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From: Commanding Officer, Naval Hospital Bremerton
To: All Ships and Stations, Puget Sound

Subj: HEALTH CARE CONSUMER COUNCIL MEETING MINUTES OF 4
DECEMBER 2008

Encl: (1) Attendance roster

The Health Care Consumer Council (HCCC), chaired by Mr. Terry Roberts, Director for Healthcare Business, met at 1000, 4 December 2008, at Naval Hospital Bremerton (NHB) in Ross Auditorium. Captain M. E. Brouker, Commanding Officer, Naval Hospital Bremerton, presided. Enclosure (1) lists attendees.

Mr. Roberts introduced Ms. Janet Mano, Population Health, who provided an update on the Health Promotion's quarterly calendar.

Ms. Mano stated classes and motivational events are available for commands and community groups at a location and time which is convenient for unit personnel and their family members. She demonstrated the power of simple healthy habits such as cutting out soft drinks and eating an additional piece of fruit each day. Classes provide motivation and support to become more consistent with small, easily attainable behaviors. Health Promotion resources are available by contacting Ms. Mano at janet.mano@med.navy.mil or calling 360-475-4997. Health Promotion resources for families include car seat fitting assistance by nationally certified technicians. Car seats are often confusing for parents. Washington State law requires that all children under age eight and less than four-foot nine inches in height are secured in a car seat or booster seat. The next scheduled car seat fittings will be Thursday, February 12th and Thursday, April 16th. Technicians are also available by appointment to assist parents and caregivers. A car seat fitting and lifejacket/bike helmet event can be scheduled for a special event such as a command's family day as well.

Mr. Roberts introduced Ms. Jana Hertzberg, TriWest Customer Service Representative, to speak about traveling with TRICARE.

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Ms. Hertzberg stated she placed some brochures on the table in case anyone would like to have one and shared TriWest's brochure ("Urgent and Emergent Care Matrix"), primarily for NHB. It explains where to call if you're inside or outside of the local area during and after normal business hours. She also shared a TRICARE brochure entitled "Traveling with TRICARE Prime" and stated it provides information for personnel who may be traveling overseas. She stated when traveling overseas you may have to pay for services up front and then submit a claim upon your return home.

All were thanked for attending and the meeting was closed.

The point of contact for these minutes in the Healthcare Business Directorate is Mr. Hank Rose, Code 16G8, at (360) 475-4365.

T. D. ROBERTS
By direction