

Frequently Asked Questions

Deployment Health Center

Q: Do I have to fast prior to my Physical Health Assessment (PHA)?

A: Yes, you need to fast for 12 hours prior to your PHA.

Q: Can I report to my PHA wearing my contact lenses?

A: No, you must not wear contact lenses. Be sure to bring your glasses to your PHA visit.

Q: What is the uniform of the day for PHAs?

A: You may wear your official "Navy PT" gear (yellow/Blue authorized gear) or the uniform of the day to your PHA.

Industrial Hygiene

Q: What is Industrial Hygiene?

A: Industrial Hygiene is a science and art devoted to the anticipation, recognition, evaluation, prevention, and control of those environmental factors or stressors arising in or from the workplace which may cause sickness, impaired health and well being, or significant discomfort among workers or among citizens of the community.

Q: How do I schedule an Industrial Hygiene Survey?

A: Call 257-9404 to set-up a time and date.

Laboratory

Q: Can I get my lab results from the Laboratory?

A: No. The laboratory staff is not able to give out results or check to see if lab results are in the computer. Please contact your Primary Care Provider or Team Nurse to obtain the results of your lab tests.

Q: How do I get Lab tests done?

A: If you have concerns about your health, discuss those concerns with your Primary Care Provider (PCM). At the time of the visit, if your PCM feels your health concerns could be addressed with lab draws, the PCM will order the tests. Be sure to ask if you are required to fast prior to having your blood drawn.

Mental Health

Q: Is there a walk-in clinic for Mental Health?

A: Mental Health is an appointment based clinic. The Mental Health Department does offer several group sessions, Men's and Women's sessions, Sexual Assault PTSD, Deployment PTSD,

and Cognitive Behavior Therapy. Call (360) 257-9484 for the schedule or to enroll in the group session.

Q: Where do I go if there is a Mental Health emergency?

A: If during normal working hours and the patient is already an established patient in Mental Health, report directly to the Mental Health Clinic. If not an established patient in Mental Health, report to the appropriate Medical Home Port clinic and see your Primary Care Provider.

If after hours, report to the nearest Emergency Department.

Occupational Health

Q: Can I make an appointment?

A: Appointments for Active Duty and Civil Service employees assigned to NASWI to the Occupational Health Clinic are scheduled by the command safety representative. If the patient has received a referral and needs to schedule an appointment, call 257-9925.

Q: Where are Physical Health Assessments conducted?

A: PHAs are conducted in R-118, one of the modular buildings across the street from the main hospital on Saratoga Street.

Optometry

Q: Can family members and retired beneficiaries be seen in NHOH Optometry?

A: Anyone enrolled in TRICARE Prime six years and older can be seen at NHOH.

Q: Can family members and retired beneficiaries receive their glasses/contacts at NHOH?

A: No. Only Active Duty can receive their glasses and contacts at NHOH. There are several network providers in the Oak Harbor area that can order and adjust your glasses.

Physical Therapy

Q: When is Physical Therapy moving into a larger space?

A: The base leadership has identified a suitable building that will accommodate the Physical Therapy Department. Once the space and funding is approved by Navy Medicine, renovations will be scheduled to create an appropriate physical therapy department. The grand opening will be advertised using social media and base e-mails to communicate the place, date, and time.

Q: Why do we have to be in Navy PT gear?

A: In the past, many patients presented to the Physical Therapy department wearing inappropriate clothing. To avoid any delay in care, Naval Hospital Oak Harbor established a policy that all patients reporting for physical therapy will wear the official Navy issued physical training (PT) uniform.

Substance Abuse and Rehabilitation Program

Q: Where is SARP located?

A: We are located in modular building R-52 across the street from the main hospital on Saratoga Street.