



PLEASE READ

ENERGY CONSERVATION

Did you know our energy bill last year was \$10 million?

A major impact of escalating energy expenditures is that the more money we spend on wasted electricity and water in our work areas, the less money we have to spend on needed equipment and services that directly or indirectly support our mission.

Read full article in next week's TRIPLER 360 newsletter (Feb. 1).

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Combatives tournament builds camaraderie

Stephanie Bryant
TAMC Public Affairs

SCHOFIELD BARRACKS—Service members from across the island came together for Tripler Army Medical Center's Modern Army Combatives Tournament, Jan. 13-14, at Martinez Fitness Center here.

Preliminary fights, which consisted of one five-minute round were held Friday, Jan. 13. During the semifinals and finals, Jan. 14, matches consisted of two five-minute rounds.

Spc. Dominique Ramos, combat medic, Pediatric Clinic, TAMC, was the main coordinator for the event. She said organizing the event was not easy but she wanted to see it through to the end.

"There is a big demand for the Modern Army Combatives Program," Ramos said. "I really enjoy doing combatives and this was a great way to bring all the units together. It takes an individual's sport and transforms it into a team sport."

Ramos, who is level 2 certified in combatives,



Spc. Dominique Ramos (top), combat medic, Pediatric Clinic, Tripler Army Medical Center, attempts to submit her opponent during Tripler Army Medical Center's Modern Army Combatives Tournament, Jan. 13-14, at Martinez Fitness Center at Schofield Barracks.

said Troop Command hopes to turn it into an annual event.

Sgt. Randal Kumagai, an intelligence analyst assigned to Theater Sustainment Command, was very excited to sign up for the competition.

"I think the fact that Troop Command held a combatives tournament is great," said Kumagai, who is level 2 certified in combatives. "It is a great way to see how you match up against others and it builds

a lot of camaraderie among the troops."

Safety was a top priority for Troop Command when organizing and managing the event, said Sgt. 1st Class Yolanda Moore, Pediatric Clinic, TAMC.

"We have two ambulances on stand-by, two doctors and countless medics on hand," Moore said. "Each participant was evaluated after each round

TRIPLER TROLLEY



The Tripler Trolley will be running specific regular routes around the TAMC campus; picking up and dropping off at designated areas. However, people wanting to utilize the trolley from external buildings will still need to call for a pick-up if a ride is needed. For more details about the routes, see page 8 or call 433-1200.

Chaplain's Thought of the Week

Chaplain (Col.) Sherman Baker
Command Chaplain, PRMC

“Showing Compassion .”

Reflection: To touch a leper was unthinkable back in the 1st century. Lepers were generally banished from society, and people would not get within a stone's throw of them. They were viewed as diseased, social outcasts. In fact, they would begin to throw stones at them if they did come too close. With their open sores and dirty bandages, lepers were the last persons anyone would want to touch.

Yet, notice what Jesus did when he was approached by one of these lepers. Even before Jesus spoke to him, he reached out his hand and touched this man. Think of how this man must have longed for someone to touch him, not throw stones at him to drive him away. Jesus could have healed him first and then touched him. But recognizing his deepest need, Jesus stretched out his hand even before he spoke

words of physical and spiritual healing.

True compassion represents a practical attention to someone's needs. It doesn't require us to feel; it requires us to act. Sympathy says, "I feel bad that you're hungry." Empathy says, "I know something about how you feel; I was hungry once myself." But compassion says, "Friend, let's go get something to eat." Sympathy and empathy don't require us to do anything; but compassion will cause us to touch, lift, feed, and help those in need as Jesus did for the leper. My prayer today is that each of us will be aware of the needs of people around us, and that we will be able to respond to them with compassion.

Prayer: Our Heavenly Father, forgive us for being more concerned about our own personal needs than for the needs of the people around us. We ask that you would teach us to practice a different way of seeing people, and that you would help us look for opportunities to practice compassion. Move us to treat people the way Jesus treated them, we pray.



Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Chapels are located on D-Wing, 3rd floor.

Continued from page 1
they competed in.”

Local Ultimate Fighting Championship fighter, BJ Penn, came out to support the tournament. He welcomed everyone to meet him and signed autographs.

Penn said he is very happy to see the military embracing jujitsu.

“The Army has brought combatives to such a high level,” Penn said.

He said the great thing

about combatives is that you don’t have to think of yourself as a fighter and take it seriously.

“It is a great way to stay in shape and is good as a hobby.”

One hundred competitors participated in the tournament. Troop Command offered a bronze, silver and gold medal for each of the 7 weight classes. The unit with the most points collectively also took home a trophy.



Staff Sgt. Michael Rau (bottom) Co. A, Troop Command, Tripler Army Medical Center, has his opponent in a rear mount during the Tripler Army Medical Center's Modern Army Combatives Tournament, Jan. 13-14, at Martinez Fitness Center at Schofield Barracks.

Diabetes Tip: Eat less by contrasting food color and plates

Want to eat less? A new study from researcher Koert Van Ittersum at Georgia Institute of Technology said that if the color of food is similar to the color of your plates, you will serve yourself about 22 percent more.

Want to learn more about managing your diabetes well? Ask your PCM for more information or to enroll in Tripler’s Diabetes Self-Management Classes.

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through April 3, 2012.

This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Kru-

kowski Road between 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. normal traffic lanes will be open.

This line has been a problem for some time and it’s repair is required to prevent a major line failure.



TAMC Public Affairs

Room 3A016
3rd Floor Oceanside

Phone: (808) 433-5785



Like us on **Facebook!**



Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.

Military pharmacy's offer no out-of-pocket costs

Tripler Army Medical Center
News Release

TRIPLER ARMY MEDICAL CENTER—Military pharmacies are your least expensive option with no out-of-pocket costs. Tricare provides a world-class pharmacy benefit to all eligible uniformed service members, retirees and family members, including beneficiaries age 65 and older.

Tricare offers four convenient ways to fill your prescriptions.

Most military pharmacies accept prescriptions written by both community and military providers, regardless of whether you are enrolled at the military treatment facility (MTF).

Tricare Pharmacy Home Delivery (formerly Tricare Mail Order Pharmacy) is safe, convenient and the most cost-effective option when a military pharmacy is not available. This option is best suited for medications you take on a regular basis for chronic medical conditions. There are co-pays for brand name and non-formulary medications, but Tricare has recently

eliminated the co-pay for generic medications.

Tricare Retail Network Pharmacies are an added convenience from more than 60,000 network pharmacies in the United States and U.S. territories, but this option requires you to make co-payments and is a more costly benefit for the Department of Defense than military pharmacies or Tricare Pharmacy Home Delivery.

Non-network pharmacies are the most expensive option for beneficiaries. You will pay prescription prices up front and then must request reimbursement for a percentage of the costs.

To fill a prescription written by a community provider from outside an MTF, you will need the written prescription and a valid uniformed services identification card.

All prescriptions filled through the MTF, mail order or retail network pharmacy are checked against your Tricare prescription history for potential drug interactions or duplications of therapy.

See **PHARMACY** page 6

| Automated Call-in Refill System (808-433-6962) | Online Refill System |
|--|--|
| <p>Step 1: Choose the location where you want to pick up your medication.</p> <ul style="list-style-type: none"> • Tripler Army Medical Center Refill (TAMC) Pharmacy • Schofield Barracks Health Clinic Refill Pharmacy • Makalapa Branch (Pearl Harbor) Medical Clinic Pharmacy • Kaneohe Bay Clinic Pharmacy • Hickam Air Force Base Pharmacy • Navy Exchange (NEX) Consolidated Refill Pharmacy • Warrior Ohana Medical Home Pharmacy (located in Kapolei) | <p>Step 1: Log into the TAMC website at http://www.tamc.amedd.army.mil/</p> <p>Step 2: Scroll down to the “medicine bottle” on the left side and click on the photo to go to the Pharmacy Information page.</p> <p>Step 3: Click on the “Online Prescription Refill” link on the left side of the Pharmacy Information page.</p> <p>Step 4: Complete the refill request form.</p> <p>Enter the last 4 digits of your sponsor’s social security number in the display box for Step 2 of the form.</p> |
| <p>Step 2: Press number 1 on your touch tone phone to refill your prescription.</p> | <p>Enter the numeric portion of the first prescription number to be refilled (example: 1234567) in the display box provided under step 3 for “Prescription #1”.</p> |
| <p>Step 3: Enter the last 4 digits of the sponsor’s social security number followed by the pound sign key (#) on the telephone.</p> | <p>Enter the numeric portions for any additional prescription numbers you request to be refilled in the additional display boxes provided for “Rx #2 – Rx #13”.</p> |
| <p>Step 4: Enter the numeric portion of the prescription number (example: for Rx#T1234567, enter “1234567”) followed by the pound sign key (#) on the telephone.</p> | <p>Choose the pharmacy location where you want to pick up your refills from the drop down box. The pharmacy pick up locations are the same seven sites listed above.</p> |
| <p>Step 5: Press number 1 to refill the prescription.</p> | <p>If all information is correct click the “Send this Request” button. The system will then display the results of the refill request. The system will display the refill status for each prescription number entered. If a prescription number is not found or no refills are authorized, the pharmacy will not be able to refill the prescription. If the prescription number is found and authorized refills remain, the pharmacy will prepare your refill for pick up 2 business days after you entered it.</p> |
| <p>Step 6: Repeat steps 4 and 5 if you have additional prescriptions to refill or hang up the phone if you are finished.</p> | |
| <p>Step 7: Prescriptions with authorized refills remaining will be ready for pick up 2 business days after being requested.</p> | |

Schofield, Fort Shafter tax centers open

Schofield Barracks Tax Center is open to all service members, family members with a dependent id card, and retirees (with a retired ID card) starting today.

Hours of operation are Monday through Friday 7 a.m. - 4 p.m. by appointment only. SB Tax Center is located at Bldg 648 by SGT Smith Theater.

Fort Shafter Tax Cen-

ter (FS Tax Center) will open on Jan. 26 in the Aloha Center. Hours of operation are Tuesdays and Thursdays 9 a.m.-3 p.m. by appointment only.

For more information

to make an appointment, call 655-1040.

For more information on day-to-day availability, search for "Hawaii Army Tax Centers" at www.facebook.com.

SAMC inducts two Troop Command senior NCOs



Sgt. 1st Class Avery Fergerstrom (pictured left), Patient Administration Division, Tripler Army Medical Center, and Sgt. 1st Class Ronald Gardner (pictured right), Department of Pediatrics, TAMC, receive a Sergeant Audie Murphey Club medallion from guest speaker, Sgt. Maj. Dwight Wafford, member of the SAMC, during their induction ceremony, Jan. 20, in Kyser Auditorium.

PRMC/TAMC Emergency Manager earns master level certification

TRIPLER ARMY MEDICAL CENTER—Thomas Bookman, Pacific Regional Medical Command and Tripler Army Medical Center Emergency Manager, earned the Certified Healthcare Emergency Professional's (CHEP) master level certification from the International Board for Certification of Safety Managers, Jan. 13.

Bookman was one of 11 CHEPs in the state who were awarded credentials following a pilot program conducted by Healthcare Association of Hawaii Emergency Services in a collaboration with the South Carolina Hospital Association in December 2011.

The Board developed the CHEP credential to meet a need for a practical yet professional certification for healthcare emergency directors, managers, coordinators, associates, consultants, and others who work with or coordinate real world issues with the health sector.



Continued from Page 4

At military pharmacies you can have an up to 90-day prescription filled of most medications used for chronic medical conditions free of charge.

While not all medications are available, each MTF is required to make available those medications listed on the Basic Core Formulary (BCF). Tricare provides a Formulary Search Tool online at http://pec.ha.osd.mil/formulary_search.php, which will determine if the medication you have been prescribed is available at the pharmacy.

If your prescription was not given to you by an MTF provider at the MTF where you are getting it

filled, and the medication is not listed on the Formulary Search Tool as a BCF medication, it is a good idea to call the MTF pharmacy before trying to get it filled to make sure the MTF carries the medication you need. Alternatively, for MTF pharmacies on Oahu, you may check availability of medications online at <https://hub.medkeeper.com/Publisher/servlet/FormManager>.

You can request refills from any of the military pharmacies that provide refill services. Refills can be requested by telephone through the Automated Call-in Refill System at (808) 433-6962 or online at www.tamc.amedd.army.mil.



TAMC, WOMH reps support Engineer Bde. FRG town hall

Tripler Army Medical Center
News Release

SCHOFIELD BARRACKS—Tripler Army Medical Center participated in the 130th Engineer Brigade’s Family Readiness Town Hall, Jan. 11, at the main post chapel, here.

The chapel was standing room only and Mary Nilges, program manager, Warrior Ohana Medical Home, and Patti Myers, chief, Customer Relations Department, TAMC, were happy with the great venue to share information.

Nilges said her agenda was to promote the WOMH. The clinic is

located in Kapolei and offers many of the same services that TAMC and Schofield Barracks Health Clinic provide. It has family practice care, a lab, a pharmacy, psychology, and nurse case managers. The clinic is open to active duty family members and retirees. Nilges invited everyone to stop by and tour the facility.

Myers attended the town hall with a simple, but important, reminder for the spouses: TAMC has patient advocates. The Patient Advocates/ Customer Relations Office provides assistance to beneficiaries with compliments, concerns or any issues regarding care and services

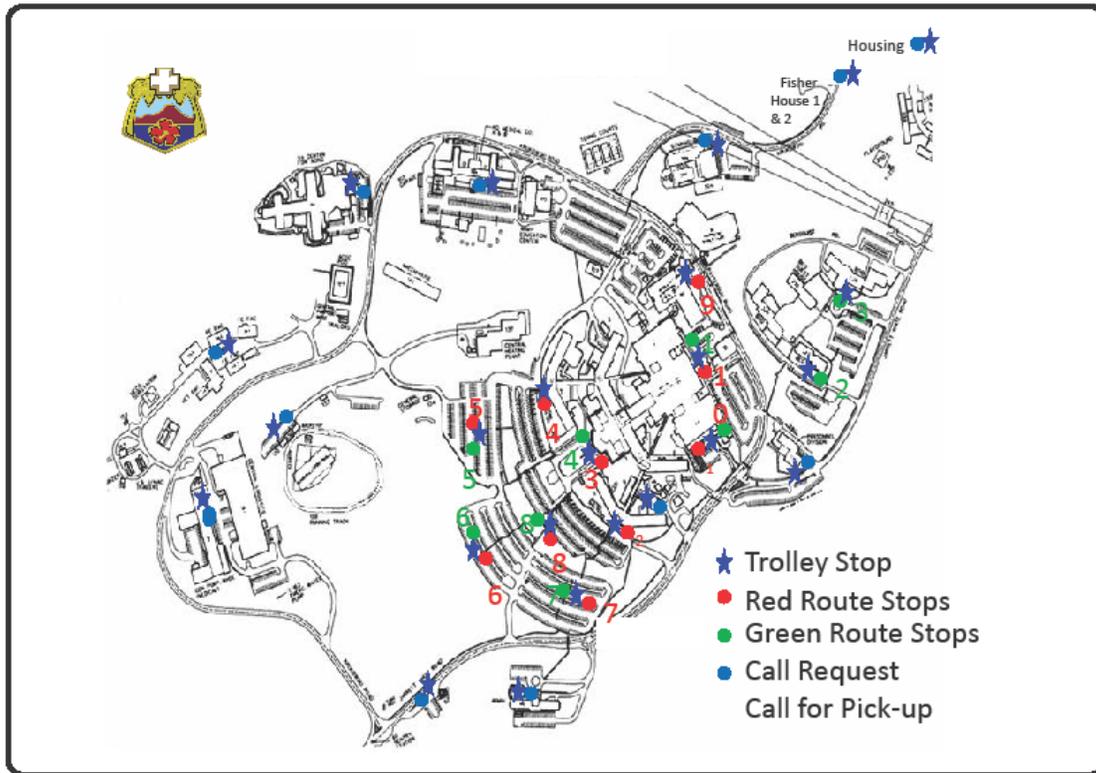
at TAMC. The CRO can be reached at 433-6336 or tamc.cro@amedd.army.mil.

Myers and Nilges both enjoyed their time with the families of the 130th Eng. Bde.

“Thank you, members of the 130th Engineer Brigade, for inviting us to be a part of your town hall,” Myers said. “We are always looking for opportunities to meet and speak at group events.”

If you would like representatives from TAMC, or any of the clinics, to speak at your town hall events, contact the Public Affairs Office at 433-5785.

TRIPLER TROLLEY ROUTES



Red Route
0615 to 1400 hours

- 1 -- ER
- 2 -- E-Wing
- 3 -- Oceanside Entrance
- 4 -- D-Wing
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ACC
- 10 -- Mountainside Entrance

● + Call Requests

Green Route
0615 to 1400 hours

- 1 -- Mountainside Entrance
- 2 -- Army Hotel Bldg 220
- 3 -- Army Hotel Parking Lot
- 4 -- Oceanside Entrance
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ER

BLUE ★ ROUTE
1400 to 1830 hours

**RED & GREEN
ROUTES COMBINED PLUS
ALL CALL REQUESTS**

Microbiology tech supervisor retires after 38 years at TAMC



Brig. Gen. Keith Gallagher (center right) shares his thoughts with those gather prior to presenting Buddy Eberly, (center left) tech supervisor for Microbiology, Dept. of Pathology, with a Commander's Coin, Dec. 16, 2011 during the Pathology holiday celebration. Buddy's last day on the job was Dec. 16 before he retired, Dec. 31 after serving 38 years at TAMC. (Courtesy photo)

Healthcare Equipment Management Branch looks back at 2011

TAMC Healthcare Equipment Management Branch News Release

TRIPLER ARMY MEDICAL CENTER—The Tripler Army Medical Center Healthcare Equipment Management Branch maintained active operations throughout 2011.

Outfitted with medical equipment, to include refrigerators/freezers, examination lights and tables, laboratory analyzers, medication dispensing systems, the Warrior Ohana Medical Home primary care clinic opened on schedule in April 2011. The installations performed by TAMC Biomedical Equipment Technicians, consisted of more than 200 items.

The WOMH was the first TAMC clinic to “go live” with TAMC’s newly installed CheckPoint Temperature Monitoring System. The system, installed throughout the facility, is geographically utilized at separated clinics such as the Schofield Barracks

Health Clinic, the NEX Pharmacy, the Veterinary facility at Fort Shafter and the Clinical Investigation Laboratory. The CheckPoint Wireless Temperature Monitoring System records information at standard intervals and conveys it to a central database. If the temperature on any device shifts beyond a preset range for longer than specifically programmed, an alert is generated. This protects the contents of the unit.

Other major equipment installations that took place in 2011 included the Draeger Anesthesia Recording and Monitoring Device (ARMD), CT scanner, X-Ray Room, Varian Radiation Dosimeters for Radiation Therapy and a Regional PACS Archive.

Finally, throughout 2011, the Medical Maintenance staff took the initiative to prepare for several national certifications. Our staff now possesses the following certifications:

- Certified Biomedical Equipment

Technician (CBET) : 8

- Certified Radiological Equipment Technician (CRES) : 1
- CompTIA A+ : 17
- CompTIA Network + (N+) : 15
- CompTIA Security + (S+) : 8
- CompTIA RFID+ : 4

U.S. Army Medical Command has been encouraging Army Biomedical Equipment Technicians (68A) to earn national certification in their specialty. While it is not mandatory, it is highly encouraged and is becoming the standard with civilian counterparts.

The Comp TIA A+ is a mandatory certification for IT technicians; however, medical equipment and IT technology are quickly becoming interrelated and Biomedical Equipment Technicians are much more effective when they understand IT systems. Because these technicians need to be IT certified in order to gain access to the network servers, they are taking the initiative to earn IT certifications as well.

TAMC celebrates life, legacy of MLK

Stephanie Bryant
TAMC Public Affairs

HONOLULU—Tripler Army Medical Center celebrated the life and legacy of Martin Luther King, Jr., Jan. 11, in Kyser Auditorium.

The holiday is observed on the third Monday of January each year, which is around the time of King's birthday, Jan. 15.

The auditorium was standing room only as staff piled in to hear the recording of MLK's famous speech at the Washington Monument.

The observance used many avenues to portray the importance of MLK's legacy. After the reading of the proclamation, a vignette, or a short impressionistic scene that focuses on one moment, of MLK's time in a Birmingham, Ala., jail and a letter he wrote while there was acted out. Following the skit, a poem about MLK and his sacrifice was performed by one of TAMC's staff, Yolanda Johnson, Directorate of Health Education and Training's Medical Education Office.

In addition, volunteer staff members offered their personal touch to the observance with the creation of a video describing how the life and legacy of MLK has affected them.



A vignette based on a letter that Martin Luther King, Jr., wrote in a Birmingham, Ala., jail in 1963 was part of Tripler Army Medical Center's MLK Day observance, Jan. 11, in Kyser Auditorium. The observance featured a vignette, a video, original poetry, and Col. Glenda Lock, deputy commander for nursing, Pacific Regional Medical Command and TAMC. (Photo by Soraya Robello, TAMC Visual Information)

For the guest speaker, TAMC did not travel far. They chose Col. Glenda Lock, deputy commander for nursing, Pacific Regional Medical Command and TAMC.

Lock quoted many lines from the beginning of King's famous "I have a dream" speech that was given at the nation's capitol in 1963. She believes that we should continue to use MLK's goals as goals for ourselves.

"The question of today, after nearly 50 years of him giving this speech, is 'Is America the place that Doctor King would have it to be?'" said Lock. "When we examine the

works of Doctor King, we come to realize that we actually have a lot of work left to do."

"As grateful citizens of the United States of America, we should reflect on our actions promoting Doctor King's dream," she added.

Lock said it is important to ensure that America is made better for the future generations.

"When we accept the differences of our skin colors, embrace the range of our nationalities, and celebrate the diversities of our culture, we will honor the struggles of those who faced the tremendous difficulties to make good on

America's promise, a promise that we should maintain for our children and grandchildren."

As a closing, Brig. Gen. Keith Gallagher, commanding general, PRMC and TAMC, spoke to the audience reminding them that our nation's Army is great because of its diversity.

"The bottom line is that each and every one of us must treat one another with dignity and respect," Gallagher said. "It doesn't matter what color of skin or religious background you have ... treat each other with dignity and respect."

Register for the Great Aloha Run Today @ grealoharun.com

\$30 Individuals
\$15 Active Duty

Entry Deadline:
31 January 2012

For more info call:
808.528.7388



President's Day
20 February 2012



Ft Shafter Physical Fitness Center Zumba Fitness Winter/Spring Kickoff!

Thursday, February 23, 2012
1730-1830; 1830-1930; \$4 each class/per hr. (cash only)
for DoD civilians/retired military/Reservists/DoD contractors –
Active duty/family members w/ID free
(must present ID at sign in)

Instructors: Allison Nofzinger, Linda Pietsch,
Mercy Martin, Mary Anne Vea, Kris Young, Marsha DeLaney
Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,
Hot Hula
Call 438-1152 for more info



THIS VALENTINE'S DAY *Make the Perfect Match*

Did you know that there are 8 different blood types? Blood types are specifically matched between the donor and recipient for a safe transfusion.

All Blood Types Are Needed



GIVE BLOOD

Find out more about your blood type and match by visiting

www.militaryblood.dod.mil



Tripler Physical Fitness Center Aerobathon!

Wednesday, January 25, 2012
1630-1730 (Cardiokickboxing, Step Fitness
Hi-Lo Aerobics)

Instructors: Kinsey McFadden, Mercy Martin,
Allison Nofzinger

1730-1830 (Zumba Fitness – Cumbia, Salsa, Hip Hop,
Reggaeton/Merengue, Bollywood, Hot Hula (guest instructor)

Instructors: Marsha DeLaney,
Mercy Martin, MaryAnne Vea, Lisa Pietsch, Allison Nofzinger

Active duty/family members w/ID free, DoD civilians/retired military/Reservists/DoD contractors –

\$4 per class (cash only)
Call 433-6443 for more info



**WE NEED
YOUR
BLOOD
TYPE...**

Please Donate!

Tripler Blood Donor Center
Oceanside 2nd floor
Room 2A207
433 - 6148

Donate Blood
A SIMPLE GIFT

ASBP
Army Service Blood Program
militaryblood.dod.mil



Sponsored by the 205th MI BN Coffee Group

Formal events are in the near future for many teens on the island and each teen deserves to feel like a princess!

Donate your ready to be worn dress, shoes and accessories.

Drop off deadline will be Jan. 25, 2012

All dresses and accessories will then be sold for rock bottom prices!

Dresses—\$20
Accessories—\$5

If you'd like to get involved or have any questions, contact Jessica Bode at jessicabode@yahoo.com or 210-862-1055.

**DONATE LAST YEAR'S
BALL OR
PROM DRESS**

Proceeds to Benefit



FISHER HOUSE

Event Date:
January 28th
2117A Eluwene Street
Honolulu, HI 96819
Current Drop off points:
Fisher House

**Worn it?
Then Give it!**

NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7th

Breakfast

Self Serve: 0600-0930
Grill: 0600-0815
Grab and Go: 0700-1030

Lunch

Grill: 1100-1300
Main line: 1100-1330
Self Serve: 1100-1430
Grab and Go: 1100-1300

Dinner

Main line: 1600-1730
Grab and Go: 1730-2230

Night meal: 2230-0200

Volunteers Needed

I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information

Hickam Family Health Clinic Active Duty Acute Care

Beginning Jan. 1, 2012 the 15th Medical Group at Joint Base Pearl Harbor Hickam will institute a new active duty appointment program, replacing the walk-in system known as Sick Call.

As of Jan. 1, 2012, walk-in services will cease in the Family Health Clinic. All Active Duty Sick Call in the Family Health Clinic will be by appointment only. Please call 448-6000 between hours of 7:15-8 a.m. to schedule a sick call appointment. Closure of walk-in Sick Call ensures that active duty members will no longer have to wait in the clinic to receive an appointment.

Service members who feel they are too sick to call for an appointment or feel their illness is an emergency can seek medical attention at Tripler Army Medical Center's Emergency Department.

Active Duty supervisors: Prior to having your Airmen seek medical attention, supervisors can exercise the option of allowing personnel to stay home for up to 24 hours. In accordance with AFI 41-210, *Patient Administrative Functions*, Paragraph 3.6.4 states that, "Unit commanders and supervisors have the authority to grant up to 24 hours of sick status at their discretion if a member's illness/injury does not require medical treatment facility intervention. If the illness/injury persists beyond 24 hours, then the commander or supervisor must refer the member to the MTF for treatment and subsequent quarters authorization." Some examples of non-emergent illnesses for adults are colds, cough, stomach ache, or nausea and vomiting for less than 24 hours.

The 15th Medical Group at Joint Base Pearl Harbor Hickam is committed to delivering the ultimate health care experience. Please partner with us to manage your health care needs.