

HEALTH CARE CONSUMERS' COUNCIL  
MINUTES

The Health Care Consumers' Council was held at 1000, Tuesday, 20 Nov 2012, at the Naval Health Clinic Patuxent River (NHC), Command Conference Room.

1. CAPT Shevchuk, Executive Officer, Naval Air Station Patuxent River: Asked the Council to identify participants as giving or getting information. Encouraged active participation by tenants to deliver useful info to their troops and chain of command. Discussed being prepared for the holidays as a joyous time of year, but also one that requires alertness for dangers such as depression. Expressed wishes for a blessed and enjoyable Thanksgiving. Please reflect on the great benefits we have as a nation such as the safety, security, and services we enjoy at NAS Patuxent River.

2. CAPT Vernere, CO, Naval Health Clinic: NHCPR will be open the Friday after Thanksgiving. As a new CO, I need to see what the demand is so I can plan accordingly for the future. The pharmacy is looking at renovating its space as the pharmacy's current rate limiting factor is physical space. Pharmacy monitors waiting times on an ongoing basis. The goal in the civilian sector is 30 minutes for new prescriptions and that is the goal of our pharmacy. However, the manipulation of space and processes will need to be adjusted to consistently meet that goal.

3. CDR Hindman, Director NHCPR Pharmacy: We are looking at becoming a beta test site for home delivery of refill prescriptions. This will allow our patients to overcome some of the current limitations to Express-Scripts home delivery service which is currently not available to any patients with other health insurance, patients receiving controlled substances or over-the-counter medications, patients who see certain types of non-physician providers. During the test time, this service will be free to the patients. All patients receiving refills are highly encouraged to utilize this system as it will free up the wait time at the pharmacy and allow staff to focus more on new scripts. In addition, we understand that WRNMMCB pharmacy creates patient inconvenience when refill medications were either not filled or incorrectly filled, utilizing this at home services bypasses WRNMMCB pharmacy all together. It is imperative that your address is correct in DEERS to utilize this service. If you have medications that need to be disposed of, NHCPR pharmacy cannot take them; however, the St. Mary's County Sheriff's Office can. Located inside the Sheriff's Office Headquarters lobby is a secured collection bin which the public has 24 hour access to. You may drop off all non prescription over the counter medications, prescription medications and pet medications. You can bring in pills, liquids, ointments and lotions. Syringes, inhalers of drugs in aerosol canisters or chemotherapy drugs either in IV liquid or oral form are not accepted.

4. CAPT Vernere, CO, Naval Health Clinic: Readiness is each Command's responsibility. We will begin posting each Commands readiness in the clinic. If that doesn't assist in raising the percentages, we will consider posting in the Tester. I know that CO's can be a competitive bunch; hopefully it can become a game of 'Whose readiness is higher.'

5. LCDR Faith, Director Healthcare Business, Naval Health Clinic (Attachment #3): It is the active duty members' responsibility to ensure that their information in DEERS is 100% accurate. In regards to Tricare, upon checking in to a Command, one of the first things the AD member needs to do is enroll in Tricare. They are covered by their previous Tricare enrollment only until they reach their new Command. Many do not know that there are four different Tricare regions (north, south, west, overseas) and that each is a separate entity and each require separate enrollment. NHCPR is extremely fortunate to have an actual Tricare Service Center in-house that see's patients on a walk-in basis. Inaccurate information in DEERS or not enrolling in Tricare will delay your medical treatment. NHCPR's website has been revamped; same url address (<http://www.med.navy.mil/sites/paxriver/Pages/index.html>) just an updated look. In regards to AD needing

referrals, please do not contact Tricare about your referrals as they only conduct business with referrals to civilian providers. AD members will most always be referred to another MTF initially. If (for a myriad of reasons) that MTF is unable to provide care to that member, only then will that member be referred to a civilian provider.

6. CAPT Hearn, Director Healthcare Services: Will ensure providers give attachment #3 to patients needing referrals.

7. CDR Tizon, Director For Administration: The interior of NHCPR is being painted, this should not affect patients/staff as it's being done after hours. Our HVAC issues have been addressed by Public Works. NAS Pax River Blood Drive is 13 Dec 2012 from 0900-1300 in the Rear Adm. William A. Moffett Building Atrium, building 2272. For more information, contact HM2 Arlequin at 301-342-2752.

8. Mr. Koch, Director, Public Health (Attachment #4): 88% of AD members stationed at Pax have received their flu vaccination. 90% need to be vaccinated by 17 Dec. The Great American Smokeout was 15 Nov 2012, Ms. Ashton does a wonderful job with assisting AD and their family members with stopping their use of tobacco products. If you are interested in quitting your use of tobacco products, please contact Ms. Ashton 301-342-4050.

9. HM2 Toussaint, Deployment Health (Attachment #5): Only three out of 23 CFL/MRRS representatives attended the meeting held by NHCPR's Deployment Health Dept. Please take advantage of these meetings to address your questions/concerns and to network with your peers about how they are working with their people to increase readiness.

10. Mrs. Edick, Deployment Health: Please do not wait until the last minute to get your PHA. An annual PHA is a requirement; the instruction can be viewed here: ([http://www.afhsc.mil/viewDocument?file=Navy\\_PDFs/SECNAV%206120.3.PHA.IMR.pdf](http://www.afhsc.mil/viewDocument?file=Navy_PDFs/SECNAV%206120.3.PHA.IMR.pdf)).

11. CAPT Grzesik, Department Head, Dental Clinic (Attachment #6): The rate of no-show's for appointments has decreased; however, it is still imperative to give as much notice as possible when canceling your dental appointment. It is very difficult to fill the slot after receiving short notice. This is not cost efficient as a missed appointment costs the government \$289-\$334. If your Command is below 95% dental readiness, it is crucial that you get your people in to Dental.

12. Mr. Carpenter, TRICARE Service Center Administrator, HNFS (Attachment #7): Please keep DEERS information current. In two weeks, there was 7,832 pieces of returned mail. Multiply that by the cost of postage to see how much more could be going toward your benefits. I encourage you to utilize me by requesting a Tricare presentation at your Command. This presentation is for your benefit and provides a large amount of very relevant information that every beneficiary should know.

13. Mrs. Tyler-Lockett, Fleet and Family Support Center: FFSC will be closed the day after Thanksgiving. During the holiday season, there are higher rates financial stress, family relationships, suicide, and domestic violence; FFSC has programs in place addressing all of these issues – please utilize your FFSC and all it has to offer.

14. Ms. Schmid, Fleet and Family Support Center (Attachment #8): Please see FFSC program schedule and sign up for anything that interests you. FFSC realizes that it is not always possible for AD members to go to the FFSC; therefore, FFSC staff are able to hold programs outside of the FFSC. FFSC hears your feedback – they heard that the Anger Mgmt. program was too long at one hour for six weeks so they made it two hours for three weeks. FFSC appreciates all feedback and does its best to make all necessary accommodations.

15. Ms. Shaw, MedStar St. Mary's Hospital (MSMH Health Connections): Flu shots available to public for \$20; cash, check, Visa, MasterCard and Medicare accepted. Health Connections has already given over 700 flu vaccines since October. The Alcohol Coalition was awarded a grant and purchased Topsy Taxi cards. MSMH is working on building a community health center at the corner of Route 5 and Chancellors Run Rd, hopefully to be completed in 2014. This center will add more primary care physicians and behavioral health services to the county.

16. Ms. Rudy, Case Management: They are happy to help patients who have complex needs and need help navigating the healthcare system. They understand many things can be confusing and are more than happy to guide people and get them where they need to be. Welcome new case managers – Terri Van Meter, NHCPR and Terry MacKenzie, BHC's Indian Head & Dahlgren.

17. CAPT Hearn, Director Healthcare Services: When running on base, please ensure that you are wearing reflective gear. It is extremely dangerous, especially now that it gets dark earlier.

18. CAPT Shevchuk, Executive Officer, Naval Air Station Patuxent River: There are regulations governing the wearing of reflective gear and they must be obeyed.

19. CAPT Vernere, CO, Naval Health Clinic: Please encourage all Tricare beneficiaries to come to these meetings. Please let us know what we are doing well and no so well. We will be getting some more physicians in January and I am looking for ways to increase our services so that our patients do not always have to go to WRNMMCB for specialty care.

20. Ms. Quinn, Customer Relations Officer, Naval Health Clinic: Please "Like" NHCPR on Facebook (<https://www.facebook.com/NHCPaxRiver>) it is a great way to receive information. Please visit our new website and tell us what you think (Nicole.Quinn@med.navy.mil). NHCPR's goal is to have this room filled with recipients of NHC's care in order to provide us with feedback; please assist us with achieving this goal.

- ✓ The meeting adjourned at 1100. Representatives were asked to pass information from this meeting to all members of their commands.
- ✓ The next Health Care Consumers' Council meeting is scheduled for Tuesday, 15 Jan 2013 at 1000. If a representative would like to have a topic covered at this forum, please contact Ms. Quinn, Customer Relations Officer 301-995-4980.

Submitted:

CAPT L. M. VERNERE, NC, USN  
COMMANDING OFFICER  
NAVAL HEALTH CLINIC  
PATUXENT RIVER

Reviewed:

CAPT H.E MILLS, USN  
COMMANDING OFFICER  
NAVAL AIR STATION  
PATUXENT RIVER

# Attachment 1

## HEALTH CARE CONSUMERS' COUNCIL

Tuesday, 20 Nov 2012

1000

### Naval Health Clinic, Conference Room

1. Welcome and Opening Remarks – CAPT Shevchuk, XO, NAS Patuxent River
2. Remarks – CAPT M. Vernere, CO, Naval Health Clinic
3. Healthcare Business – LCDR Faith, Director, Healthcare Business
4. Facility Project Update – CDR Tizon, Director For Administration
5. Public Health and Infection Prevention – Mr. Koch, Director Public Health
6. Medical Readiness Update – HM2 Toussaint, LPO, Deployment Health
7. Dental Readiness – CAPT Grzesik, Department Head, Dental
8. TRICARE Update – Mr. Carpenter, TRICARE Service Center Manager
9. Fleet and Family Support Center – Ms. Tyler-Lockett
10. MedStar St. Mary's Hospital Health Connections – Ms. Shaw
11. Health Promotion – Ms. Ashton
12. Case Management – Ms. Rudy
13. Customer Relations – Ms. Quinn
14. Next Meeting: 15 Jan 2013 @ 1000





# TRICARE Prime Beneficiary Military Treatment Facility (MTF) Specialty Care Referral Guidelines



Your medical provider has determined that you need evaluation and possible medical treatment by a specialist.

**If at any time you have questions about where you have been referred or the status of a referral, please feel free to call Naval Health Clinic Patuxent River (NHCPR) or Health Net/TRICARE (1-877-TRICARE / 874-2273).**

After your referral is entered, our goal is to provide you with a specialty care appointment within access standards. If the specialty care you need is not available at NHCPR or another military treatment facility (MTF), you will be referred for care in the civilian TRICARE network (see info on other side of this sheet).

## FOR SPECIALTY CARE APPOINTMENTS AT NHCPR (Dermatology, ENT, Neurology, Orthopedics, etc.):

- **To schedule an appointment** We advise you to schedule your appointment within 5-7 days. You will **NOT** receive a letter regarding this referral.

**Your referral will expire 28 days after it is entered into the system.**

- Stop by the front desk before leaving the clinic, or
- Call 301-342-1520 (Specialty Clinic Appt. Clerk), or
- Call the appointment line 301-342-1506 (when recording starts, select option #1).
- For NHCPR **Physical Therapy** call 301-342-7559 or 301-342-1506 (select option 1, then option # 6).

Appointment date/time: \_\_\_\_\_ Provider name: \_\_\_\_\_

- **If no appointment is available at NHCPR**, (depending on the specialty care you need,)
  - We will check availability at other MTFs, i.e. Malcolm Grow (Andrews), NNMC/Bethesda, or Walter Reed. If you don't hear from us in 2-3 days then your referral has probably been accepted so please, call the MTF's appointment line to schedule your appointment (see phone numbers listed below).
  - If the other MTF does not accept your referral we will notify you and try to get you into another MTF in the area. If MTF care is not available, your referral will be sent to TRICARE for civilian care.

## FOR REFERRALS TO A NEARBY MILITARY TREATMENT FACILITY (MTF):

You have been referred to:

<u>MILITARY TREATMENT FACILITY (MTF)</u>	<u>FOR APPOINTMENTS WAIT 2-3 BUSINESS DAYS AND THEN CALL</u>
<input type="checkbox"/> NNMC/Bethesda	1-866-628-9633 or 301-295-6289
<input type="checkbox"/> Walter Reed Army Medical Center	1-800-433-3574 or 202-782-7761
<input type="checkbox"/> Malcolm Grow (Andrews AFB)	1-888-999-1212

If you have problems making an appointment at another MTF, ex. you are told there is no referral in the system, or no appointment availability, etc. please let us know so we can assist in helping you to get the care you need!

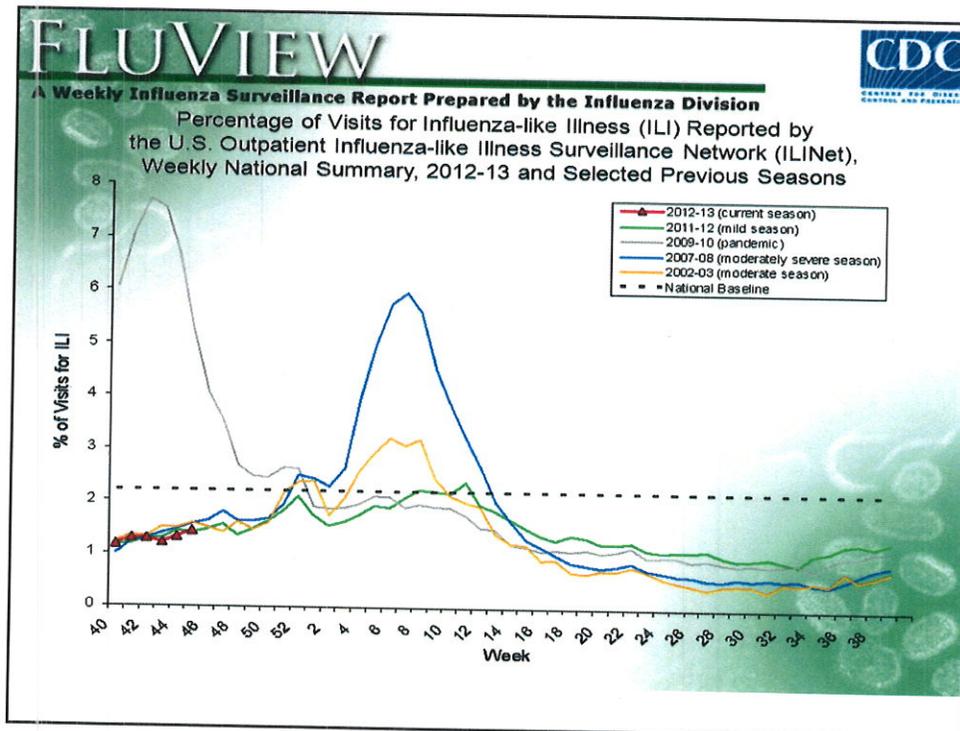
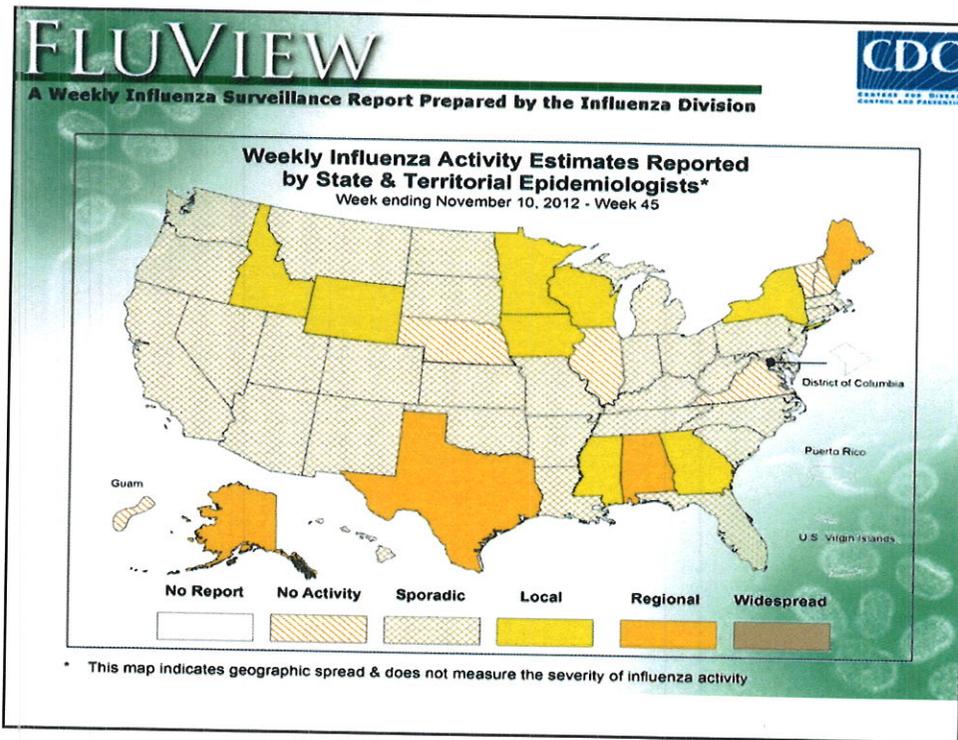
### ADDITIONAL IMPORTANT INFORMATION:

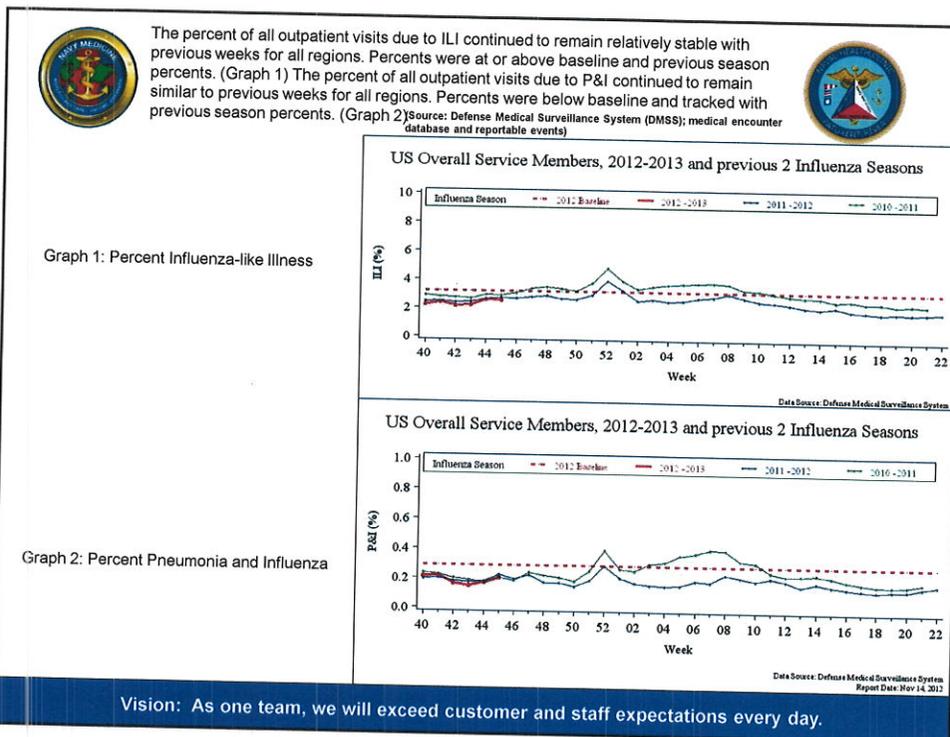
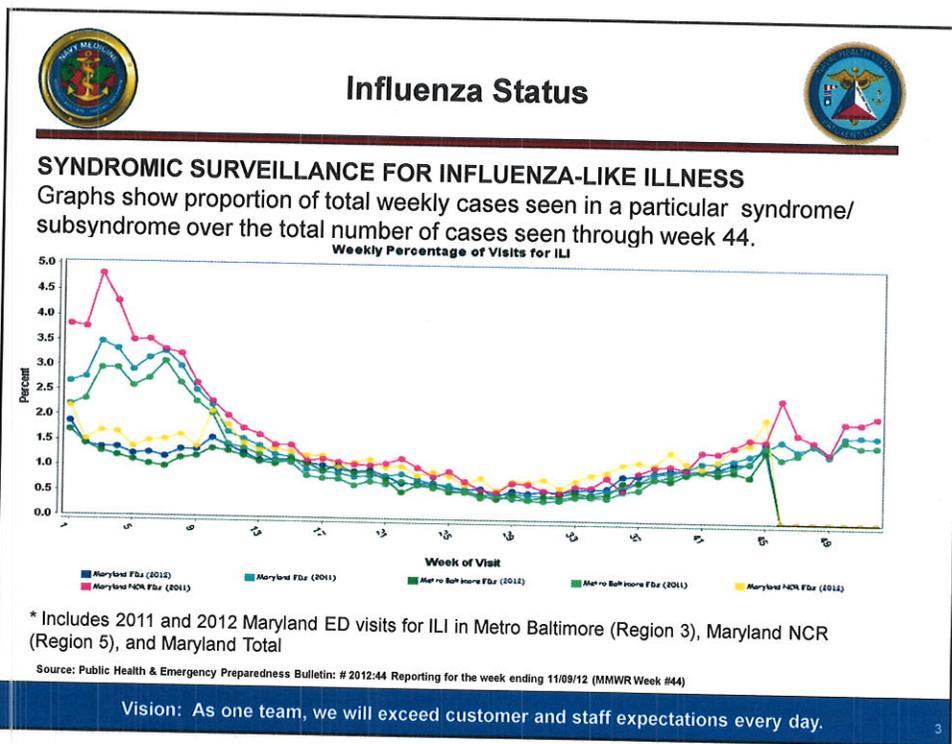
- Your referral will expire 28 days from the date the referral is entered. If you do not schedule an appt before the 28<sup>th</sup> day you may need a new referral.
- If you need to cancel or reschedule the appointment, call the MTF appointment line or specialty clinic **in advance**.
- Naval Health Clinic Pax River: <http://www.med.navy.mil/sites/paxriver/Pages/index.htm>

### QUESTIONS ABOUT YOUR REFERRAL? PLEASE CALL:

- NHC Pax River Referral Management Center (301)757-7279, 7377, or 7316
- NHC Pax River Director of Health Care Business (301)995-3681
- NHC Pax River Specialty Clinic Appointment Clerk (301)342-1520

# Attachment 4, pg. 1







## Start of FY12 Influenza Vaccine Season



(Active Component)	DoD-AII*	ARMY	MARINES*	NAVY*	COAST GUARD	AIR FORCE
Seasonal Influenza Vaccine	85	85	76	82	90	92

Sources: DoD ALL-DMSS, ARMY-MEDPROS, MARINES-DMSS, NAVY-MRRS, COAST GUARD-MRRS, AIRFORCE-AFCITA  
\*Underestimates due to time lag in reporting systems  
Source: DoD Weekly Influenza Surveillance Summary – 13 Nov 2012

**Requirement: 90% by 17 December.**  
**88% of Active duty have been immunized. 280 personnel left that need to get the vaccine according to MRRS.**

Vision: As one team, we will exceed customer and staff expectations every day.



## Start of FY12/13 Influenza Vaccine Season



**Start Seasonal Vaccination - 27 Aug (open access)**  
**Shot Events Conducted/Scheduled**

Base A/D shot event at theater  
 (1) 17-19 Sep (19<sup>th</sup> half day)  
 (2) 1-3 Oct  
 Site specific  
 - 29 Aug VQ4  
 - 31 Aug VX23  
 - 10 Sep VX20  
 - 21 Sep VX1  
 - 12 Oct TPS  
 - 17 Oct VQ4  
 - 19 Oct MAD

**Influenza Season and Supplies**

- Season usually runs September through mid-March
- Supplies currently received: 100%
- Vaccine Component
  - A/California/7/2009 (H1N1)-like virus;
  - A/Victoria/361/2011 (H3N2)-like virus; and
  - B/Wisconsin/1/2010-like virus.

Vision: As one team, we will exceed customer and staff expectations every day.

# Attachment 4, Pg. 4

 <b>Seasonal Influenza Vaccine Status</b> 		(% vaccinated/# remaining as of 16 NOV 2012)			
>= 90% and < 20 remaining to vaccinate		3811A	FLELOGSUPPRON ONE SEA COMP	71/5	
>= 75% and < 20 remaining to vaccinate		00019	NAVAIRSYSCOM HQ PAX RIVER	88/2	
< 75% or with >=20 remaining to vaccinate		31571	NAVAIRSYSCOM DET BUPERS PA	75/1	
< 75% and with >= 20 or 0% remaining to vaccinate		48301	NASC AIR 2.0 CONTRACTS	87/2	
		68935	NASC AIR 7.0/8.0/09	80/1	
50716	NAWCADDIV PAX WCF LOG 6.0	86/2	00032	PEOSTRKWPNSUAVN PAX RIVER	33/2
61168	NMC DET PAX RIVER	94/1	40010	PEO(W) SUPPORT PAX RIVER M	55/23
63087	PRC DET MIDLANT PAX RIV	89/16	42191	NASC/AIR 4.0 ENGINEERING	100/0
68520	COMFLTREADCEN	92/1	68346	NASC/AIR-1.0 PMO	64/20
47136	DEPMED NHCL PAX RIVER DET	100/0	40400	ENTERPRISE AIRSPEED TEAM	82/3
66089	NHLTHCLINIC PATUXENT MD	100/0	68626	LOGISTICS AND INDUSTRIAL O	85/16
39679	NMOTC DET NSTI ASTC PAX RIV	100/0	31304	COMFLTREADCEN NWC PAX RIV	80/2

 <b>Seasonal Influenza Vaccine Status</b> 		(% vaccinated/# remaining as of 16 NOV 2012)			
40011	PEO(T) SUPPORT PAX RIVER M	62/18	44689	NAVTESTPILOTSCH PAX RIV	78/7
48137	PEO TACAIR PATUXENT RIVER	50/2	3073A	COMFLTREADCEN	100/0
40012	PEO(A) SUPPORT PAX RIVER	68/9	47396	NASC AIR 5.0 TEST & EVAL P	80/2
48138	PEO ASW ASM PATUXENT RIVER	50/2	68757	NAVAIRSYSCOM AIR 5.0 R&D	88/1
00421	NAVAIRWARCENACDIV PAX RIVE	18/9	31565	NAVSUP WSS SC INTERN PAX RIVER R	67/3
49860	NAWC ACDIV PAX RIVER (NWC)	87/7	31686	FLTSCIDEVRON ONE PAX RIVER	58/19
64485	NAVAIRWARCENACDIV ST 1 NWC	93/1	31718	NAVSUP WSS SC INTERN PAX RIVER N	80/1
39782	NAVTEST WINGLANT	94/1	32038	COMNAVAIRFORES DET PAX RIV	71/2
39783	AIRTEVRON TWO THREE	96/4	3383A	RLSO NDW BROFF PAX RIV M	100/0
39784	AIRTEVRON TWO ONE	96/2	3712A	BUPERS S/D COMP PAX RIV	20/4
39785	AIRTEVRON TWO ZERO	94/6	42325	PERSUPPDET PATUXENT RIVER	100/0
42846	STU TEST PILOT SCHOOL	76/10	48498	FLTSCIDEVRON ONE SUPPACT	64/5

# Attachment 4, pg. 5

 <b>Seasonal Influenza Vaccine Status</b> 		(% vaccinated/# remaining as of 16 NOV 2012)		
49659	NCTS SD DET STRATCOMMU PAX	88/2	NAWCADDIV PAX WCF LOG 6.0	86/2
40330	NAVSUP FLT LOG CTR PAX RIVER	100/0	NMC DET PAX RIVER	94/1
44198	PUBLIC WORKS DEPT PAX RIVE	50/2	FRC DET MIDLANT	89/16
0428A	NAS PATUXENT RIVER SEC DET	96/8	COMFLTREADCEN	92/1
47608	NAVAL AIR STATION PAX RIV	86/2	NAVY MED NCA	100/0
49403	VQ 4 DET PAX RIV	97/6	BUMED STAFF	100/0
06040 E76	MARINE AVIATION DETACHMENT	81/16	CNAF Atlantic	71/5
06040 K32	TEST PILOT TRAINING	77/3	NAVAIR	83/153
06040 T9B	NAVAL AIR SYSTEM COMMAND	81/26	PAX RIV MISC	86/48
52819	COMOPTEVFOR DET VX-1	100/0	STRATCOM WING 1	97/6
55600	VX 1	99/3	MARINE CORPS DET EAST	81/45
	<b>BASEWIDE TOTAL</b>	<b>88/280</b>	TEST SQUADRON	99/3




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ADDITIONAL SLIDES

Vision: As one team, we will exceed customer and staff expectations every day.



## Seasonal Influenza Vaccine Status

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### Compliance Requirements

1. Mandatory for all Military
2. Required for all Direct Patient Care Health Care Workers; and DoD employees in which it is stipulated in position description
3. MTF notification if receipt of vaccination from non-MTF

### Reporting requirements

Navy units have 72 hours (three working days) to document, administer and report vaccination from time of vaccine receipt.

### Deadline for vaccination:

70% Active Component Vaccinated – **November 15st**  
90% Active component Vaccinated – **December 17th**

### Did you know?

According to CDC, a person infected with influenza may pass it on to others 1 day before symptoms begin to appear and as late as 5 to 7 days after symptoms appear. Children and those with weak immune systems may be contagious for longer periods of time.

Stay home if you're sick, and don't go back until you're better.

Get vaccinated and reduce your chances of getting sick with the flu to begin with...

Vision: As one team, we will exceed customer and staff expectations every day.

11



## Seasonal Influenza Vaccine Status

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### Influenza Vaccination Available to all Beneficiaries:

Open to Active Duty, Family Members, Retirees with a valid DOD ID as well as Mission Essential/critical Government Civilians with a current CAC. Contractors are not eligible for the vaccine from the clinic unless they also meet one of the other categories above.

### Immunization Department

Seasonal influenza vaccine is available for High Risk (pregnant, diabetic, asthmatics, etc)), and eligible beneficiaries 6 months and older on a walk-in basis from 0730 to 1200 and 1300 to 1600 Monday, Tuesday, Thursday, and Friday

### Preventive Medicine Department

Seasonal Influenza vaccine is available for all Active Duty on a walk-in bases from 0800 to 1130 and 1230 to 1500 Tuesdays and Thursdays

### Influenza Information Phone Line: 301-342-7894

Vision: As one team, we will exceed customer and staff expectations every day.

12



## Deployment Health Assessments



- 12 personnel currently show in MRRS as requiring a PDHRA/DD2900.
- 12 are Due
- 0 are Overdue.

UIC	Command	Due	Over Due
06040K32	TEST PILOT TRAINING	1	0
42191	NASC/AIR 4.0 ENGINEERING	1	0
40012	PEO (A) SUPPORT PAX RIVER	1	0
55617	FILELOGSUPPRON 53	1	0
49659	NCTS SD DET STRATCOMMU PAX	1	0
39785	AIRTEVRON TWO ZERO	1	0
63087	FRC	2	0
66098	NHC PAX RIVER	1	0
49403	VQ-4 DET PAX RIVER	1	0
06040T9B	MAD	1	0
68935	NASC AIR 7.0/8.0/09	1	0
		12	0



## Medical Readiness Indeterminate



- 105 personnel out 1639 have a readiness category of Indeterminate.
- Means Inability to determine health status because of overdue Periodic Health Assessment or Dental Class 4 or Mental Health Assessment.



### Medical Readiness Indeterminate



Unit	Name	MRI	MRI%
06040G76	MARINE AVIATION DETACHMENT	8	9.6
0428A	NAVSUPFAC PATUXENT RIVER M	5	2.5%
39785	AIRTEVRON TWO ZERO	4	4.0%
68346	NASC/AIR-1.0 PMO	1	1.8%
68626	LOGISTICS AND INDUSTRIAL O	4	3.8%
44689	NAVTESTPILOTSCH PAX RIVER	5	15.6%
31686	FLTSCIDEVRON ONE PAX RIVER	5	10.9%
40010	PEO(W) SUPPORT PAX RIVER M	3	5.9%
49860	NAWC ACDIV PAX RIVER (NWC	1	1.9%
39784	AIRTEVRON TWO ONE	5	8.9%
40011	PEO(T) SUPPORT PAX RIVER M	5	10.2%
00421	NAVAIRWARCENACDIV PAX RIVE	3	27.3%
39783	AIRTEVRON TWO THREE	3	2.7%
42846	STU TEST PILOT SCHOOL	12	29.3%
3712A	BUPERS S/D COMP PATUXENT M	4	80.0%
40400	ENTERPRISE AIRSPEED TEAM	1	5.9%
48137	PEO TACAIR PATUXENT RIVER	1	25.0%



### Medical Readiness Indeterminate



Unit	Name	MRI	MRI%
64485	NAVAIRWARCENACDIV ST I NWC	4	28.6%
44198	PUBLIC WORKS DEPT PAX RIVE	0	0.0%
47608	NAVAL AIR STATION PAX RIVE	0	0.0%
00019	NAVAIRSYSCOM HQ PAX RIVER	0	0.0%
48301	NASC AIR 2.0 CONTRACTS	3	20.0%
31304	COMFLTREADCEN NWCF PAX RIV	0	0.0%
40012	PEO (A) SUPPORT PAX RIVER	4	14.3%
39782	NAVTEST WINGLANT	0	0.0%
31565	NAVSUP WSS SC INTERN PAX R	1	11.1%
32038	COMNAVAIRFORES DET PAX RIV	0	0.0%
3383A	RLSO NDW BROFF PAX RIVER M	0	0.0%
42325	PERSUPPDET PATUXENT RIVER	0	0.0%
48498	FLTSCIDEVRON ONE SUPPACT	1	7.1%
40330	NAVSUP FLT LOG CTR PAX RIV	6	22.2%



# MRRS Contact



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## Deployment Health Center

**Ms. Edick**

- 301-342-5492
- [Roxanne.edick@med.navy.mil](mailto:Roxanne.edick@med.navy.mil)

**HM2 Toussaint LPO**

- 301-757-2027
- [Erica.toussaint@med.navy.mil](mailto:Erica.toussaint@med.navy.mil)

# Attachment 5, Pg. 6

Command Readiness as of 16 NOV	Total Patients	Class 1	Class 2	Class 3	Class 4	Percent Ready	Percent Healthy
N00032 (USN / USMC) - NAVAIR PEO W	3	1	2	0	0	100.00%	33.33%
N00421 (USN / USMC) - NAWCAD	5	4	1	0	0	100.00%	80.00%
N31304 (USN / USMC) - COMFRC NWCF	7	4	3	0	0	100.00%	57.14%
N31565 (USN / USMC) - NAVY AQUISITION CONTRACT OFFICER	5	4	1	0	0	100.00%	80.00%
N31671 (USN / USMC) - NAVAIRSYSCOM DET NAVPERSCOM COMP	6	4	2	0	0	100.00%	66.67%
N31718 (USN / USMC) - BFM PROGRAM NWCF	3	2	1	0	0	100.00%	66.67%
N32038 (USN / USMC) - CNARF D P RIVER	6	3	3	0	0	100.00%	50.00%
N32796 (USN / USMC) - NAVAIRSYSCOM RPN	2	2	0	0	0	100.00%	100.00%
N3383A (USN / USMC) - RLSD NDW BROFF Pax River	1	1	0	0	0	100.00%	100.00%
N3712A (USN / USMC) - NAWC BUPERS	2	1	1	0	0	100.00%	50.00%
N39782 (USN / USMC) - NTWL	22	13	9	0	0	100.00%	59.09%
N42191 (USN / USMC) - NAVAIR AIR ENG	45	26	19	0	0	100.00%	57.78%
N44198 (USN / USMC) - PUBLIC WORKS DEPT	7	5	2	0	0	100.00%	71.43%
N45595 (USN / USMC) - CNATT LIAISON NAVAIR PMA 205	3	2	1	0	0	100.00%	66.67%
N47136 (USN / USMC) - USNS COMFORT	12	6	6	0	0	100.00%	50.00%
N47396 (USN / USMC) - NAVAIR AIR 5-0	9	5	4	0	0	100.00%	55.56%
N48138 (USN / USMC) - NAVAIR PEO A	1	1	0	0	0	100.00%	100.00%
N48711 (USN / USMC) - FSC NAVAIRWARCEN AC DIV PAX RIVER	1	1	0	0	0	100.00%	100.00%
N50716 (USN / USMC) - NAVAIR WARFARE CTR AIRCRAFT DIV PATU	11	7	4	0	0	100.00%	63.64%
N68520 (USN / USMC) - COMFRC Mission	11	8	3	0	0	100.00%	72.73%
N68767 (USN / USMC) - NAVAIR 5-0	7	5	2	0	0	100.00%	71.43%
N68935 (USN / USMC) - NAVAIR AIR 7-0 8-0 9-0	9	7	2	0	0	100.00%	77.78%
N40011 (USN / USMC) - PEO T SUPPORT	59	44	14	1	0	98.31%	74.58%
N39785 (USN / USMC) - VX-20	109	62	44	2	1	97.25%	56.88%
N68346 (USN / USMC) - NAVAIR AIR 1-0	36	25	10	1	0	97.22%	69.44%
N39783 (USN / USMC) - VX-23	105	66	36	3	0	97.14%	62.86%
N40012 (USN / USMC) - PEO A SUPPORT	34	20	13	0	1	97.06%	58.82%
N49860 (USN / USMC) - NAWC NWCF	30	20	9	1	0	96.67%	66.67%
N0428A (USN / USMC) - NAVSECDET PAX RIVER	201	128	66	7	0	96.52%	63.68%
N44889 (USN / USMC) - TPS STAFF	27	17	9	1	0	96.30%	62.96%
N40010 (USN / USMC) - PEO W SUPPORT	52	30	20	1	1	96.15%	57.69%
N49403 (USN / USMC) - VQ-4	166	88	71	4	3	95.78%	53.01%
N55600 (USN / USMC) - VX-1	307	170	124	9	4	95.77%	55.37%
N66098 (USN / USMC) - MEDICAL PAX	114	69	40	5	0	95.61%	60.53%
N68626 (USN / USMC) - NAVAIR AIR 3-0	80	51	25	3	1	95.00%	63.75%
06040 (USN / USMC) - MAD	199	125	64	5	5	94.97%	62.81%
N63087 (USN / USMC) - FRC Pax River	139	86	46	7	0	94.96%	61.87%
N42846 (USN / USMC) - TPS STUDENT	37	16	19	2	0	94.59%	43.24%
N49659 (USN / USMC) - COMM	18	10	7	1	0	94.44%	55.56%
N40400 (USN / USMC) - ENTERPRISE AIRSPEED 6-0	32	22	8	1	1	93.75%	68.75%
N39679 (USN / USMC) - ASTC	15	6	8	1	0	93.33%	40.00%
N31686 (USN / USMC) - VXS-1	58	29	25	4	0	93.10%	50.00%
N00019 (USN / USMC) - NAVAIR	41	26	12	2	1	92.68%	63.41%
N39784 (USN / USMC) - HX-21	66	41	20	5	0	92.42%	62.12%
N61168 (USN / USMC) - NMC DET WEAPONS	13	6	6	1	0	92.31%	46.15%
N64485 (USN / USMC) - NAWCAD NWCF	7	4	2	1	0	85.71%	57.14%
N40330 (USN / USMC) - FISC NORFOLK DET	24	13	7	3	1	83.33%	54.17%
N42325 (USN / USMC) - PSD PAX	6	2	3	1	0	83.33%	33.33%
N48301 (USN / USMC) - NAVAIR AIR 2-0	10	7	1	2	0	80.00%	70.00%
N47608 (USN / USMC) - NAS Patuxent River	14	5	5	3	1	71.43%	35.71%
N48137 (USN / USMC) - NAVAIR PEO T	3	1	1	1	0	66.67%	33.33%
<b>Total</b>	<b>2180</b>	<b>1301</b>	<b>781</b>	<b>78</b>	<b>20</b>	<b>95.50%</b>	<b>59.68%</b>

*Attachment 6*

# DENTAL "NO SHOW"

OCT: 4.63% (down from 6.10% in SEP)

Every "NO SHOW" or Last Minute Cancellation is a LOSS in Productivity

- > \$334 per dentist per visit
- > \$289 per hygienist per visit

Every "NO SHOW" or Last Minute Cancellation is a Missed Opportunity for You or Your Shipmate to be "Operational Ready"

*Please Keep Your Dental Appointments!*

# Attachment 7

## REDUCTION IN PRIME SERVICE AREAS (PSA)

We are sorry but TRICARE cannot answer your question about the reduction in Prime Service Areas (PSAs) right now. Senior Department of Defense officials are deciding whether to continue with PSA reductions planned since 2007. We are waiting for their final decision. We are committed to keeping you aware of changes that may affect your medical benefit. Though many fairly reliable news sources have information on military issues, to include health care benefits, we encourage you to visit the TRICARE website at [www.tricare.mil](http://www.tricare.mil) for official news. You may sign up for benefit updates and news releases through the subscriber link located on TRICARE's media center page.

Federal law requires PSAs to be around only military treatment facilities (MTFs) and in areas where installations closed due to base realignment and closure (BRAC). Under the newer TRICARE regional contracts, the government did not require the contractor to build additional PSAs since maintaining them in areas outside of MTF or BRAC areas increases TRICARE's administrative costs. The original TRICARE concept was that PSAs would exist to make sure the active force was medically ready to serve by providing additional health care services around military clinics and hospitals.

Attachment 8

# Communication and Stress Seminars/Classes 2013

For Military Members, family members, retirees & DOD civilians



**RESERVATIONS REQUIRED** (unless marked by an asterisk \*\*)  
Dates/Times/Location are subject to change. Please call 301-342-4911 to confirm.

8 January	Personal Communication	1430-1600
15 January	Stress Management	1430-1600
16 <sup>th</sup> , 23rd, 30th January	Anger Management	1400-1600
(3 Class series meets Thursdays)		
31 January	Suicide Prevention and Awareness	0900-1000
7 February	Marriage is a Work of Heart	1530-1700
13 February	Myers Briggs Type Indicator	0800-1200
20 February	Stress Management	0830-1000
13 March	Personal Communication	1100-1230
21 March	Stress Management	1300-1430
2 April	Suicide Prevention and Awareness	1300-1400
9 April	Marriage is a Work of Heart	0830-1000
11 <sup>th</sup> , 18th, 25 <sup>th</sup> April	Anger Management	1400-1600
(3 Class series meets Thursdays)		
29 April	Stress Management	1100-1230
10 May	Personal Communication	1100-1230
16 May	Stress Management	1300-1430
23 May	Myers Briggs Type Indicator	0800-1200

Fleet & Family Support Center, Patuxent Naval Air Station, 21993 Bundy Road

Phone (301) 342-4911 DSN 342-4911 Fax (301) 342-4802 Hours: M-TH, 8:00 – 4:30, Fri 8:00 – 4:00