.

Call or walk-in to our Wellness Center/Health Promotions for free classes and support, or contact your [Medical Home Port care team](#), either by phone or email. Sign up for RelayHealth secure messaging at [www.RelayHealth.com](http://www.RelayHealth.com).

## Nurse Advice

**Nurse Advice Line (24/7)**  
**800-TRICARE**  
(800-874-2273)

**RelayHealth**  
**Secure Messaging**  
[www.RelayHealth.com](http://www.RelayHealth.com)

## Appointments

**Hospital:**  
**(904) 542-4677 • (800) 529-4677**

**NBHC Albany:**  
**(229) 639-7886**

**NBHC Jacksonville:**  
**(904) 546-7094**

**NBHC Key West:**  
**(305) 293-4834**

**NBHC Kings Bay:**  
**(912) 573-6450**

**NBHC Mayport:**  
**(904) 270-3248**

**14**

Medical Home Port teams



**85,000**

patients with a PCM  
at one of our six facilities

**163,000**

patients we serve—  
active duty, retired, families

# CLASSES

January

**Choose My Plate;  
Fitness Assessment;  
Lose Weight, Feel  
Great;  
Tobacco Cessation;  
Ship Shape**

Hospital  
Wellness Center  
(904) 542-5292

**Healthy Weight,  
Nutrition,  
Ship Shape,  
Tobacco Cessation  
& more**

**Branch Health Clinics:**

Albany (229) 639-9535  
Jacksonville (904) 546-7062  
Key West (305) 293-2570  
Kings Bay (912) 573-4237  
Mayport (904) 270-5251

**Baby Bootcamp;  
Breastfeeding;  
Hypnobirthing®;  
New OB Orientation;  
Prepared Childbirth**

(904) 542-BABY (2229)  
Serving families  
delivering at our hospital

**Ribbons & Roses**  
breast cancer support group  
(904) 542-7857

## Medical Home Port



For all your urgent, preventive  
& routine care needs

E-mail your PCM at  
[www.RelayHealth.com](http://www.RelayHealth.com)



## Deployment Health Center

Serving military with PTSD or  
post-deployment issues  
in Florida and Georgia

BHC Jacksonville  
(904) 546-7099/7110

or contact your local  
branch health clinic



## Health Care Heroes at Naval Hospital Jacksonville—

Jacksonville Business Journal's 2015 Health Care Heroes includes our own Capt. Joseph McQuade, family medicine physician; and Capt. William Todd, pediatric orthopedic surgeon. Other regional heroes hail from Baptist Health, Mayo Clinic, St. Vincent's Healthcare, UF Health, and elsewhere.



## 75th Anniversary (1941 - 2016)—

Our hospital celebrates its 75<sup>th</sup> anniversary on July 1, 2016. Do you or someone you know (a patient, staff, or volunteer) have a story of healing — from our earlier decades — to share? Please contact Public Affairs at (904) 542-7820 or [usn.jacksonville.navhospjaxfl.list.public-affairs@mail.mil](mailto:usn.jacksonville.navhospjaxfl.list.public-affairs@mail.mil).



## RelayHealth secure email—

Did you know that you can securely email your doctor for non-urgent issues and questions—like requesting lab results or medication renewals? You might save a trip to the doctor. It can take one business day for your care team to reply. Sign up at [www.RelayHealth.com](http://www.RelayHealth.com).



## Need help? Contact Patient / Customer Relations—

If you need help resolving an issue, please call or visit Patient / Customer Relations—we're standing by to assist. At the hospital, call (904) 542-9175/9413; NBHC Albany (229) 639-9535; NBHC Jax (904) 546-7069; NBHC Key West (305) 293-3929; NBHC Kings Bay (912) 573-4458; NBHC Mayport (904) 270-4282.



## GET CONNECTED!

[www.med.navy.mil/sites/navalhospitaljax](http://www.med.navy.mil/sites/navalhospitaljax)

