

For your convenience you may remove this page of the Tri-fold and place in your wallet.

TRICARE Regional Appointment Center:
1-800-404-4506, Hrs: 0700-1800

Select Option #6

Provider Name:

Family Medicine Clinic:

360-257-9561 or 257-5106

Pediatrics Clinic: 360-257-9782

Island Crisis Line:

1-800-584-3578

Suicide Prevention Line:

1-800-273-8255

Poison Control Center:

1-800-222-1222

Provider Assistance Line:

(after 4 pm)

1-800-899-5758

For Flight, Separation or Retirement Physical appointments, please call (360) 257-9923.

Separation and retirement physicals can be completed six months prior to your EAOS. All scheduled physicals report to RM 623, located in Hallway #1 of the hospital, no later than 0645 for these appointments.



Naval Hospital Oak Harbor
3475 N Saratoga St, Bldg 993
Oak Harbor WA 98278

Patient Relations Representative

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Did you know...

Naval Hospital Oak Harbor has "Open Access" in Family Medicine for same day appointments.

Brochure includes information on Open Access, additional Points of Contact for same day appointments, Sick-call: Operational Forces and Shore Personnel.

Information and location for Flight, Separation and Retirement Physical Appointments.

TRICARE Regional
Appointment Center (TRAC)
1-800-404-4506

What is Open Access?

Open Access is a scheduling system to allow for the hospital to see patients on the same day they call for an appointment with their Primary Care Manager (PCM). The utilization of Open Access provides for timely care for urgent issues and reduces the volume of appointments requiring re-scheduling due to staffing changes, inclement weather or heightened security measures. If the provider you wish to see is unavailable, you will be offered the option to be seen by another provider. To contact the TRICARE Regional Appointment Center, please call 1-800-404-4506 or register at www.tricareonline.com to book electronically.

BUMED Access Guidelines for Primary Care are:

- Acute Care Visit: within 24 hours. Acute care is non-emergent treatment needed within 24 hours and may apply to some specialty care clinics.
- Routine visit: within one week (seven calendar days) from the patient's request.
- Preventive or Well-patient visit—within four weeks (28 calendar days) from the patient's request.

If a same day appointment is not convenient, TRAC will schedule an appointment up to two weeks in advance. For further assistance with scheduling appointments, you may also call the clinic directly at 360-257-9561 or 257-5106.

Pediatric appointments are scheduled by calling TRAC. Pediatric same day appointments have limited availability. When appointments are unavailable through TRAC you may call the clinic at 360-257-9782.

For shore based active duty personnel with a Primary Care Manager, we ask that sick-call appointments be made with PCM through TRAC as well. Under the Open Access system an appointment will be available same day.

Active Duty Sick-Call

Operational Forces go directly to Sick Call 0700-0830 Monday–Friday (regular work days). The appointment desk for non-acute appointments can be reached from 0730-1600 Mon-Fri at 360-257-9576.

On weekends and holidays active duty Sick Call is held in the NHOH UCC: 360-257-9646.

The Urgent Care Clinic hours:

Mon–Fri 0700-2300

Sat–Sun and Holidays 0800-2000.

NHOH Wellness Snapshot

Are you a current tobacco user? Y N

Would you like to quit? Y N

Did you receive your Flu Shot/Flu Mist this year? Y N

Month and Year of last exam:

Eye Exam: _____/_____

Dental: _____/_____

Females:

Over 20 Pap Smear _____/_____

Over 40 Mammogram _____/_____

Everyone over 50:

Colonoscopy _____/_____

Occult blood cards x3 _____/_____

Diabetics:

Food Exam _____/_____

