

WELCOME ABOARD



Naval Medical Center
620 John Paul Jones Circle
Portsmouth, VA 23708-2197
<http://www.med.navy.mil/sites/nmcp2>

Quarter Deck: (757) 953-5008





Darin K. Via
Captain
Medical Corps,
United States Navy

[Click here to see Chain Of Command](#)

To Our Newly Reporting Staff Members and Families:

Welcome to the “First and Finest,” Naval Medical Center Portsmouth, Virginia. This is the Navy’s oldest continuously operating hospital. You are joining an organization some 4,300 strong dedicated to keeping the more than 420,000 active duty members, family members and retirees in Hampton Roads healthy. Also, you are reporting to the area at a great time. We recently moved into a brand new, state-of-the-art, 350,000 square foot hospital, the Charette Health Care Center allowing our health care providers to deliver care in the best possible environment.

The Hampton Roads area (including the cities of Norfolk, Virginia Beach, Portsmouth, Chesapeake, Suffolk, Hampton, and Newport News) boasts one of the largest military concentrations in the country---and not just the Navy. In addition to serving as homeport for nearly a fourth of our naval forces, Hampton Roads is home to the Army installations Fort Eustis, Fort Monroe, and Fort Story, as well as Langley Air Force Base. If you’re coming from overseas duty or a smaller stateside duty station, you’ll find Hampton Roads offers comprehensive military facilities and services for you and your families in addition to being one of the top recreation destinations in the country. This guide is designed to get you started during your first few weeks in the area---it should be a launching pad for your own exploration of this richly diverse community! You can also find a wealth of information on our website <http://www.med.navy.mil/sites/nmcp2>

Throughout the area there are over 400,000 people eligible for military health care. The region has seven of the country's largest military installations.

The area offers a wide variety of activities and attractions. Each year thousands of people flock here to enjoy the miles of shoreline extending along the Chesapeake Bay and the Atlantic Ocean. Besides soaking up the sun, visitors can tour a variety of museums and historic homes.

Whatever your concerns, we're here to make your transition into the area as smooth as possible. If you have not been assigned a sponsor, contact the Military Personnel Management Department as (757) 953-3560 or email usn.hampton-roads.navhospvorsva.list.NMCP-DirectorateSponsors@mail.mil for assistance. Also, my Command Master Chief can be reached at usn.hampton-roads.navhospvorsva.list.NMCP-CMC@mail.mil. Again, Welcome Aboard and we all look forward to serving with you.

Welcome to the Tidewater/Hampton Roads Local Area

<http://www.militaryinstallations.dod.mil/>

WHAT IS HAMPTON ROADS?

"Hampton Roads" refers to the extreme southeastern portion of Virginia, and includes the following communities: Portsmouth, Norfolk, Virginia Beach, Chesapeake, Newport News, Hampton and Suffolk.

Hampton Roads is the name of the area of water where the James River meets the Chesapeake Bay, and is one of the world's best natural harbors.

DIRECTIONS TO NAVAL MEDICAL CENTER, PORTSMOUTH (Also abbreviated as NMCP):



From I-64, Norfolk, Virginia Beach

- Take I-64 East to I-264 West (Portsmouth, Downtown Norfolk)
- Take I-264 West through the Downtown Tunnel: first exit after tunnel is marked "Naval Hospital"
- Take the Naval Hospital exit which will put you on Crawford Parkway. Continue on Crawford Parkway through Downtown Portsmouth and along the water. At the Intersection of Crawford and Effingham Street, take a right on Effingham.
- Effingham Street leads directly into the main gate of the Medical Center.

TOLLS:

There are now tolls on the Downtown tunnel I264 between Norfolk and Portsmouth as well as the Mid-Town connecting Norfolk and Portsmouth. EZ-Pass is available for purchase.

www.ezpassva.com

CHECKING IN:

If reporting during business hours (0730-1600), you will report to the MILPERS office, Building 3, 4th floor. Building 3 is the building with the food court. If reporting outside of business hours, you will report to the Quarterdeck (Building 2, 2nd floor, near the pharmacy). To get to Building 2, park in the parking garage (directly to your left after you enter the main gate), and enter the hospital via the covered walkway on the second level. This entrance will have you entering the building on the second floor; once inside, go directly to your right and the Quarterdeck will be at the top of the spiral staircase.

UNIFORM OF THE DAY:

	<u>Officers/Chiefs:</u>	<u>E1-E6:</u>
Summer:	Khaki/NWU Dress white	Dress White/NWU
Winter:	Khaki/NWU Dress Blue	Dress Blue/NWU

Winter and summer uniform periods are prescribed by SOPA Hampton Roads. Generally, summer uniforms are worn from late April to early October, and winter uniforms from late October to early April. If you are reporting during one of the transitional periods, call the Quarterdeck at (757)953-5008/9, to find out the specific day of the uniform change.

MILITARY PERSONNEL MANAGEMENT DEPARTMENT:

BLDG 3, 4th Floor NMCP

Customer Service Hours:	Monday-Friday	0730-1600	
Department Head	953-5994	MILPERS DIVO	953-7650
Military Personnel Division			
Customer Service	953-7672	Plans Operations and Medical Intelligence	
Sponsor Program	953-3560	(POMI) Division Officer	953-7646
	953-7620		
Transfers	953-7630		
Leave Control Desk	953-7510		
Check-In	953-3560		

All reporting personnel need to report to the quarterdeck and check-in with the OOD and then the Military Personnel Management Department.

PERSONNEL SUPPORT ACTIVITY DETACHMENT, PORTSMOUTH (PSD)
BLDG 3, 9th DECK, RM 101, NMCP

Customer Service Hours: Monday-Friday 0730-1600

Personnel Officer	953-5629	Travel Section	953-5251
Duty Phone	953-7883	Transportation	953-6181
FAX	953-5632	Officers	953-7864
ID Cards	953-7874/65	Transient Personnel	953-7880
Disbursing	953-7858		
Enlisted Personnel	953-7860		

SECURITY BLDG 107, NMCP

All personnel assigned to Naval Medical Center, Portsmouth must display a badge from this command.

State Inspection.

If your car is registered in a state that does not require an inspection, you are still required to get a Virginia State Inspection sticker. Most garages in the area do State Inspections for a small charge.

Parking

Parking for staff members is concentrated in three major areas. Most staff members are expected to park in the parking garage. The ground, first, and second levels of the garage are reserved for patients and visitors only. Staff vehicles found in patient areas will be booted or towed. Limited staff parking is also available next to the pool and the gym.

PASTORAL CARE DEPARTMENT

2ND FLOOR, BLDG 3, NMCP

Office Phone - 757-953-5550

To contact the Duty Chaplain call the Quarterdeck - 757-953-5008

Services:

Protestant Worship - Sunday - 1100, Bldg 2 Main Chapel

Catholic Mass - Monday -Friday 1130, Bldg 3, Meditation Chapel
Sunday - 1300, Bldg 2, Main Chapel

CREDIT UNION/ATM - NAVY FEDERAL CREDIT UNION
BLDG 3, 2ND FLOOR NMCP

Phone 1-888-642-NFCU (6328)

Hours of Operation: Monday-Friday 0830-1600

The Credit Union provides the following services: savings, loans, checking, notary, financial counseling, Christmas clubs, and vacation clubs.

Automatic Teller Machine - Located in BLDG 2, 2nd floor behind the exchange

TEMPORARY LODGING

TEMPORARY LODGING EXPENSE
(SEE MILPERSMAN 2640400)

Temporary Lodging Expense (TLE) may be paid in the Continental United States (CONUS) under Joint Federal Travel Regulations (JFTR). A maximum entitlement of 4 days TLE is authorized incident to a PCS between two permanent duty stations in CONUS.

You and your family qualify for TLE if you stay in temporary lodging upon your arrival here. As soon as you check in with PSD, ask about TLE.

CI Travel
Bldg 256 953-5008
Monday-Friday 0800-1600

ITT
Bldg 256 953-5008
Monday-Friday 0800-1600

TEMPORARY LODGING IN THE AREA

Within a one-mile radius of NMCP

Best Western (757) 397-5806
Harbor Tower Apartments (757) 393-1600
Days Inn (757) 399-4414
Comfort Inn (757) 397-7788

Within a five-mile radius of NMCP

Norfolk Waterside Marriott (757) 627-4200
Sheraton Norfolk Waterside (757) 622-6664
Super 8 Motel (757) 398-0612

Within twenty-mile radius of NMCP

Navy Lodge

NAVSTA Norfolk (757) 489-2656
NAB Little Creek (757) 464-6215

BEQs, BOQs

Norfolk Naval Shipyard
(Closest to NMCP)

BEQ Reservations (757) 391-1388
BOQ Reservations (757) 391-1387

NAB Little Creek

BEQ Reservations (877) 986-9258
BOQ Reservations (877) 462-7523

Naval Station Norfolk

BEQ Reservations 800-NAVYINN
BOQ Reservations (757) 444-4667

NAS Oceana

BEQ/BOQ Reservations (757) 433-2574

FTC Dam Neck

BEQ/BOQ Reservations (757) 433-2574

Most of the popular hotel chains are represented in the area. Check the 1-800 nationwide reservation listing for your favorite hotel, found in the yellow pages.

RESTAURANTS ON BASE

Panda Express, Subway

2nd Floor, BLDG 3

Open for breakfast, lunch, and dinner seven days a week

The Dancing Goat

2nd Floor, BLDG 3

Open Monday-Friday for breakfast and lunch

The SandBar

Bldg 256

Open Monday-Friday 0700-2300

GETTING SETTLED: YOUR MILITARY SUPPORT SYSTEM IN HAMPTON ROADS

Hampton Roads supports one of the largest military communities in the world. Over 420,000 people in Hampton Roads are active duty military, military family members, or military retirees. As a result, you'll find that both the military and civilian communities are ready to welcome you and your family.

NAVY HOUSING REFERRAL OFFICE<http://www.militaryinstallations.dod.mil/>

Phone: 757-445-2832

Hours of Operation: Mon-Fri 0730-1600

Hampton Roads covers a very large area and is home to many diverse neighborhoods. There are many popular neighborhoods in Norfolk, Chesapeake, and Virginia Beach, but you should be aware that from these areas, Portsmouth is accessible only by tunnels, which back up during rush hours. The neighborhood you fall in love with may only be a 30-minute drive from the command at 1100, but during rush hour you may find one-way commuting takes over an hour.

The Housing Referral Office should be one of your first stops upon checking into the Command, and your starting point while on house-hunting leave. Housing Referral staff can locate the ideal neighborhood for you, based on your requirements for cost, location, and schools.

HUMAN RESOURCES OFFICE, BLDG 3, 3rd Floor

Phone	757-953-5771
Job Information Line	757-396-7800
OPM	757-441-3355

The Human Resource Office provides information on civil service job openings in the area. Due to government downsizing, usually only personnel already in the civil service system are eligible for job openings. Priority is given to spouses who had to leave a previous civil service position to relocate with an active duty spouse.

**AMERICAN RED CROSS, PORTSMOUTH STATION
BLDG 249, NMCP**

Phone	757-953-5435	Hours of Operation	Monday - Friday	0800-1630
After Hours	1-877-272-7337 (Toll Free)			

The American Red Cross provides emergency communications and volunteer services for the hospital.

NAVY-MARINE CORPS RELIEF SOCIETY, PORTSMOUTH OFFICE
BLDG 3, NMCP

Phone: 757-953-5956 Hours of Operation: Mon, Tues, Thurs & Friday 0900-1300

The Navy-Marine Corps Relief Society provides millions of dollars in loans and grants each year to Sailors, Marines and their families to help them through emergencies. The Society also offers financial counseling for personnel looking to set up a budget.

Each first Tuesday of the month, the Society holds a Budgeting for Baby Class for Navy, and Marine Corps families expecting their first child. The class provides financial counseling, information on community resources and “Baby’s First Seabag,” a layette with baby clothes and accessories.



NAVY FAMILY SERVICE CENTER
7928 14TH STREET, NORFOLK VA

http://www.cnrc.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

24-Hour Information 757-444-6289 Hours of Operation:
1-800-372-5463 Monday-Friday 0800-1630

The Family Service Center, which provides resources for Navy families during each stage of their tour in Hampton Roads, is a terrific resource for newly arriving families.

If you arrive ahead of your household goods shipment, the Family Service Center offers lending packages which can include dishes, bedding, cribs, and other items you may need until your shipment arrives.

The Family Service Center also offers the Spouse Employment Assistance Program, which provides assistance with resume writing, access to a local database of job listings, and interview counseling.

NAVY EXCHANGES

Naval Medical Center Portsmouth

BLDG 215 757-397-5858

Retail Store Mon-Fri 0630-1900
Barber Shop Mon-Fri 0700-1600

Bldg 3 757-953-5857

Retail Store Mon-Fri 0700-1700
Saturday 1000-1400
Barber Shop Mon-Fri 0700-1600
Saturday 1000-1400

Norfolk Naval Shipyard, Portsmouth
(Closest to NMCP)

Phone 757-396-5717

Monday 1000-1700
Tues, Wed, Fri 1000-1800
Thursday 1000-1900
Saturday 0900-1800
Sunday 1000-1700

Naval Base Norfolk

Phone 757-440-6542
Mon-Sat 0900-2100
Sunday 0900-1900

Dam Neck

Phone 757-492-7789
Mon-Sat 0900-2000
Sunday 0900-1800

Naval Amphibious Base Little Creek

Phone 757-363-3239
Mon-Fri 0900-1900
Saturday 0900-1800
Sunday 0900-1700

Naval Air Station Ocean

Phone 757-425-4260
Mon-Fri 0900-2100
Saturday 0800-2000
Sunday 0900-1800

COMMISSARIES

Norfolk Naval Shipyard (closest to NMCP)
Phone 757-393-1776

Monday CLOSED
Tues, Wed, Fri 0900-1800
Thursday 0900-1900
Saturday 0800-1700
Sunday 1000-1700

Naval Base Norfolk
Phone 757-423-3188

Monday CLOSED
Tue, Wed, Fri, Sat 0900-1900
Thursday 0900-2000
Sunday 0900-1800

MORALE WELFARE AND RECREATION OFFICE, NMCP

Gymnasium
Bldg 276 757-953-7024/25
Open 7 days a week,
hours vary by season
Nautilus, free weights,
racquetball, aerobics,
basketball

Indoor Pool Bldg 252 757-953-5946
Monday-Friday 1000-1945
Saturday/Sunday 1200-1745

Sand Bar, Bldg 256 757-953-5017
Monday-Friday 0700-2300

Boat, Camper Recreational
Equipment Rental, Bldg 276 757-953-5855

Military Child Care Centers

Naval Station Norfolk 757-444-3379/3239

Naval Amphibious Base Little Creek 757-462-7868

Scott Center Annex, Portsmouth
(Closest to NMCP) 757-967-2676

Naval Air Station Oceana 757-433-3164



Military Child Care Centers are certified by the Department of Defense and regulated by the respective branch of the military operating the facility. These centers accept children from infancy to kindergarten ages and include developmental programs. The National Academy of Early Childhood Programs may also accredit them.

Before and after school care is provided by many schools and organizations. Youth programs are available at **NAS Oceana (757) 433-3976** and **NAB Little Creek (757) 462-8718**.

FAMILY HOME CARE

Because the waiting list for the military centers may be long, you may want to consider family home care. In military housing areas, family home care is monitored and regulated by the military. Residents of military housing who want to provide child care in their own homes on a regular or full-time basis must pass a background investigation and have fire, safety and health inspections. To find out more, contact the military family housing complex nearest you.

Family home care in civilian housing is another option for working parents. State licensed day care providers are regulated by the Regional Office, State Department of Social Services.

For a list of local home care providers licensed by the Commonwealth of Virginia, call Planning Council/Child Care Assurance Plan/Child Care Answer Line at (757) 627-3993.

RECOMMENDATIONS FROM WORKING PARENTS

The following list was assembled by working parents in the area. The Navy does not, however, officially endorse these organizations; nor does the Navy take any responsibility for the care provided.

All of these organizations are state licensed, offer year-round programs, have a good child to teacher ratio, and generally can provide transportation to and from school. Hours, except where specified, are 0600 to 1830.

Children's World of Learning Centers		Offers a lower rate with more than one child enrolled "Free-day" to test compatibility Toddlers to 12 years Lunch and snack provided Hours vary by location
Chesapeake	757-482-7880	
Portsmouth	757-484-1965	
* Virginia Beach	757-497-8314	
(* Several Locations)		

KinderCare Learning Centers		Offers a lower rate with more than one child enrolled
Chesapeake	757-436-4747	6wks to 12 yrs
Portsmouth	757-484-9377	Lunch and snacks provided
*Virginia Beach	757-481-6048	
(* Several Locations)		

La Petite Academy		Offers a lower rate with more than one child enrolled
Chesapeake	757-465-3893	Ages vary with locations
(Several Locations)		Lunch and snacks provided
Portsmouth	757-483-4325	0600-1800
Virginia Beach	757-471-6104	
(Several Locations)		

YMCA

Chesapeake 757-547-9622
Portsmouth 757-399-5511
Virginia Beach 757-456-9622
Suffolk 757-934-9622

Rates vary with membership
Limited space available: must enroll child as soon as possible
Hours subject to Y's schedule

HEALTH CARE/FAMILY PRACTICE



eMSM TRICARE
Welcome Aboard2 20

TRICARE

Appointments/Enrollment 1-866-645-4584 or 1-877-874-2273

SCHOOL PHYSICALS

School physicals are required by local school systems for children wishing to participate in organized school athletics, and for all children coming from overseas. Call 1-866-645-4584 to make an appointment.

FAMILY PRACTICE

BLDG 3 - SECOND FLOOR

Phone: 757-953-2411/12 Appointments: 1-800-645-4584

Hours of operation: Monday-Friday 0700-1600
 Saturday 0800-1030

Provides primary care services for active duty staff members and their family members. All active duty medical records should be kept in the Medical Records Department to ensure proper maintenance.

MILITARY DENTAL SICKCALL

BLDG 3 - SECOND FLOOR

Phone 757-953-2711

General Appointments Mon-Fri 0645-1545
Sick call Mon-Fri 0730-0900