



May/June 2010



## SCHOOL/SPORTS PHYSICAL EXAMS

Starting June 2010

Please call to  
schedule an  
appointment  
410-293-2273

## Uniform Inspection

May 25

12:00 Noon



### Naval Health Clinics

Annapolis, Earle, Lakehurst, Mechanicsburg, Philadelphia, Willow Grove

Volume 1, Issue 2

## CAPT'S CORNER

Captain Richard L Schroff, Jr



This time of year we like to get together with families and friends and celebrate the summer months. After a long, cold winter, the warm and hot days will be upon us. Let's make sure we stay cognitive to Heat Stress related injuries and adhere to the Safety and Navy Alcohol and Drug Program policies and procedures. I also want to welcome new members to Team Annapolis and the Branch Clinic's and convey a heartfelt "fair winds and following seas" to those who have moved on. In my short tenure as the CO, we have accomplished quite a bit and I want to say that your dedication, commitment and concern for your Sailors and the beneficiary population we serve is greatly appreciated.

To the TRICARE PRIME populous we serve, we thank you for allowing us to take care of you. Your well-being is our main concern and we take your health care needs

**Our MISSION is to optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve forces , and all entrusted to our care.**

very seriously. Recently, we opened our enrollment to TRICARE PRIME Retiree's and their family members and in the coming months we will be expanding clinic hours to make it more convenient and accommodating. In conjunction with expanding hours, supplementary services will be commencing. As those changes are implemented, stay informed through our clinic websites or contact our Health Benefits Advisors for clarification.

**MWR/MCC  
committees meet  
the 2nd & 4th  
Wednesday of each  
month. Meeting  
location and time  
are sent to all hands  
via email. Everyone  
is  
welcome to join.**

## PROVIDER SPOTLIGHT



Dr. Richard D. Quattrone, DO, MPH, was trained at the University of Medicine & Dentistry of New Jersey School of Osteopathic Medicine and completed his internship and residency in Family Medicine and became Board Certified in 1999, while stationed at the Naval Hospital Marine Corps Base, Camp Pendleton. He also went on to receive a Masters of Public Health, Health Policy & Administration from The University of North Carolina at Chapel Hill in 2006 and completed Aerospace Medicine Residencies in 1993 and

2007 through Naval Operational Medicine Institute, Naval Aerospace Medical Institute Detachment in Pensacola, FL. With over eighteen years experience he has served many roles including Flight Surgeon, Senior Medical Officer, Department Head, Occupational & Public Health Officer, Teacher, Director and Educator. Dr. Richard D. Quattrone, DO, MPH has served tours in Japan, Oak Harbor WA, Camp Lejeune, District of Columbia, Norfolk and now the United States Naval Academy. He will be promoted to the rank of Captain in June 2010 and we couldn't be more elated with having him join the Naval Health Clinic Annapolis Team.

# Naval Health Clinic Annapolis Point of Service Option for TRICARE Prime Enrollees

Point of service (POS) is an option that allows TRICARE Prime beneficiaries to obtain medically necessary TRICARE-covered services from any TRICARE-authorized provider (network or non-network), other than their primary care manager (PCM), without first obtaining a referral. The POS option **does not apply** to active duty service members.

Just remember: using the POS option results in high deductibles and greater out-of-pocket expenses for beneficiaries.

The POS cost-share is applied when:

- A TRICARE Prime beneficiary receives urgent care from an urgent care facility without a referral from his or her PCM and/or contacting the clinic @ (410) 293-CARE within 24hrs.

- A TRICARE Prime beneficiary receives care from a network or non-network TRICARE-authorized provider without a referral from his or her PCM.

- A TRICARE Prime beneficiary self-refers to a network specialty care provider after a referral has been authorized by Health Net to a Military Treatment Facility (MTF) specialty care provider. An MTF-enrolled TRICARE Prime beneficiary self-refers to a network or non-network civilian provider for a primary care (routine) service.

The POS option does not apply in the following circumstances:

- Emergency department services
- Preventive care services

from a network provider

- The initial eight behavioral health outpatient visits from a network provider
- Primary other health insurance care
- TRICARE Prime newborn or adoptee care (A newborn or adoptee is covered as a TRICARE Prime beneficiary for the first 60 days after birth or adoption as long as one additional family member is enrolled as TRICARE Prime.)
- Active duty service member care TRICARE Standard beneficiary care

Annual Deductible *POS deductible applies to outpatient services only	\$300/Individual \$600/Family
Outpatient and Inpatient Cost-Share	50% cost-share of the TRICARE allowable amount after the annual deductible is met

\*POS costs do not apply to the beneficiary's annual catastrophic cap.

Note that TRICARE Prime [prior authorization requirements](#) apply even if the beneficiary is using POS. A prior authorization is a process of reviewing certain medical, surgical and behavioral health services to ensure medical necessity and appropriateness of care prior to services being rendered.



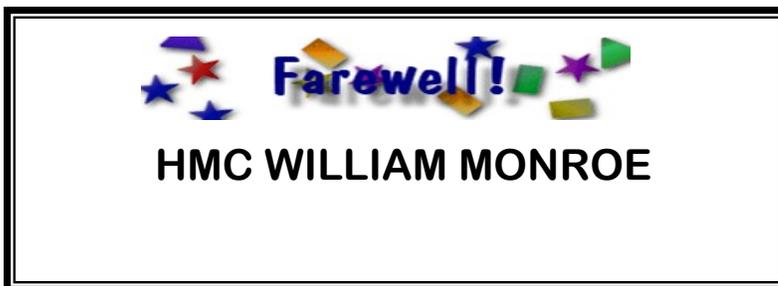
**BHC Top 5 Providers: 80 Occupational Health Clinics Navy-wide**

From customer services surveys conducted covering periods April 2009- April 2010 we recognize 3 staff members in our branch clinics who made the top 5 on the list! Ms. Susan Mason of BMC Lakehurst was #1, Stephen Kovacs of BHC Philadelphia Navy Yard #2 and Ms. Elenora DeLeon of BHC Mechanicsburg at #4.

*Congratulations on a job well done!*

## MWR/MCC EVENTS

The MWR/MCC committee will host a fundraiser Picnic during the Blue Angels performances on 25 and 26 May, beginning at 11:30am. All staff, family and friends are welcome to join at the Hospital Point Picnic area.



### TAKE ME OUT TO THE BALLGAME

June 25, 7:05

Baltimore Orioles  
vs  
Washington Nationals

\$15.00 per person

*Staff members, reserve  
your tickets now!*

POC: HM3 Gibson 3-3901 or  
Tracey Despeaux 3-1334



#### HEAT STRESS: Symptoms and treatment

**Sunburn** - Skin redness, swelling, pain, blisters, fever, and headaches. Ointments help mild cases; more severe sunburns should receive medical treatment.

**Cramping** - Occurs in legs and occasionally in the abdomen. Gentle massage may help. Sips of mild (teaspoon of salt to 8 oz. of water) salt water. If symptoms persist, see a doctor.

**Heat Exhaustion** - Profuse sweating, weak pulse, and severe fatigue. Skin may appear pale and feel cold and clammy. Greater severity marked by fainting and vomiting. Move person to cool location, preferably air-conditioning and apply cool compresses. If symptoms continue, seek medical attention.

**Sunstroke** - Very high (106°) temperature, rapid and strong pulse, and hot, dry skin. Move victim immediately to cool location, apply cool, wet compresses, and seek medical help. This condition can be fatal.

Summertime brings a special training and racing caution: heat-stress risks. You want to know what to do before, during and after unusually hot/humid conditions. Know the signs of heat stress, heat exhaustion and heat stroke. It can kill. Know, too, that the higher the heat-index, the slower will be your "racing pace", and that's normal. We're human; we're not super-human.

Our activities are for enhancing our health and fitness, not impairing them or worse. Some macho types think that more suffering in the sun, heat and humidity, even withholding from themselves fluids, is going to toughen them to the conditions. Unless you're training for what you know will be a hot/humid race for which you need to acclimate, avoid training or hard racing in risky conditions.

#### Factors affecting our risk of heat illness:

**Metabolic rate:** Higher intensity (or speed) of exercise, the higher our core body temperature becomes over time of exercise. That's why short sprint events in hot weather are much less risky than endurance events. One measure of metabolism is heat (calories) expended.

**Temperature:** Environmental temps affect the temperature gradient.

**Hydration:** We must be able to freely perspire to enjoy the cooling effect of evaporation. Dehydration is dangerous!

**Humidity:** Evaporation rate (therefore, cooling rate) is reduced as the relative humidity rises. See more on humidity below.

**Clothing:** Our clothes must not hinder the heat-loss mechanism of radiation. We don't want to stop heat from being transferred from our skin surface to the environment.

**Fitness:** The unfit, and some special populations like children, will not be ready or able to effect the cooling mechanism of adequate perspiration. The obese also will also be less able to enjoy heat-loss, as they wear more naturally insulating adipose tissue like excess clothing.

**Medical Risks:** General effects of aging. Alcohol or other drug abuse. Chronic illness, such as diabetes or blood-vessel disease. Recent illness involving fluid loss from vomiting or diarrhea.

**Acclimatization:** Some of us can train ourselves to be more tolerant of heat, by improving our physiological heat-loss mechanisms.

#### Are You Hydrated? Take the Urine Color Test

Urine Color Chart



\*This color chart is not for clinical use.

Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.

ANNAPOLIS CLINIC  
CLOSURE SCHEDULE  
FOR  
COMMISSIONING WEEK 2010

MAY 25-26 2010  
THE NAVAL HEALTH CLINIC ANNAPOLIS WILL HAVE  
MODIFIED HOURS OF OPERATION  
DURING BLUE ANGELS PERFORMANCE  
SPECIAL HOURS: 25 & 26 MAY 0730-1100  
(THE CLINIC WILL CLOSE AT 1100, THIS WILL INCLUDE  
THE PHARMACY, LABORATORY AND X-RAY DEPARTMENTS)

28 MAY- CLINIC WILL BE CLOSED

THANK YOU IN ADVANCE FOR YOUR PATIENCE AND SUPPORT!

If you have a serious medical condition that the absence of treatment would result in a threat to your life, limb or sight, go to the nearest military or civilian hospital emergency room. Our Customer Relations Officer phone number is: 410-293-1216. For more information about how to voice a concern, you may provide feedback to Customer Relations by emailing [NHCA-CustomerRelations@med.navy.mil](mailto:NHCA-CustomerRelations@med.navy.mil).



**New Optometry Clinic  
at  
BHC Earle**

Services Offered  
Complete eye exams  
Refractive surgery consultations  
New frame of choice selections  
Available for Active duty, retirees  
and dependents  
Hours: 0800-1600 Wednesdays  
Call for appointment: (732) 866-2300

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**BLS CLASS - JUNE 17**

Lockwood Heaton Auditorium  
NHC Annapolis  
POC: HM1 Oppliger 410-293-1188