

WELCOME ABOARD



110 NNPTC CIRCLE, GOOSE CREEK, SC 29945

INSIDE THIS ISSUE:

Welcome Aboard	2
Command's History	3
Charleston's History	4
Maps	5
Check-In	6
Housing	7
DEERS	8
Family Care Plan	8
Tricare	9
Liberty Program	10
Points of Contact	11
Triad Biographies	12-14



Welcome to NMRTC Charleston and the Lowcountry

NMRTC Charleston is located in Goose Creek, South Carolina. NMRTC's mission is to maintain Maritime Superiority by providing the highest quality of healthcare, optimizing medical readiness, and promoting the health and performance of those who protect the nation.

NMRTC Charleston continues to strive for excellence and maintain its status as one of the top medical facilities of Naval Medical Forces Atlantic under the command and leadership of Commanding Officer, Captain Lanny F. Littlejohn, our Executive Officer, Captain Kevin J. Lyle, and Command Senior Enlisted Leader, HMCM Tristan L. Johnson.



CAPT Kevin J. Lyle



CAPT Lanny F. Littlejohn



HMCM Tristan L. Johnson



Charleston's Naval Health History

NMRTC Charleston is a command with a rich history and tradition. Commissioned on July 31, 1917, the original Naval Hospital Charleston began as an emergency hospital caring for the wounded during World War I. The hospital consisted of 19 temporary wooden buildings with a bed capacity of 250. The following year, 14 additional buildings were constructed, increasing the bed capacity to 1,000 beds.

Over the next century, the hospital infrastructure changed many times, including consolidating from several buildings to one, and moving from Charleston to North Charleston to its current home in Goose Creek, on the Joint Base Charleston - Weapons Station.

Renamed to NMRTC Charleston in 2020, NMRTC shares occupancy with the Ralph H. Johnson Veterans Affairs Medical Center's Goose Creek Community Based Outpatient Clinic. Both organizations share the 188,000 square-foot, John G. Feder Joint Ambulatory Care Clinic, where Department of Defense and Veterans Affairs employees are recognized as setting the gold standard for providing healthcare to service members, family members and veterans.



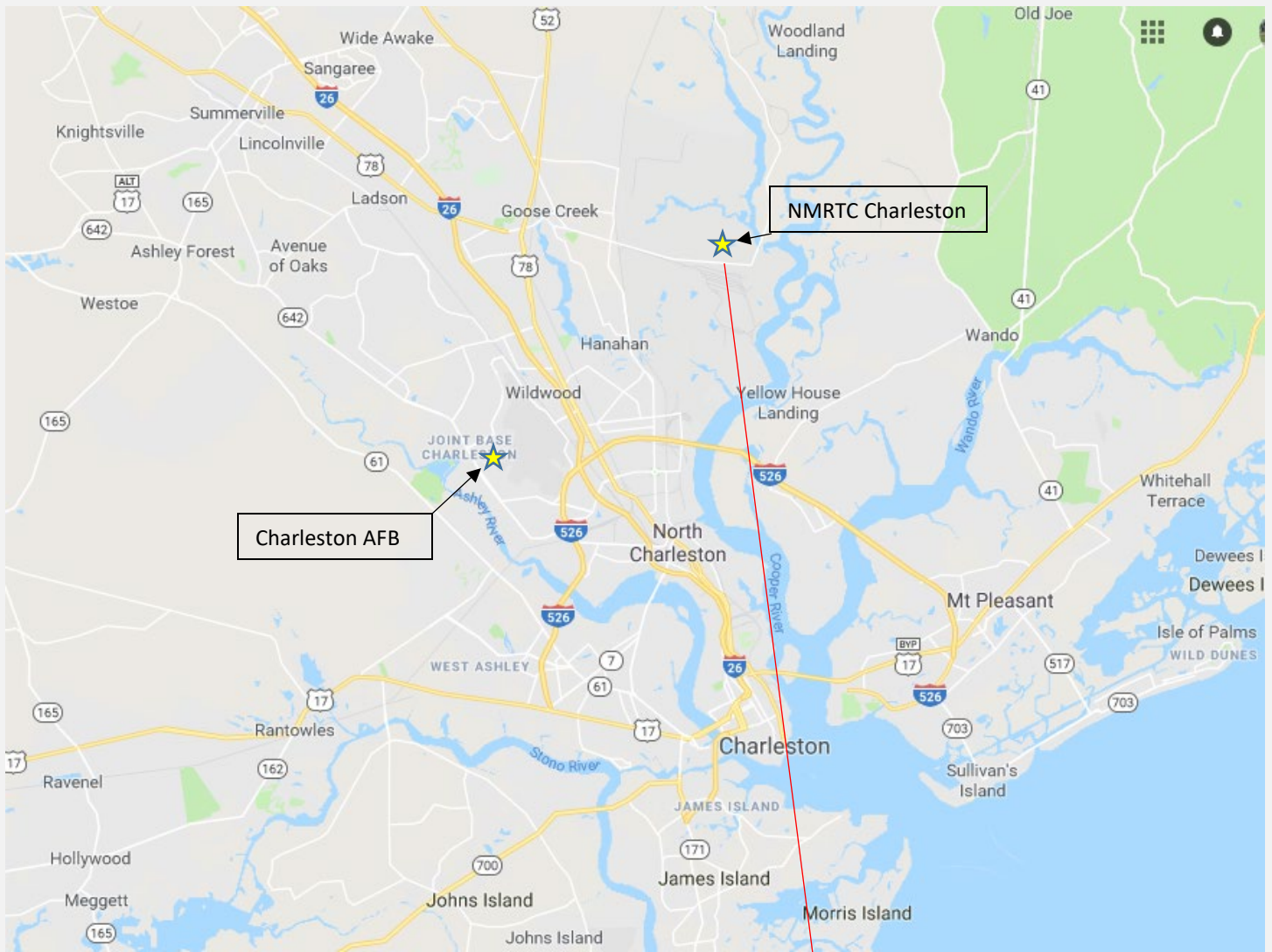
Charleston's History

Charleston is the oldest and largest city in the U.S. state of South Carolina, the county seat of Charleston County, and the principal city in the Charleston–North Charleston–Summerville Metropolitan Statistical Area. The city lies just south of the geographical midpoint of South Carolina's coastline and is located on Charleston Harbor, an inlet of the Atlantic Ocean formed by the confluence of the Ashley, Cooper, and Wando rivers. Charleston had an estimated population of 134,875 in 2017. The estimated population of the Charleston metropolitan area, comprising Berkeley, Charleston, and Dorchester counties, was 761,155 residents in 2016, the third-largest in the state and the 78th-largest metropolitan statistical area in the United States.



Charleston was founded in 1670 as Charles Town, honoring King Charles II of England. Its initial location at Albemarle Point on the west bank of the Ashley River (now Charles Towne Landing) was abandoned in 1680 for its present site, which became the fifth-largest city in North America within ten years. Despite its size, it remained unincorporated throughout the colonial period; its government was handled directly by a colonial legislature and a governor sent by London. Election districts were organized according to Anglican parishes, and some social services were managed by Anglican wardens and vestries. Charleston adopted its present spelling with its incorporation as a city in 1783 at the close of the Revolutionary War. Population growth in the interior of South Carolina influenced the removal of the state government to Columbia in 1788, but the port city remained among the ten largest cities in the United States through the 1840 census.

Known for its rich history, well-preserved architecture, distinguished restaurants, and hospitable people, Charleston is a popular tourist destination. It has received numerous accolades, including "America's Most Friendly City."



Check – In Procedures

All Sailors should check-in with orders in hand to the Information Desk in the current Service Dress Uniform, between 0800 – 1600 Monday through Friday. If checking in on the weekends or holidays please contact the Command Duty Officer at 843-297-2024. Please try to coordinate with your Sponsor as best as possible. If you haven't been contacted by your Sponsor yet please notify the Command Sponsor Coordinator:

HM1 Zachary Jawad, Email: zachary.r.jawad.mil@health.mil, Phone: 843-794-6553



Temporary Lodging

Naval Weapons Station Charleston has a limited Visitor Quarters operation consisting of one Visitor's Quarters Suite for personnel in pay grades E-1 and above; and one Distinguished Visitor's Quarters Suite for personnel in pay grades E-9, O-5 and above. Pay grades W1-04, E9, and retired personnel are housed on a space available basis. Service members should contact the Housing Welcome Center (843-794-7265) to make reservations. Prices begin at \$41 per night for military members. If these quarters are not available, the Housing Welcome Center can issue a certificate of non-availability, if needed.

Foster Creek Villas, operated by the Morale, Welfare and Recreation department, offer spacious two, three and four bedroom on-base vacation rental units. Each unit features a furnished living room with phone and television, dining room, fully equipped kitchen, and a front and back yard with covered parking. Prices begin at \$45 per night for military members and families, and \$50 per night for other eligible categories. Call (843) 794-2120 for reservations.

PETS ARE NOT ALLOWED

Charleston AFB has temporary lodging in the form of the Inns of Charleston. Currently under renovations and construction the Inn has limited rooms at \$70 per night and very few pet available rooms. Contact information is 843-963-8000.

Joint Base Charleston Housing

Joint Base Charleston has two military housing communities, with one at the Naval Weapon Station and the other at the Air Base. It can help provide you with “one-stop” home shopping, by providing extensive information on base PPV housing, off-base apartment rentals, and community home purchases. It can compare your housing allowance with average local rental costs, home purchase prices and utility expenses. It can even help save money if you decide to rent off base. The Welcome Centers are open Monday through Friday from 8 a.m. until 5 p.m. Military families can apply for base housing as soon as PCS orders to Naval Weapons Station Charleston are received by submitting an advanced application package.

Naval Weapon Station Housing can be reached at 843-797-5631 or

<https://www.jbwscharlestonhomes.com/> .

Charleston Air Force Base Housing can be reached at 843-219-9093 or

<http://www.jbcharlestonfamilyhousing.com/> .

Bachelor Housing

Military bachelors wanting to stay on base should contact the Bachelor Housing Office as soon as PCS orders are received in order to secure a position on the waiting list or arrange for quarter assignment before you arrive on station. If advance notice is provided, and bachelor quarters are available, your keys will be waiting for you upon arrival. The Bachelor Housing Office is open 24 hours a day, seven days a week.

Bachelor housing for E-6 and below consist of two-person garden apartments. Each fully furnished unit includes two private bedrooms, and a shared living room, dining room, bathroom, kitchen, balcony, and car port. Units include fully equipped kitchens, washers and dryers, televisions, and DVDs. The bachelor housing complex also includes a lounge with refreshment area, a basketball and volleyball court and picnic area with gazebo.

There are also 12 fully furnished double occupancy officer and senior enlisted homes on base. Each is a renovated 3-4 bedroom 1,500 square foot townhouse unit which comes with fully equipped kitchen, washer and dryer.

There is a required stay of 4 months (120 days) before you can move out of the BEQ.



WHAT IS DEERS?

DEERS is the Defense Enrollment Eligibility Reporting System. Yours DEERS registration verifies your eligibility to receive TRICARE benefits. Ineligibility in DEERS means you are ineligible for TRICARE benefits. Failure to update DEERS with current information can result in misdirected communication, delayed enrollment, disenrollment, claims payment problems and other difficulties.

DEERS

Verifying and Updating Eligibility Information

Eligibility for TRICARE is verified through the DEERS. You can update information in DEERS using one of the following methods:

- Visit your local personnel services office. Your nearest one can be found at www.dmdc.osd.mil/rsi.
- Call 1-800-538-9552 (Monday-Friday, 6 a.m. to 3:30 p.m. PST)
- Update electronically at www.tricare.osd.mil/DEERSAddress. To update your address with Humana military, please visit www.humanamilitary.com or call 1-800-444-5445.

Family Care Plan

Service members are responsible to ensure family members/dependents are cared for during deployments, reserve mobilizations, and temporary duty, as well as at all other times during which the service member is unavailable. Formal documentation of a Family Care Plan is required under any of the following conditions:

- A service member with primary or shared physical custody of a minor child or children who is not married to the other natural or adoptive parent of the minor child or children.
- Both members of a married dual military couple where one or both have primary or shared physical custody of a minor child or children.
- Service members who are legally responsible for an adult family member who is incapable of providing for themselves in the absence of the service member.

Caregivers are NOT required to sign the NAVPERS 1740/6.

You can now update your Family Care Plan via Navy Standard Integrated Personnel System (NSIPS) or Electronic Service Record (ESR):

[Instructions to Update Family Care Plan in NSIPS and ESR Shore 12SEP14](#)

Tricare Medical & Dental

Tricare Prime / Standard Enrollment

Once you have arrived at NMRTC Charleston, you will need to establish a Primary Care Manager for you and your family. All active duty members are required to have Tricare Prime. Options for family member enrollment are on the Tricare website:

<https://tricare.mil/LifeEvents/Moving>

Procedures

1. Update your information in Defense Enrollment Eligibility Reporting System (DEERS):

<https://www.dmdc.osd.mil/milconnect>

2. Register in the Tricare region via: www.tricare.mil/bwe
3. Select your PCM
4. Report with your health records

Dental

Active Duty: For dental information please call 843-794-7944

Family Members: Enrollment with Tricare (United Concordia) Dental is elective, not automatic.

To enroll please visit the following site: <https://tricare.mil/CoveredServices/Dental/TDP>



Joint Base Liberty Program

The LIBERTY program offers a wide range of high-adventure trips, outdoor recreation, leisure activities, sports/tournaments, social events, and a recreation facility. The primary purpose of the program is to offer activities which target active duty personnel, 18 – 25 years of age, living in the barracks or base housing, including both single personnel and geographical bachelors. Some exciting trips and events include skydiving, marksmanship quals, river tubing, snow skiing, paintball, table tourneys, barracks break-ins, BBQ's and MORE! Sign-ups can be found at the WS ITT, CAC is required for sign-up.

The Liberty Lounge is a free recreational facility located on NNPTC within the Bowman Center. Come relax on any of our recliners while catching up on the latest ESPN happenings. Connect with your gamer friends through any of our ten Xbox Live accounts. Battle it out with your friends on our pool and ping-pong tables. Sign-in to our computers with free internet access. Jam solo or with friends in The Beat Lab, a soundproof recording studio with electronic drums, keyboard, guitars, congas, mixing and recording equipment, and MORE!

The facility is constantly growing so stop in regularly so you stay up-to-date on all LIBERTY has to offer! If you haven't already, come check us out:

<https://www.jbcharleston.com/recreation/liberty-program/>



Points of Contact

Uniformed Victim Advocate

Duty Cell Phone
843-478-8615

Suicide Prevention Coordinator

LT Gonzalez
843-794-6756

CMEO

HMC Morris
843-794-6227

DOD Safe Helpline

24/7
1-877-995-5247
www.Safehelpline.org

SAPR

LT Peck
843-794-6942

Legal

LT Collazo
843-794-6571

Command Website:

[https://www.med.navy.mil/Naval-Medical-Forces-Atlantic/
Organization/Support-Forces/NMRTC-Charleston/](https://www.med.navy.mil/Naval-Medical-Forces-Atlantic/Organization/Support-Forces/NMRTC-Charleston/)



United States Navy Biography

CAPT LANNY F. LITTLEJOHN **Commanding Officer** **Navy Medicine Readiness and Training Command Charleston, SC**

CAPT Lanny F. Littlejohn was born in Spartanburg, SC and began his military career by enlisting in the United States Marine Corps as a Landing Support Specialist (0481). He graduated from The Citadel in 1994 with a Bachelors of Science in Biology and earned his medical degree from the University of South Carolina School of Medicine, graduating cum laude and being inducted into the Alpha Omega Alpha honor medical society in 1999.

After an internship, in General Surgery at Naval Medical Center San Diego, he was assigned as a Flight Surgeon with VMAQ-4, at MCAS, Cherry Point, NC. It was there that he completed the DoD Manned Space Flight Support Program, covering multiple Space Shuttle landings prior to deploying in support of Operation Southern Watch, Saudi Arabia in 2001. His next operational assignment was as an Undersea Medical Officer with EODMU2, NAB, Little Creek, VA.



CAPT Littlejohn completed his residency in Emergency Medicine in 2009 at Naval Medical Center Portsmouth and deployed to Helmand Province, Afghanistan in 2010. There he served as a Shock Trauma Platoon and Tactical Trauma Team OIC utilizing the novel Mobile Trauma Bay for far-forward Damage Control Resuscitation in support of USMC operations.

From 2009 to 2014, he served as a staff Emergency Physician at NMCP and the director of the Combat Trauma Research Group. He also served in direct combat medical support for USSOCOM, deploying an additional five times to AFRICOM and CENTCOM.

In 2014, Littlejohn served as the Department Head of Emergency Medicine at Naval Hospital Camp Lejeune. In 2016, he attended the US Naval War College earning an MA in National Defense and Strategic Studies with a minor in Low Intensity Conflict. He served a follow-on tour as the Command Surgeon of Naval Special Warfare Development Group where he earned designation as a Level III Joint Qualified Officer. He then served as the Force Surgeon for Naval Special Warfare Command in Coronado, CA while completing an MBA from the Naval Postgraduate School. In June 2022, he reported to Navy Medicine Readiness and Training Command Beaufort and Naval Support Facility Beaufort, SC as the Executive Officer. On 26 April 2024, he assumed the role and duties as Commanding Officer for Navy Medicine Readiness and Training Command Charleston, SC.

CAPT Littlejohn is an Assistant Professor of Military and Emergency Medicine at the Uniformed Services University, Fellow of the American College of Emergency Physicians, and a Certified Physician Executive. He has authored two textbook chapters, published over 20 papers in the peer-reviewed medical literature, and is currently a member of the Committee on Tactical Combat Casualty Care and Chair of the Technology Subcommittee.

CAPT Littlejohn's personal decorations include the Legion of Merit, Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal(x2), Joint Service Commendation Medal(x2), Navy and Marine Corps Commendation Medal(x3), and various other campaign and personal awards.



Kevin J. Lyle, MPH, MBA, FACHE
Captain, Medical Service Corps, United States Navy

A native of Seminole, Oklahoma, Captain Lyle attended Officer Indoctrination School in Newport, Rhode Island. His first assignment was at Naval Hospital, Corpus Christi, Texas, where he served as the Head of Patient Administration and Healthcare Operation Departments and later as the Acting Director for Administration.

In 2006 he transferred to Naval Medical Center San Diego as the Fiscal Department Head, responsible for developing and executing the command's \$400M budget. From January 2007 until January 2008 CAPT Lyle was assigned as an Individual Augmentee to Medical Task Force Kuwait in support of Operation Iraq Freedom and Operational Enduring Freedom. During his deployment he served in a dual role as the Director of Resources and Comptroller for Medical Task Force and Expeditionary Medical Facility Kuwait.

In 2009, CAPT Lyle was assigned as the Officer in Charge for Medical Recruiting at the Navy Recruiting District, Dallas, TX. During his tour he was Medical Officer Recruiter of the Year in FY09.

From 2010 until October of 2011, CAPT Lyle served as the Comptroller and Legal Officer, Naval Health Clinic Cherry Point, North Carolina. In 2011, CAPT Lyle was the Flag Aide and Action Officer to the Deputy Surgeon General and Deputy Chief Bureau of Medicine and Surgery in Washington, D.C.

From 2013 until June 2016, CAPT Lyle served as Director for Administration U.S. Naval Hospital Naples, Italy. During his tour he was recognized as Bureau of Medicine and Surgery Director for Administration of the Year for 2013. In June 2016 until February 2019, CAPT Lyle served as Officer in Charge Naval Branch Health Clinic Everett.

CAPT Lyle reported to Bureau of Medicine and Surgery, Falls Church, Virginia where he served as the Director for Administration, Interim Deputy Chief of Staff, and Defense Health Agency Liaison from February 2019 until January 2022.

In January 2022 until April 2024, he served as the Director for Administration and Healthcare Business at Navy Medical Readiness and Training Command Annapolis, Maryland. In May 2024 he reported as the Executive Officer Navy Medical Readiness and Training Command Charleston, South Carolina.

Captain Lyle's personal decorations include: Defense Meritorious Service Medal, Meritorious Service Medal (four awards), Navy and Marine Corps Commendation Medal (four awards), Navy and Marine Corps Achievement Medal, and various other service and units awards. CAPT Lyle is a Fellow of the American College of Healthcare Executives (ACHE) and was the 2022 ACHE Senior Healthcare Executive of the Year.



United States Navy Biography

HCMC (FMF) Tristan L. Johnson Command Master Chief

Navy Medicine Readiness and Training Command Charleston, SC

HCMC (FMF) Tristan Johnson enlisted in the Navy from Sweet Home, Oregon, in 1997 and reported to Hospital Corpsman "A" School immediately following recruit training. Subsequently, he graduated from Field Medical Service School prior to reporting to his first command at Naval Hospital Oak Harbor, Washington.

Johnson served at Oak Harbor from the summer of 1998 to the spring of 2001, working as a general duty HM in the General Surgery Department and as an EMT. In early 2001, he checked into First Marine Division for his first sea assignment. He was assigned to 1st Battalion, 4th Marines, serving as the Senior Line Corpsman for Weapons Company. He deployed with the 13th MEU from DEC 2001 to July 2002. He was promoted to Second Class and assumed the duties as LPO H&S Company and then senior line corpsman for Bravo Company during deployment in support of Operation Iraqi Freedom in April 2003 and again in May 2004. During this time, he was awarded the Navy and Marine Corps Achievement Medal with Combat distinguishing device, Combat Action Ribbon, and multiple campaign awards.



In the spring of 2005, he checked into Field Medical Service School for instructor duty and served for three years developing and training Field Medical Service Technicians. He transferred back to First Marine Division in 2008, where he served as the LPO for 1st Battalion, 5th Marines, deploying to the Helmand Province region of Afghanistan in support of Operation Enduring Freedom in 2009. Upon his return, he took over as the SMDR for 2D Battalion, 11th Marines.

His following tour took him to Naval Hospital Camp Pendleton. He was selected to Chief Petty Officer in 2011 and served as the Staff Education and Training LCPO and LCPO of the 13 area Clinic. He then reported back to First Marine Division in 2014. He was attached to 2nd Battalion, 4th Marines and deployed with the 31st MEU to Okinawa and the INDO-Pacific region. Upon his return, he became the Senior Enlisted Leader (SEL) for 11th Marine Regiment and later SEL for First Marine Regiment.

Johnson transferred to Marine Forces Pacific, Honolulu, Hawaii spring of 2017. He assumed the duties of Senior Enlisted Advisor to the Force Surgeon in support of the Marines and Sailors serving in the INDO-Pacific. He was selected to Senior Chief in 2018 and was awarded the Meritorious Service Medal upon completing this tour of duty.

In May 2020 he transferred to Navy Personnel Command, Millington, TN, and assumed the role of DLCPO for Specialized Placement, PERS-4013, and Lead Placement Coordinator and Lead Rating Evaluator for Hospital Corpsman. He was screened for Master Chief in 2023.

Master Chief Johnson is currently serving as the Command Master Chief for NMRTC Charleston. He is married to Katie Johnson and has a Son, Payton, who currently lives in Wilmington, North Carolina. His personal awards include the Meritorious Service Medal, Navy and Marine Corps Commendation Medal, Navy and Marine Corps Achievement Medal, and various Campaign, unit, and Service medals.