



Navy and Marine Corps Public Health Center
620 John Paul Jones Circle, Suite 1100
Portsmouth VA 23708



2019
Blue H – Navy Surgeon General’s Health Promotion and Wellness Award
Instructions

(as of 1 Jan 2019)

1. Background Information.

The **Health Promotion and Wellness Award** is an annual award sponsored by the Navy Surgeon General and managed by the Navy and Marine Corps Public Health Center, as directed in BUMEDINST 6110.13A. This award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Specifically, the FLEET and MARINE CORPS COMMAND versions recognize excellence in workplace primary prevention policies, activities and outcomes. The MEDICAL version recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations. The SEMPER FIT version recognizes excellence in community health promotion by Marine Corps SEMPER FIT Programs.

The Blue H website is:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

2. Reporting Period.

The reporting period is 1 January – 31 December. Commands should include only policies and activities which were in place or conducted during this time period when scoring their application. The application must be submitted by 1 February of the next year to qualify.

3. Eligibility.

All Navy and Marine Corps commands and joint commands that include Sailors and Marines may participate.

Navy Medical Treatment Facilities will use the MEDICAL criteria.

Medical Battalions, occupational health clinics, small patient-care centers and stand-alone dental health commands may apply using the MEDICAL criteria or the FLEET criteria or the Marine Corps Command criteria (use the Fleet criteria if most of your staff are Sailors; using the Marine Corps criteria if most of your staff are Marines). The Medical criteria are appropriate only if the application is based on community-level health activities plus patient primary prevention services plus staff health policies and activities. The Fleet Criteria and Marine Corps Command Criteria are appropriate if the application is based solely on staff health policies and activities.

USMC non-medical commands should use the “Marine Corps Command” criteria.

SEMPER FIT Centers will use the SEMPER FIT criteria.

All other commands, including **Military Sealift Command, Navy shore** commands and **Navy Reserve** Navy Operational Support Centers (NOSC), will use the FLEET criteria.

Joint commands that include Sailors and Marines should conduct HPW programs that include ALL staff. To score your Blue H, select the criteria set that matches the majority of your staff (Sailors or Marines)

and base your Blue H scores on that majority portion of your staff (i.e. use that majority portion of your staff as your numerator and denominator to calculate your scores).

4. Combined Applications:

Medical Treatment Facilities (MTF): any medical clinic, geographically separated from the parent MTF, which is led by an OIC or Department Head, must submit independently of their parent MTF. The "CO, Letter" can be signed by either the clinic OIC or the parent MTF CO. The spirit of this requirement is that geographically separated units must, of necessity, conduct their own community-level and staff-level wellness activities. The MTF and their respective Branch Health/Medical/Dental Clinics are free to take credit for any activity, policy, programs or staff training criterion that are truly "shared". The parent MTF will receive bonus points for each subordinate clinic that submits (3 points for each clinic).

Navy Fleet Commands: For geographically separated fleet commands and detachments, the Detachment Officer in Charge (rather than the geographically separated parent command) should validate the accuracy of the Blue H application and sign the "CO Letter".

Navy Reserve Commands: NOSC health promotion efforts (and their Blue H scores) should be based on policies and activities for all members of all UICs attached to that NOSC – not just the full time staff. Navy Reserve Operational Health Support Unit (OHSU) headquarters and detachments should support the NOSC health promotion efforts and support the NOSC Blue H application. OHSUs (or other Reserve units) may not apply for the Blue H independently of their NOSC. If desired by the NOSC Commanding Officer, both the NOSC and OHSU detachment(s) may be named in the award announcement. NOSC CO's may request exceptions to this rule for unique circumstances such as geographically isolated detachments.

5. Standards.

For each criterion, a minimal "pass" standard has been adopted. These thresholds were developed by a working group hosted by NMCPHC and are intended to be challenging but achievable. Commands are awarded points for achieving or exceeding these standards.

If a criterion is not applicable to a command, that command will be awarded the maximum number of points for that criterion. For example, if a command has no enlisted Sailors, the CSADD Chapter criterion would be non-applicable and the applicant should take the full points as if they do have a CSADD Chapter.

- **BRONZE ANCHOR:** Every organization that submits a report will receive at least the BRONZE ANCHOR level award.

- **SILVER EAGLE:**

To achieve the SILVER EAGLE level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; and must earn a minimum of 50% of the total available points. The Medical-version categories are (1) Clinical Primary Prevention Practice (primary care health behavior assessment), (2) Community Health Services (community assessment and support), and (3) Staff Health. The topics within Staff Health are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, mental health, tobacco use, and weight management.

To achieve the SILVER EAGLE level award, a **FLEET** or **Marine Corps** command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points. The Fleet-version criteria topics are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, psychological health, tobacco use, and weight management.

To achieve the SILVER EAGLE level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points. The SEMPER FIT -version criteria topics are HP partnerships, assessment and evaluation, HP tools, nutrition, alcohol and drug abuse prevention, tobacco prevention and cessation, physical fitness, psychological health, sexual health, disease prevention, injury prevention, community outreach and staff training.

o **GOLD STAR:**

To achieve the GOLD STAR level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every CATEGORY and TOPIC; and must earn a minimum of 80% of the total available points. Additionally, the following criteria must be met:

- The designated leader of the MTF/Branch Clinic HP Program (i.e. Director; Coordinator) has completed the resident NMCPHC HP Advanced Training Course (previously known as the three-day NMCPHC Navy HP & Wellness Course) within the past 10 years.
- The medical campus must be designated tobacco free.
- Tobacco cessation and SHIPSHAPE reports must have been submitted.
- SHIPSHAPE events must have been provided at the minimum frequency
- The MTF must have a written health promotion instruction, a health promotion committee and a health promotion coordinator appointed in writing.
- All HPW department staff (full-time and collateral duty, military and civilian, including admin support staff) are tobacco-free.

To achieve the GOLD STAR level award, a **FLEET** or **Marine Corps** command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points. Additionally, for FLEET Commands, the lead Health Promotion Coordinator or Director successfully completed the web-based NMCPHC Health Promotion Basics Course or the 2-day HP Advanced Training Course offered by NMCPHC (or the old / now deleted NKO HP course number NMHPB081).

To achieve the GOLD STAR level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points.

6. Submission Process.

A blank criteria set / worksheet (MEDICAL, FLEET, Marine Corps or SEMPER FIT) may be accessed from the Blue H website. A person designated by the Commanding Officer/ Officer in Charge (OIC) or Semper Fit Director of the participating command will **download and save** a copy of the Excel criteria set/worksheet. Use this worksheet during the year to plan and track your Blue H activities and scores.

When to submit your application: Submissions are accepted beginning on 1 January and are due by COB **1 February**. Requests for an extension of this due date may be granted but must be requested via email to NMCPHC before the due date.

How to submit your application:

- A. Send an email to the Blue H manager at <mailto:Michael.r.macdonald2.civ@mail.mil> with these attachments:
1. Your completed and CO-approved **criteria worksheet** (*in Excel format*).
 2. A *signed/scanned letter from the Commanding Officer* (or SEMPER FIT Director; or Officer in Charge for geographically separated fleet or Marine Corps commands) which validates the accuracy of the application. A sample “CO Letter” may be downloaded from the Blue H homepage.
 3. Your HRA “CO Reports” (one for Military Staff plus one for Civilian Staff if more than 10 GS civilians are assigned).
 4. For GOLD STAR applications:
 - Medical: submit the name of all HPW full time staff members and HP Training Certificates appropriate for their military rank/civilian grade.
 - Fleet or Marine Corps Command: submit name of HP Coordinator and HP Training Certificate for Navy HP Basics Course, Level I or Navy HP & Wellness Course Certificate.
- B. ***In addition*** to the e-mail described above, enter your scores into the official **on-line application** found on the Blue H home page. CaC card access is required. This on-line application will provide you with immediate feedback about your Blue H score. Commands lacking internet-with-CaC card access may request a waiver for this step.*
- C. Award submissions will be acknowledged by return email from NMCPHC. It is the responsibility of the applicant to **verify** that their application has been received by NMCPHC.
- D. Please invite one person from your command to complete the Blue H customer feedback questionnaire at: <https://surveys.max.gov/index.php/651967?lang=en>

*Note: The purpose of the worksheet is to enable the applicant to plan and track activities during the year and to brief leaders on the state of their HPW program. The scores can then be easily transcribed into the official on-line application at the end of the year. The purpose of sending the worksheet to NMCPHC is to provide a back-up of the applicant’s scores in case of missing or lost data in the official on-line application.

7. Quality Review Process.

The Blue H Award Manager will forward the list of the Blue H Award applicants on to the QA committee. The list will be submitted alphabetically by command name. Using that list, the number of award packages that will need to be reviewed from both the Fleet, Marine Corps and Medical categories to meet the selection pool of 10% Silver and 25% Gold Level submissions will be determined. The commands will then be numerically selected from the list, starting with the first command alphabetically, until the predetermined number of commands is reached. The initial QA process will be completed by the QA committee by 15 February. The criteria that will be reviewed for QA will be the following:

- -Fleet Criteria:
 - --HP Training Requirement for Gold level
 - --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken

- --Crews into Shape Teams vs. points taken
- -Medical Criteria:
 - --HP Training Requirement for Gold level
 - --FMCHRA Completion Rate for Military and Civilian Staff (if appropriate) vs. points taken
 - --Crews into Shape Teams vs. points taken
 - --Command website links to Command HPW page
 - --Command HPW webpage links to other HPW resources (links) specifically identified in the Blue H Award criteria.

In instances where the QA committee is unable to verify the points taken for any of the selected criteria, the point of contact listed in the application will be contacted and given the opportunity to clarify and submit additional information no later than 10 March.

8. Notes about the NMCPHC Workplace Health Risk Assessment (HRA).

- The criteria include health risk outcome measures which reveal the current risk behavior of command personnel. These criteria are based on the results of the NMCPHC Workplace Health Risk Assessment (HRA). This tool is web-based, free and completely anonymous. Ships may request the CD version if connectivity to the internet is a frequent issue. It takes an individual less than 5 minutes to complete the questions. Members should complete the HRA once each year.
- The Commanding Officer Report informs leaders and managers about the current levels of risk behavior among the command and can help direct future command-level efforts. Administrators can also measure changes in health risks over time. Risk is assessed as either “healthy” or “unhealthy.”
- Organizations which have more than one UIC may print either individual command reports or a consolidated report that includes multiple UICs. Commanding Officer Reports can be generated for military members, GS civilian employees, or both.
- Points are awarded separately for HRA completion rates among a command’s military and GS civilian personnel.
- No points are awarded for any of the criteria which utilize MILITARY HRA data unless 50% or more of the MILITARY members assigned completed the HRA during the calendar year.
- No points are awarded for any of the criteria which utilize CIVILIAN HRA data unless 25% or more of the CIVILIAN (not including contractor) members assigned completed the HRA during the calendar year.
- HRA is not the PHA: The web-based Periodic Health Assessment (PHA) required for every active duty member (IAW DoDI 6200.06) has its own built-in HRA-type questions. There are some key differences between the HRA and PHA: (1) the PHA questions differ somewhat from the NMCPHC Workplace HRA and are, in some cases, more clinical; (2) the PHA is not anonymous and is part of the members medical record (the HRA is anonymous); (3) completion of the PHA requires a CaC card (HRA does not and can be completed from home or via smart phone); (4) there is no mechanism for workplaces to access PHA data (HRA data can be accessed at any time by any registered HRA administrator for any time period); (5) the HRA is available in a stand-alone version (no internet needed) for ships at sea and deployed units (the PHA is not). Therefore, the HRA remains the only tool available to workplaces to understand health risk behavior of their workforce and the **HRA remains the basis of HRA-related scoring for the Blue H - Navy Surgeon General’s Health Promotion and Wellness Award.**
- Read more about the HRA at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>

9. A summary of changes to the criteria is attached.

10. For more information, please contact the Project Manager:

Michael R. (Bob) MacDonald, MS, CHES
Navy and Marine Corps Public Health Center (NMCPHC)
620 John Paul Jones Circle, Suite 1100
Portsmouth VA 23708; (757) 953-0974; DSN 377
<mailto:Michael.r.macdonald2.civ@mail.mil>

**Blue H
Navy Surgeon General's Health Promotion and Wellness Award
2019 Blue H Coaches**

NMCPHC:
Michael R. (Bob) MacDonald, MS, CHES
Navy and Marine Corps Public Health Center
757-953-0974
michael.r.macdonald2.civ@mail.mil

But - you can also tap into the real world Blue H experiences of our awesome volunteer Blue H Coaches.
They are:

AIRCRAFT CARRIER BLUE H COACH (as of July 2017)
Robert McNeal, LT MSC USN
Ship's Physical Therapist
USS VINSON (CVN 70)
Email: robert.mcneal@cvn70.navy.mil

SURFACE SHIP BLUE H COACH
SCPO Noel A Martinez
USS Carney (DDG 64)
IDC@ddg64.navy.mil
noel.a.martinez3.mil@mail.mil

NAVY SHORE COMMAND BLUE H COACH
HMC Nia Maye
NAVSPECWAR LOGSU2; 757-324-2261 cell; 757-763-2190 work
nia.n.maye.mil@socom.mil

SEMPER FIT - HP PROGRAM
Annette Williams, RN, BS, MBA
Director, Health & Fitness
MCAS Cherry Point, NC
annette.williams@usmc-mccs.org
(252) 466-6467/7201

MEDICAL - OCONUS MTF Blue H Coach
Luis Martinez
Health Promotion Section
U.S. Naval Hospital Guam
(671) 344-9124
luis.k.martinez.civ@mail.mil

MEDICAL - CONUS MTF Coach
James Sherrard
Head, Deployment Health and Wellness Center
Naval Hospital Pensacola FL
(850) 452-6326, Ext 4100
james.w.sherrard.civ@mail.mil

MEDICAL - BRANCH HEALTH CLINIC Blue H Coach
-POSITION OPEN

MEDICAL - MTF-COMMUNITY PARTNERSHIPS Blue H Coach
and
DoD-VA MTF Blue H Coach
David J. Reid
Health Promotion Coordinator, Federal Healthcare Center
Chairman, Health Promotion Council, NAVSTA Great Lakes, IL
3001 Green Bay Road, North Chicago, IL 60064 (mailing address)
Building 81-H, Naval Station Great Lakes, 60088 (office address)
david.j.reid@med.navy.mil <mailto:david.j.reid@med.navy.mil>
1-847-688-1900 x80801

NAVY RESERVE and MEDICAL -NOSC LIASON Blue H Coach
CDR Chad Tabatt - NOSC Fargo
Chad.tabatt@gmail.com <mailto:Chad.tabatt@gmail.com>
(218) 686-3510

MARINE CORPS COMMAND BLUE H COACH
HMC (FMF/SW/AW) Jonathan M. Scott
Field Medical Training Battalion-West
jonathan.m.scott@usmc.mil

Blue H
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Summary of Changes to the 2018 Blue H Criteria

(Criteria numbers represent 2018 criteria sets)

MARINE CORP COMMANDS ONLY

- USMC 33 - change "Do fewer than 13% of your MILITARY members report smokeless tobacco use? 12-13%=1; 11%=2; 0-10%=3" to "Do fewer than 19% of your MILITARY members report smokeless tobacco use?" Scoring = 0-10% 3 points; 11-15% 2 points; 16-18% 1 point.
- USMC 34- change "Do fewer than 31% of your MILITARY members report any current tobacco use? 13-30%=2; 0-12%=3" to "Do fewer than 28% of your MILITARY members report smoking cigarettes, cigars, pipes or hookah?" Scoring = 0-11% 3 points; 12-22% 2 points; 23-27% 1 point.
- USMC NEW - "Do fewer than 13% of your MILITARY members report using e-cigarettes?" Scoring = 0-6% = 3 points; 7-12% = 2 points.
- USMC 37 – Change to GOLD STAR MUST-DO "Are the CO, XO, SgtMaj and HP Representative tobacco free?"

FLEET and MARINE CORPS COMMANDS

- FLEET and Marine Corps Command NEW: (ships = exempt; commands with 10 or fewer military staff = exempt): Fleet category "Policy /Support /Risk assessment"; USMC category "sexual health": "The command has written materials used during command indoctrination (1 point) which describe how and where servicewomen who continue to provide breast milk upon return to duty will be, at a minimum, afforded the availability of a clean, secluded space (not a toilet space) with ready access to a water source for the purpose of pumping breast milk and is currently and successfully complying with these requirements of OPNAVINST 6000.1D" (2 points). Scoring = 0, 1, 2 or 3 points. Resource: OPNAVINST 6000.1D - <https://doni.documentservices.dla.mil/Directives/06000%20Medical%20and%20Dental%20Services/06-00%20General%20Medical%20and%20Dental%20Support%20Services/6000.1D.pdf>

MARINE CORPS COMMANDS AND SEMPER FIT HEALTH PROMOTION

- NEED G4G (FUELED TO FIGHT) RESOURCE FOR USMC AND SF

SEMPER FIT HEALTH PROMOTION ONLY

- SEMPER FIT NEW - category "Partnerships"; "Do you provide an awareness level activity related to breastfeeding in partnership with the New Parent Support Program?" Scoring: Yes=3 points.

MEDICAL and FLEET

- MED 36, MED 76, MED 79, FLEET 51 and FLEET 55 - change Go for Green resource to: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/go-4-green-materials-dec-2018.pdf>
- MED 63 and FLEET 39: Did the command conduct an awareness-level activity on the topic of WATER SAFETY? – change scoring from "yes=6" to "0, 2, 4 or 6".

- MED 64 and FLEET 40: Did the command conduct an awareness-level activity on the topic of MOTOR VEHICLE SAFETY? – change scoring from “yes=6” to “0, 2, 4 or 6”.
- MED 119 and FLEET 92 - Retain current criteria for suicide GMT completion but change "anytime during 2017-2018" to " the current year" and change "resources" to "NAVADMIN 226/18, 12 Sep 2018"
- Delete MED 132 and Fleet 104 "Does the most recent PRIMS data indicate that at least 70% of MILITARY members are within Navy standards for body composition?"
- MED 100 and FLEET 77 - Delete "Reproductive Health Briefing" as an option for scoring.
- MED 121 and FLEET 94 – change “Do fewer than 31% of your MILITARY members report smoking cigarettes, cigars or pipes? 13-30%=2; 0-12%=3” to “Do fewer than 25% of your MILITARY members report smoking cigarettes, cigars, pipes or hookah?” Scoring = 0-10% 3 points; 11-19% 2 points; 20-24% 1 point
- MED 122 and FLEET 95 – change “Do fewer than 31% of your GS CIVILIAN members (not contractors) report smoking cigarettes, cigars or pipes? 13-30%=2; 0-12%=3” to “Do fewer than 12% of your GS CIVILIAN members (not contractors) report smoking cigarettes, cigars, pipes or hookah?” Scoring = 0-4% 3 points; 5-8% 2 points; 9-11% 1 point.
- MED 124 and FLEET 98 – change “Do fewer than 13% of your MILITARY members report smokeless tobacco use? 12-13%=1; 11%=2; 0-10%=3” to “Do fewer than 9% of your MILITARY members report smokeless tobacco use? “. Scoring = 0-2% 3 points; 3-5% 2 points; 6-8% 1 point.
- MED125 and FLEET 99 – change “Do fewer than 13% of your GS CIVILIAN members (not contractors) report smokeless tobacco use?” to “Do fewer than 2% of your GS CIVILIAN members (not contractors) report smokeless tobacco use?” Scoring = 0-1% 3 points.
- MED and FLEET NEW - Do fewer than 10% of your MILITARY members report using e-cigarettes? Scoring = 0-3% 3 points; 4-6% 2 points; 7-9% 1 point
- MED and FLEET NEW - Do fewer than 2% of your GS CIVILIAN members (not contractors) report using e-cigarettes? Scoring = 0-1% = 3 points; 2% = 1 point

MEDICAL ONLY

- MED 26 – Delete “Is your tobacco cessation program point of contact (not just the MTF info line) listed on the UCanQuit2 Support Locator?”
- MED 21 - Change to GOLD STAR MUST-DO - "Tobacco cessation metrics were reported to NMCPHC in the most recent full calendar year."
- MED 22 - Change to GOLD STAR MUST-DO - "SHIPSHAPE metrics were reported to NMCPHC when requested by NMCPHC"
- MED 23 - Change to GOLD STAR MUST-DO - "Does the MTF offer SHIPSHAPE at the minimum frequency"
- MED 38 - Change to GOLD STAR MUST-DO - “MTF has a written HP marketing plan that encompasses all beneficiaries and MTF staff” (also change “marketing plan” to “annual plan”.
- MED 40 - Change to GOLD STAR MUST-DO - "Does your command have a written health promotion instruction?"

- MED 41 - Change to GOLD STAR MUST-DO - "Has your command established a health promotion committee?"
- MED 42 - Change to GOLD STAR MUST-DO - "Has the HP Coordinator been appointed in writing?"
- MED 128 - Change to GOLD STAR MUST-DO - "Is your MTF Campus a tobacco-free compound?"
- MED 123: change from "Are the CO/OIC, XO, CMC, HP Coordinator, CFL and tobacco cessation program manager (if installation has that position) tobacco free?" (3 points) to "CO, XO, CMC and CFL are tobacco free" (1-4 points; 1 point per non-tobacco user).
- MEDICAL NEW: GOLD STAR MUST-DO; 3 points; "All HPW department staff (full-time and colateral duty, military and civilian, including admin support staff) are tobacco-free". Scoring = 3 points.
- MED 20: change from "The MTF offers tobacco cessation services at MTF locations IN ADDITION TO health promotion" to "The MTF offers tobacco cessation counseling, medication or referrals in Medical Home, Primary Care and Dental (may also include Pharmacy)."
- MED 129: "Does your command indoctrination process include awareness level information on tobacco cessation and information about the command tobacco-use policies?" change scoring from "yes=3" to "0, 1 2 or 3".
- MED NEW: "MTF has entered and updated this year a list of their services into the NMCPHC HPW interactive map at <https://arcg.is/1nm5OX0> through the mailto: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-ContactHPW@mail.mil Scoring = 3 points.
- MED NEW - category Clinical Primary Prevention - HIV Pre Exposure Prophylaxis services are offered in this MTF (6 points) or are available to patients via referral (3 points). Resources:
 - DHA-IPM <https://health.mil/Reference-Center/Policies/2018/11/08/DHA-IPM-18-020-Guidance-for-the-Provision-of-HIV-PrEP-for-Persons-at-High-Risk>
 - NMCPHC Factsheet: <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/reproductive-and-sexual-health/hiv-don.pdf>
- MED NEW: category: "STAFF HEALTH: Policy / Support / Risk assessment"; "The command has written materials used during command indoctrination (1 point) and is currently and successfully complying with the requirements of BUMEDINST 6000.14A (2 points) regarding a designated room in the workplace for breast milk expression by lactating staff members that includes a door that can be secured to afford privacy, a table or countertop on which to set up a breast pump, an electrical outlet and ready access to running water (Note - use of an existing / multi-use space that affords privacy is encouraged and acceptable but toilet space is unacceptable)". Scoring = 0, 1, 2 or 3 points. Resources:
 - BUMEDINST 6000.14A - <https://www.med.navy.mil/directives/ExternalDirectives/6000.14A.pdf>
 - OPNAVINST 6000.1D - <https://doni.documentservices.dla.mil/Directives/06000%20Medical%20and%20Dental%20Services/06-00%20General%20Medical%20and%20Dental%20Support%20Services/6000.1D.pdf>