**NAMI Welcome Aboard Package**

The sole Navy source for Aeromedical training at all levels, including Aerospace Medicine residency. NAMI trains more than 240 aeromedical providers, including Aerospace Medicine Technicians (NEC 8406) and all categories of Aeromedical Officers. The U.S. Army sends their Aerospace Medicine residents through the Navy program. Several foreign military services; including Germany, France, Israel, Canada, Norway and the Netherlands, choose to send their physicians to our Aeromedical Officer training program. NAMI is truly an internationally recognized Center of Excellence.

NAMI reviews or conducts aviation physical examinations on all U.S. Navy and Marine Corps aviation candidates. In addition, all flight physicals requiring submission, i.e. every five years or as dictated by a waiver of physical standards, are reviewed by NAMI Code 53HN to ensure safety of flight and compliance with physical standards.

NAMI provides recommendations for BUMED Aeromedical policy through the Aeromedical Advisory council. Unique cases are considered by the Special Board of Flight Surgeons.

NAMI provides support for Naval Hospital Pensacola through direct activity of all NAMI providers in NHP facilities. In addition, NAMI provides for the administration of Hyperbaric Oxygen treatment for NHP referrals, resulting in major savings in network referral costs.

NAMI Operational Psychology develops and maintains the Aviation Selection Test Battery, employed by Chief of Naval Aviation Training and Navy Recruiting Command, to optimize selection of aviation candidates and minimize attrition. Modifications, including the development and implementation of web-based technology (APEC) for administration of the ASTB and reporting of test results are estimated to have saved over two million dollars to date. Continued activity in the development of performance based measures will further enhance the effectiveness of the ASTB.
PURPOSE

Provides technical and professional support, aeromedical consultative services, develops and administers medical standards for Naval Aviation and trains medical personnel for aeromedical operational requirements.

COURSES and LENGTH

- Naval Flight Surgeon 6 months
- Naval Aerospace Physiologist 6 months
- Naval Aerospace Experimental Psychologist 6 months
- Naval Aerospace Optometrist (AQP) 6 months
- Aerospace Medicine Technician (NEC 8406) 10 weeks
- Aerospace Medicine Residency 24 months
- Flight Surgeon Refresher Training 2 weeks
- Medical Student Clerkship 2 - 6 weeks

TOTAL STUDENTS ANNUALLY: 244

AEROMEDICAL DISPOSITIONS:

- Number of consultations annually: 6,200
- Number of physicals annually: 600

PHYSICAL QUALIFICATIONS PROGRAM

- Waiver physical exam applications processed: 12,642
- Aviation Selection Test Battery: 9,000
NAMI Officer In Charge
CAPT Joseph T. LaVan, MC, USN

CAPT Joseph T. LaVan was born in Baltimore, Maryland. He received his Bachelor’s Degree in Chemistry from the University of Miami, graduating Cum Laude and continued on to earn his Doctor of Medicine degree from University of Miami’s Miller School of Medicine in 1992. He completed Internship in Family Medicine at Naval Hospital Bremerton and subsequently served as a General Medical Officer in Adak, Alaska. After completing Flight Surgery training, LT LaVan was stationed with Marine Air Group 26 and assigned to Marine Wing Support Squadron 272 and then to Marine Medium Helicopter Squadron 264 at Marine Corps Air Station New River, North Carolina. While assigned to HMM-264 he deployed in support of OPERATION JOINT ENDEAVOR and OPERATION ASSURED RESPONSE and was selected as the Second Marine Aircraft Wing’s Flight Surgeon of the Year in 1995. LCDR LaVan completed his Family Medicine Residency at Naval Hospital Jacksonville, Florida in 1999, achieving board certification the same year. After graduation, he was assigned to Naval Hospital Naples, Italy, where he served as the Department Head for Family Practice. During this tour, he deployed on a contingency basis as part of a Port Vulnerability Assessment Team, evaluating US Sixth Fleet ports following the bombing of the USS Cole in Yemen. He also served as the Triage Officer of the Hospital’s Surgical Response Team and was instrumental in the creation of, and served as the Team Leader / Senior Medical Officer of the newly formed Primary Care Response Team. In July 2002, he transferred to Naval Hospital Keflavik. CDR LaVan served as the Department Head of Outpatient Medicine and ultimately as the Director of Outpatient Services and also stood up the CBR Incident Medical Response Team for NAS Keflavik. In 2004 he was selected for the Fellowship in Family Practice Faculty Development at Madigan Army Medical Center. He completed the Fellowship and his Master in Public Health Degree (from the University of Washington) in 2006 and was assigned to Naval Hospital Camp Lejeune. He served as the Director of Medical Services and as an active member of the faculty of the Camp Lejeune Family Medicine Residency. He was an integral part of the initial planning which led to the creation of the Wounded Warrior Hope and Care Center for the Wounded Warrior Battalion – East. In 2008 he was selected to attend the Residency in Aerospace Medicine in Pensacola, Florida. Following graduation, he served as the Senior Medical Officer on the USS George Washington (CVN-73), permanently forward deployed in Yokosuka, Japan, from 2009 to 2012. During this time, he helped coordinate the Carrier Task Force – 70 / Battle Force – Seventh Fleet contributions to OPERATION TOMODACHI, the US Navy response to the massive earthquake, tsunami and nuclear catastrophe that hit Japan in 2011. He achieved board certification in Aerospace and Preventive Medicine in 2009 and Occupational Medicine in 2014. In 2012, CAPT LaVan was hand selected as the Director of the Combined Army / Navy Residency in Aerospace Medicine, guiding the residency through a variety of changes in program structure, training requirements and community needs.

His personal awards include the Meritorious Service Medal (three awards), the Joint Service Commendation Medal, the Navy Commendation Medal (two awards), the Army Commendation Medal and the Navy Achievement Medal.

CAPT LaVan and his wife Judy, a retired Navy Nurse, have been married since 1994. They have two children, Adam and Ian.
Reporting Aboard

During normal working hours (0730-1600), report with your orders and records to the Administrative/Personnel Management Department (850-452-4768) located in building 664 in the Uniform of the Day. After normal working hours, on a weekend or holiday, report to the Naval Air Station Pensacola Quarterdeck (850-452-4785/4786, then press "0", building 624).

Command Sponsor Coordinator: 850-452-2940 (omar.a.gonzalez16.mil@mail.mil)

Other numbers:
- Quarterdeck: 850-452-4785/4786
- Military HRO: 850-452-4767
- Civilian HRO: 850-452-4767
- USO
  - At Pensacola Regional Airport: 850-433-2475
  - On NAS Pensacola: 850-455-8280

Command Address: NAMI, 340 Hulse Road, Pensacola, FL 32508

Driving Directions
(We recommend using online map tools to determine your route)

<table>
<thead>
<tr>
<th>From I-10</th>
<th>From Pensacola Regional Airport</th>
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<tbody>
<tr>
<td>1. Head toward Exit 7A on I-10 - 3.0 mi</td>
<td>1. Follow the exit road around the airport to</td>
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<tr>
<td>2. Take Exit 7A for Pine Forest Rd/FL-297 S toward Pensacola N.A.S. - 0.2 mi</td>
<td>12th Avenue &amp; Airport Blvd.</td>
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<tr>
<td>3. Turn right at FL-297 S/Pine Forest Rd - 3.4 mi</td>
<td>2. Turn left on N 12th Ave - 1.5 mi</td>
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<tr>
<td>4. Turn left at Florida 10A E/US-90 E - 3.5 mi</td>
<td>3. Continue onto E Fairfield Dr - 3.6 mi</td>
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<tr>
<td>5. Exit onto FL-295 S/New Warrington Spur toward Pensacola NAS</td>
<td>4. Slight left at New Warrington Spur - 1.2 mi</td>
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<tr>
<td>6. Continue to follow FL-295 S - 4.1 mi</td>
<td>5. Continue onto New Warrington Rd - 1.7 mi</td>
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<tr>
<td>7. Continue onto Duncan Rd - 1.6 mi</td>
<td>6. Continue onto FL-295 S/N Navy Blvd - 1.7 mi</td>
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<tr>
<td>8. Turn right at Hovey Rd.</td>
<td>7. Continue onto Duncan Rd - 1.6 mi</td>
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<td>9. Turn left at Hulse Rd.</td>
<td>8. Turn right at Hovey Rd</td>
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<td>10. BLDG 664 is immediately on your right</td>
<td>9. Turn left at Hulse Rd</td>
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<td>10. BLDG 664 is immediately on your right</td>
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Lodging & Food

- **Navy Lodge:**
  - NAS Pensacola: 850-456-8676
  - Worldwide Reservations: 800-628-9466
- **Bachelor Officer Quarters:** 850-555-1234
- **Bachelor Enlisted Quarters:**
  - Front Desk/Reservations: 850-452-7076/7077
  - FAX, Admin: 850-452-7784

Galleys

- Building 601: 850-452-2766
- NATTC: 850-452-7050

Utilities & Services

- AT&T Telephone (Residential Service): 800-464-7928
- Gulf Power Company: 800-969-3111 or 850-225-5797
- Escambia County Utilities Authority (ECUA): 850-476-0480
  - Garbage, Sewer & Water Services
- Department of Motor Vehicles (DMV): 800-777-0133
- Escambia County Area Transit (ECAT): 850-595-3228

Cable Television

- COX: 866-463-5958 or 850-478-0200
- Mediacom: 800-239-8411
- Bright House Networks: 866-876-1872

**NAS Pensacola Lending Locker:** 850-452-5990 (Fleet and Family Support Center)

**NAS Pensacola Base Directory:** 850-452-0111

Medical Information

- Tricare (South Region): 800-444-5445
- Naval Hospital Pensacola
  - Quarterdeck/Information: 850-505-6601
  - Appointments: 850-505-7171
Child Development

- Children’s Services Center: 850-595-5915 or http://capstoneadaptivelearning.org/childservices.php
- Child Development Center: 850-452-2211
- Youth Center: 850-452-2417
- YMCA Child Care Resource: 800-481-2151 or http://www.militaryonesource.mil/

School Information

- Escambia County School District: 850-432-6121 or http://escambiachools.net/schools/school1
- SchoolQuest: https://www.schoolquest.org/
  - Military Child Education Coalition (MECC) SchoolQuest is designed for military families and is a safe, secure online resource. It is organized so that you can access information that the MCEC has gathered to help you make decisions on future schools for your children.

Basic Travel Entitlements

Pay and Allowances for travel is based on an individual meeting specific eligibility criterion. Check with your disbursing office to determine your specific entitlements.

Advanced Pay and Allowance

Advanced pay can be drawn up to 60 days prior to your move. No more than three months of advance pay can be drawn and must be approved by your Commanding Officer. The advance is normally repaid in equal installments over 12 months. In certain cases, repayment can be spread over 24 months. If an advance for rental housing is needed, an advance housing allowance may be issued by the disbursing officer. You must have already rented housing and must provide a copy of the rental agreement to document the housing costs.

Dislocation Allowance (DLA)

Active Duty personnel are entitled to a Dislocation Allowance to offset some of the costs of closing one home and setting up another. These costs include rent deposits, utility hookups, etc. DLA can be drawn up to 10-days in advance.

DLA is not available to service members who:

- are without family members and are assigned to unaccompanied government quarters.
- are transferred to a new duty station or to the same geographical location.
- on separation or retirement orders.
Per Diem Allowance

Refer to the Per Diem Rates chart for exact amounts.

Along with the DLA, food and lodging costs are reimbursed when making a Permanent Change of Station (PCS) move. The allowance is paid at a daily rate for you and your family members. Auto travel is at the rate of 350 miles per day (not to exceed the official authorized distance) and is used to determine how many days per diem will be paid.

Note that per diem may be drawn in advance. The Per Diem Allowance for:

- Service members is $99 per day, plus $74.25 per day for their spouse and each family member at least 12 years or older and $49.50 for family members under age 12.
- Spouses who travel separately, receive $99 per day (the per diem for other family members traveling separately is $74.25 or $49.50, depending on their age).

Note: These are not official rates.

Mileage in Lieu of Transportation (MALT)

- 15 cents/mile
  - Service Member (alone)
  - Family Member (alone)
- 17 cents/mile
  - Service Member + 1 Family Member
  - 2 Family Members
- 19 cents/mile
  - Service Member + 2 Family Members
- 20 cents/mile
  - Service Member + 3 or more Family Members
  - 3 or more Family Members

These rates also apply to a second car, when use is authorized. Approval for usage of three Privately Owned Vehicles (POV) is required in advance.

Temporary Lodging Expense (TLE)

TLE is for PCS transfers within the United States. Access FAQs and answers about TLE. TLE provides service members up to $180 per day (for ten days) to offset temporary housing costs incurred locally, before departing for an old duty station or after reporting to a new duty station. Personnel going overseas are entitled to TLE for five days. The actual TLE is figured by a complex formula and is different in each area. You must check into your command upon arrival in order to be eligible. TLE cannot be drawn in advance.

Basic Allowance for Housing (BAH)
Basic Allowance for Housing rates are set by the Per Diem, Travel and Transportation Allowance Committee.

Again, Welcome Aboard!!!!!!