Welcome to the January CARE Meeting

Topic: Community Wellness

Martin Army Community Hospital

11 January 2022

Agenda

1. Hospital Introduction
2. Pharmacy Information
3. Medical Records & Third Party Billing
4. Referral Information
5. Access to Care & Behavioral Health

Martin Army Community Hospital

Colonel Kevin M. Kelly, MD
Hospital Commander

CSM Alexander I. Poutou
Hospital Command Sergeant Major

Mission: To deliver a medically ready force, a ready medical force, and a healthy community through effective health service support, force health protection, and training and development of our team.

Vision: We are Army leaders' and Soldiers' preferred choice for achieving medical readiness and training/sustaining medical skills; for delivering and receiving healthcare; for contributing to our community; and for developing leaders.

A Day in the Life of Military Medicine

Financial Market: SW Georgia

Data as of : Sep-2021 (Not Inclusive of Genesis Data)	Data through: Oct-2020 - Sep-2021 (Numbers below represent a daily average)

Dispositions	Visits	Primary Care Visits	Lab Services	Scripts Filled
9	864	335	2,966	2,521

Births	ER Visits	Vaccinations	Radiology Services	Dental Visits
2	21	509	626	293

"Medically Ready Force...Ready Medical Force"

Martin Army Community Hospital

Appointment Line: 762-408-CARE (2273)

- **Primary clinics for beneficiary assignment:**
  - Family Practice
  - Internal Medicine
  - Pediatrics

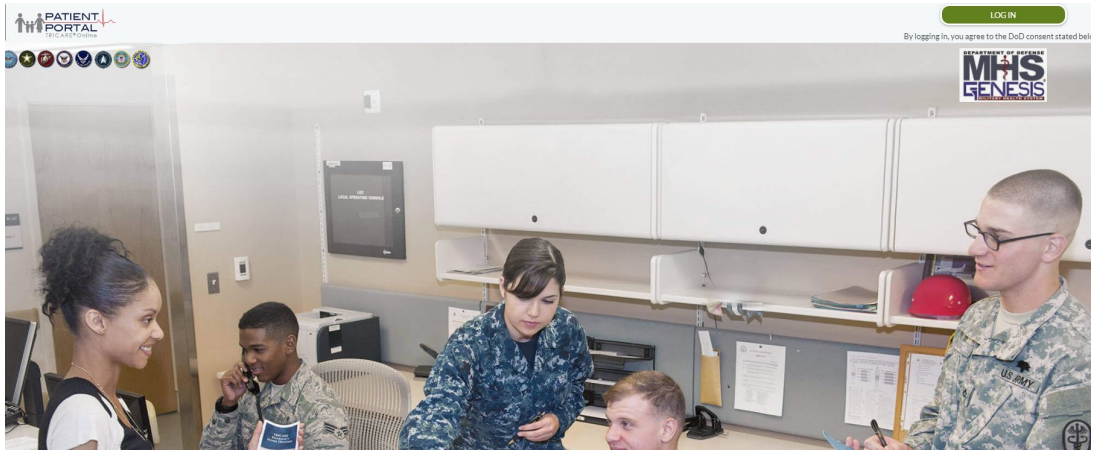
Services

- Allergy
- Bariatrics
- Dermatology
- Educational and Developmental Intervention
- ENT
- Exceptional Family Member
- Inpatient/Outpatient Behavioral Health
- Ophthalmology
- Occupational Health
- Pain Management
- Physical Therapy / Chiropractic
- Preventive Medicine
- Soldier Health Services
- SRP
- Traumatic Brain Injury Care
- Warrior Transition
- Laboratory Services
- Radiology
- Social Work Services
- Gastroenterology
- General Surgery
- Nuclear Medicine
- Nutrition Therapy
- Obstetrics / Gynecology
- Occupational Therapy
- Optometry
- Oral Surgery
- Orthopedics
- Otolaryngology
- Pharmacy
- Podiatry
- Urology
- Sleep Studies
- Aviation / Aerospace Medicine
- Plastic Surgery

https://martin.tricare.mil/

https://www.tricareonline.com

- TOL saves time, is convenient, is available 24/7, and can be used for:
  - Scheduling and cancelling appointments
  - Secure Messaging
  - Prescription Refill Requests
  - Accessing Lab Results
  - other features



TRICARE Resources

Family Member **enrollment** can be completed at www.tricare.mil or by calling TRICARE Humana East 1-800-444-5445

TRICARE Online Patient Portal
https://www.tricareonline.com/

TRICARE Nurse Advice Line
24/7 1-800-TRICARE (874-2273) Option 1

TRICARE Mail Order Pharmacy
(Free for ADSMs, small co-pay for ADFMs)
https://www.express-scripts.com

Download TRICARE Mobile APPs
https://tricare.mil/Resources/GoPaperless/MobileApps?sc_database=web

"Humana Military"
(Track a referral outside of MACH)

"Express Scripts"
(Manage and track prescriptions)

Patient Advocacy & Beneficiary Services

Beneficiary Services: 762-408-2598/2599

Interactive Customer Evaluation

a web based tool for collecting customer feedback related to the quality of services and/or products provided by DoD facilities. **The ICE site for Martin Army Community Hospital is on our web page www.martin.tricare.mil or http://ice.disa.mil/ with other DoD facilities.** ICE allows the customer to provide instant feedback at their leisure and receive a response to their concern within 5 working days.

Your comments are important to us!

****Your Patient Advocates are located by the main entrance of the hospital.**

Your Feedback is Important to Us

The Joint Outpatient Experience Survey

Joint Outpatient Experience Survey JOES

&

The TRICARE Inpatient Satisfaction Survey

triss TRICARE INPATIENT SATISFACTION SURVEY

focus on the **beneficiary experience** with care received in military treatment facilities. Surveys are sent **randomly** and your feedback is used for **performance improvement and staff recognition** on positive comments.

Connect with us!

“BetteratMartin”

@BetteratMartin

“Martin Army Community Hospital”

Department of Pharmacy

LTC Darryl McGuire
SFC Andre Lockett

Pharmacy Information

Main Pharmacy is located at MACH, Mon-Fri, 0800-1730

Refill Pharmacy @ PX, Mon-Fri 0900-1800, Sat 0900-1300

TMC Soldiers Only

CTMC Pharmacy, Mon-Fri: 0700-1530

Harmony Church Pharmacy Mon-Fri: 0700-1530

Standard Patient Service Metrics

	% < 30min	% < 60 min	Average Wait Time
Jan - Dec 2019	27%	53.4%	75min
Jan - Dec 2020	62.7%	94.8%	34min
Jan - Dec 2021	54.6%	80.3%	54min

Prescription Service Options

1) Refill Pharmacy (Refills ONLY)
   - Call-in via automated line (762-408-2273)
   - Or, Request through Tricareonline.com (TOL) Patient Portal
   - Pick up at PX refill pharmacy in 72hrs
     - May receive automated call/text when available

2) Main Pharmacy
   - Primarily appointment and ER patients

3) Rapid Return Program (RR)
- Drop-off @ Pharmacy Service Desk
- Or, Call-in via Pharmacy Call Center
- Or, Submit request through TOL Secure Messaging

*TOL activation for new prescriptions (~24 hour turnaround)

- Pick up at Main Pharmacy during operating hours

4) ScriptCenter – available afterhours/weekends
   - Same day if before 1200

5) Call Center
- Call Center phone line: (762) 408-2172
  - Problem solving operation!
- Tricare Online Secure Messaging
  - Fastest and most secure method of communications (<24 hour turnaround)
  - “To: Pharmacy Provider”
- Electronic Prescription Transmission (ERX)
  - Non-controlled medications only
  - Can be requested via TOL
  - Reduced burden of multiple trips/multiple prescriptions

Prescription Service Features

- ScriptCenter (July 2021)
- GSL Text Messaging (updated DEERS info)
- Q-Anywhere (install TBD): new kiosks, remote check-in, text messaging, workflow and display features

Help us help you!

- **Call us if you have any issues; call us to schedule pick-up!**

- **Ensure off-post providers are prescribing you a formulary drug.**
  - TRICARE Formulary: https://www.express-scripts.com/tform

- **Provider Electronic prescription transmission (ERX)**
  - Don’t take paper prescriptions if at all possible
  - Insist on electronic submission of prescriptions

Help us help you!

Busiest times:

- Busiest days: Mon and Fri
- Longest wait times are 0800-0900, lunch, 1600-1700
- If you can come back later, please coordinate with us

Flexibility and accommodation on both sides

What are your other options?

TRICARE Pharmacy Service Option	Cost
Military Treatment Facility	No cost to any beneficiary
TRICARE Network (30 day supply)	ADSM - $0 Generic formulary - $14 Brand name formulary - $38 Non Formulary - $68
Home Delivery (90 day supply) "Express Scripts"	ADSM - $0 Generic formulary - $12 Brand name formulary - $34 Non Formulary - $68
Non-Network Pharmacy	Customer will pay full price of drug and file a claim for reimbursement (you pay 50% cost share post deductible payment)

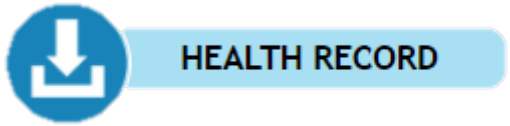
PAD Medical Records and Third Party Insurance Information

Ms. Holmes
Ms. Davis

How to request your Medical Records

Online

- Logon to https://www.tricareonline.com/ and Click on the Blue button to access your medical records (*You will need to register for Tricareonline.com if you have not done so already*)



- Go to https://martin.tricare.mil/Patient-Resources/Patient-Administration/, scroll down to the "Medical Records" section for instructions on how to request a copy of your medical records.

In Person

- Present a valid DoD Identification Card
- Complete all highlighted sections on "Release of Information" DD FORM 2870
- Provide current telephone number, address, and e-mail address

***To Request records for a patient other than yourself, and the patient is over 18 years of age, the following documents are required:**

- Patient's DoD Identification Card
- A written consent from the patient, authorizing a third party to act on their behalf. The statement must contain: the third party's name and date of birth, patient's original signature, and must be dated by the patient. (Statement is only good for a one time authorization)
- Medical Power of Attorney
- If deceased, a copy of the deceased person's Death Certificate.

NOTE!!!

- Please allow up to 30-45 business days (not to include weekends or holidays) from date of request for us to complete your requested medical records.
- You will receive a courtesy phone call when medical records are ready for pick-up. Failure to pick up your medical records after 15 business days of notification will result in destruction of your records.
- All medical records will be issued on Discs per MEDCOM policy. A fee of $0.15 per page will apply for another copy of medical records on CD.
- All VA entities have signed a Memorandum of Agreement with MEDCOM to take CDs also.
- By having a CD you will have a permanent copy of your medical records at your disposal.

Feedback and/or Questions

Other Health Insurance (OHI)

What is Other Health Insurance (OHI)?

- OHI is any health insurance policy that a TRICARE beneficiary may carry which covers medical, dental, pharmacy, etc. established through an employer or private insurance company (excluding TRICARE, TRICARE Supplemental plans, and Medicaid).

- OHI does not limit a beneficiary's access to care, but if he/she intentionally fails to provide OHI information, ***he/she could be disqualified for health care services from MTFs*** under 10 U.S.C. 1095, CFR 32, part 220.

DD Form 2569

- Beneficiaries must update their OHI information during the registration process annually (or with changes with insurance data).
- Beneficiaries will receive an OHI verification card (good for 12 months) from registration personnel in exchange for completing a new Form DD2569.
- NOTE: A DD Form 2569 is not required for active duty soldiers or newborns.

Other Health Insurance FAQ's

Will Reporting My OHI Negatively Impact My Out of Pocket Expense?

- No. According to Title 10 U.S. Code Section 1095, the beneficiary is not subject to copays, coinsurance, or deductibles. ***"A covered beneficiary may not be required to pay an additional amount to the United States for healthcare services …"***

How Does Reporting OHI Benefit You?

- Funds collected through the Third Party Collection Program (TPCP) are used to enhance quality of health care delivery at your treatment facility. Claims filed toward your OHI also help meet your deductible for cases in which you receive medical care in a civilian treatment facility.

What is NOT Covered by OHI?

- OHI may not cover subsistence costs related to inpatient care or co-pays for TRICARE services provided downtown.

Referral Management Information

Ms. Reta Burkhart
Ms. Lisa Whitfield

Patient Referral Process

BMACH Provider Submits referral for a patient → BMACH Referral Management receives referral → Is the requested specialty available at BMACH?

YES? → Patient will receive care at BMACH*

*Specialty Clinic will contact patient to schedule visit

NO? → Referral sent directly to another Military Treatment Facility or civilian provider

Humana Military | TRICARE

Questions??
Patients can contact TRICARE (1-800-444-5445) or Referral Management (762-408-2589) if they have any questions about their referral

Contacting Referral Management

BMACH Referral Management Office: 762-408-2589

If a Consult Coordinator is unable to answer your call, you will be prompted to leave a message, your call will be returned within 2 business days.

Please leave the following information with your message:

- Name with spelling
- Last 4 of sponsor's SSN
- Callback number

*If your call is not answered right away and you are requesting immediate assistance, please call TRICARE at 1-800-444-5445.

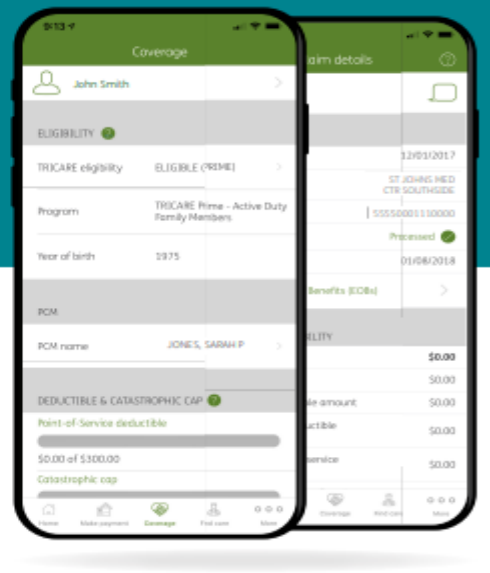
Humana Military

Self-service just got easier with our mobile app!

Download on the App Store

GET IT ON Google Play

Scan the QR code with your smartphone camera and follow the prompts to download the app!



BY DOWNLOADING YOU CAN:

- Register for self-service
- Set communication preferences to meet your needs
- Sign up to receive text messages
- Check your referral status
- Verify your eligibility
- View your claims
- Make a payment and check your amount due
- Add your email address to get notifications quickly and electronically

Visit HumanaMilitary.com/MobileApp for more details and to watch for the release of new features.

Photo by: U.S. Army Spc. Rashene Mincy

Get all of these features plus secure messaging and chat options by signing up for a beneficiary self-service account at HumanaMilitary.com today.

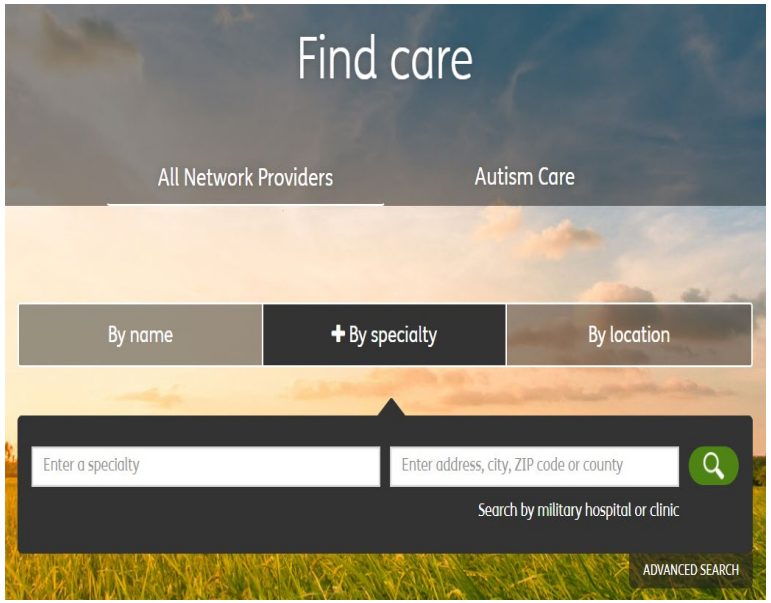
Humana Military | TRICARE®

Humana Military

Use the Humana Military Beneficiary Self-Service Portal to Find Care

- Search for Network Providers
- Primary Care Managers
- MTF Hospitals or Clinics

- Search by name, specialty or location and use the advanced search to add preferences for distance, gender and language.



The TRICARE Nurse Advice Line **1.800.TRICARE** (874.2273)

This is a resource for beneficiaries who are seeking medical care after hours or while traveling away from home. Registered Nurses are available 24/7 to:

- Answer your health care questions
- Assess your symptoms and give recommendations for the most appropriate level of care
- Provide instructions to treat minor issues at home
- Help you locate an appropriate healthcare facility, if necessary
- Help you schedule an appointment within 24 hours at a military hospital or clinic if you are enrolled.

Access to Care

MAJ Matthew Woods
LTC Julie Shin

Access to Care

The MHS Goals for Primary Care are:

1) For the next three available "acute" appointment time slots per care team to be within 24 hours
   We meet 92% of this demand
2) For the next three available "follow-up" appointment time slots per care team to be within 7 days
   We meet 94% of this demand

Booking a Primary Care Appointment – 3 Ways:

1) Book on www.tricareonline.com 24/7
2) Call the Nurse Advice Line 24/7 for follow-up appts (1-800-874-2273, Option 1)
3) Call BMACH Appointment Line (762-408-2273) from 0700-1600 M-F (Th 0800)

Behavioral Health

Accessing Behavioral Health Care

Many ways to receive BH care:

Military Family Life Counseling

Chaplains

Military One Source

Embedded Behavioral Health Consultants

Dependents: Community Care

Telemynd

BMACH Department of Behavioral Health

BMACH Department of Behavioral Health

Active Duty:

- Walk-in for crisis (0730-1500 in clinic or after hours ER)
- Appointments – clinic based on Unit (Multi-D; EBH; CMHS)
  - Offer individual, group and medication management
- IOP/FAP

Adult/Child Dependents:

- CAFBHS (4th Floor BMACH)
  - Walk-in for crisis (0730-1500 in clinic or after hours ER)
  - Offer individual, group and medication management
- FAP

Behavioral Health

TRICARE® Telemental Health Services

Through telemedicine, TRICARE beneficiaries can get medically and psychologically necessary services through secure audio and video conferencing from a TRICARE-authorized provider.

What is telemental health?

Telemental health allows you to access mental health care in the privacy of your own home because it removes barriers to care based on providers in your geographic location or your inability to travel to a provider. All that's needed is a computer with a webcam and internet access. Your provider will interact with you through secure, HIPAA-compliant software.

Audio-only telephone services are temporarily covered during this stateside public health emergency.

A telemental health care provider can address concerns such as:

- Major life stressors
- Emotional distress
- Grief-related counseling
- Work and family issues
- Depression, anxiety and how to cope

Referrals and authorization

As with any mental health care received from a TRICARE network provider, active duty service members need a referral before getting care under the telemental health care benefit. TRICARE Prime active duty family members and retirees do not need a referral or authorization to set an online care appointment with a distant provider.

Military Clinic Use Only

Provider: **Telemynd, Inc.**

Appointment line: **telemynd.com/humanamilitary 1-866-991-2103 option #1**

If you or a loved one need immediate help, contact the National Suicide Prevention Hotline at 1-800-273-TALK (8255), option 1.

For additional mental health care benefit information, visit www.tricare.mil/CoveredServices/Mental.

TRICARE

MILITARY ONESOURCE

800-342-9647 | Call Us OCONUS | Call Us TTY/TDD

MENU

← Back to Home

CONFIDENTIAL HELP

Non-medical Counseling **Specialty Consultations** **Interactive Tools & Services**

Sometimes strength means asking for help. Military OneSource connects you – or immediate family members – to that needed help, whether it involves spouse education and career opportunities, matters specific to families with special needs, financial and tax counseling or other important issues. Military OneSource offers a call center and online support to connect you to the program or professional to make sure that you receive the assistance you need.

Meet the team behind Military OneSource's call center. We are here for you 24/7 online and by telephone. No matter where you serve or live, you always have support. Learn more about who we serve and eligibility requirements or call Military OneSource 800-342-9647 to speak with a consultant. OCONUS/International? Click here for calling options.

Get personalized support. Call Military OneSource at 800-342-9647.

Stay updated with COVID-19 military changes.

Questions?

FORT BENNING

R2 PERFORMANCE CENTER

Help to understand and enhance the mental side of performance, maximize the benefits of training, and provide skills and techniques to develop strong teams.

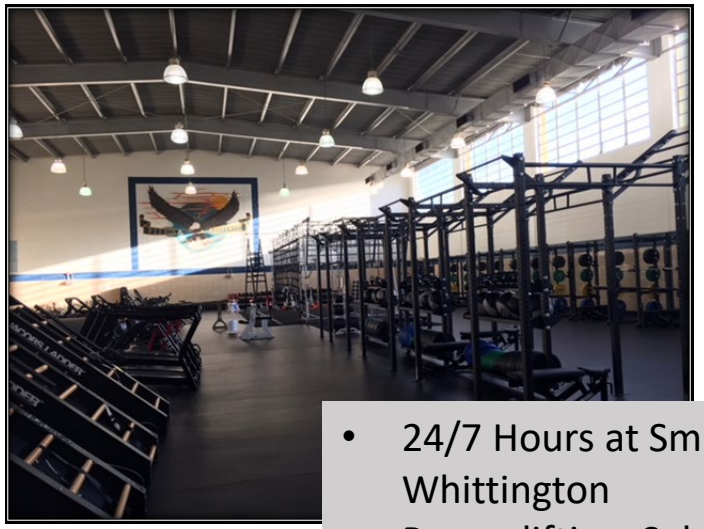
Building: #975, York Hall

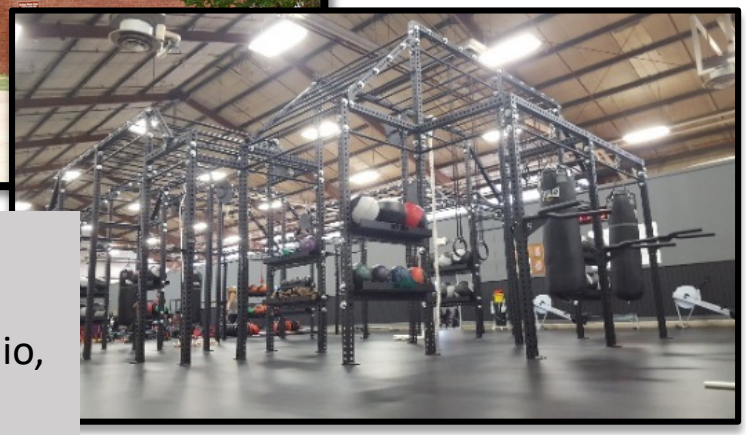
7080 Lincoln Ave, Ft Benning, GA 31905

Phone: 706-626-8563

Hours: M-F 0800-1700 and outside hours by appointment

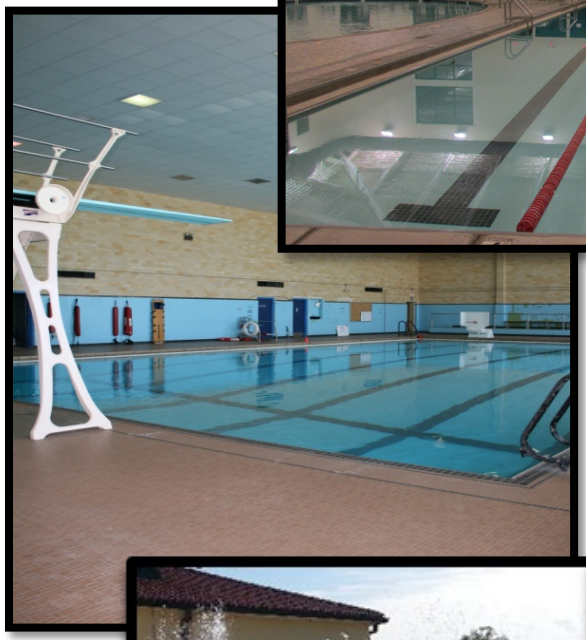
FITNESS CENTERS
Smith, Audie Murphy, Kefurt, Whittington, Santiago





- 24/7 Hours at Smith and to come at Whittington
- Power lifting, Selectorized Equipment, Cardio, Benches, much more
- Fitness Classes
- Personal Training

Aquatics
Smith, Bryant Wells, Breezeway (Summer) and Carey (Summer)



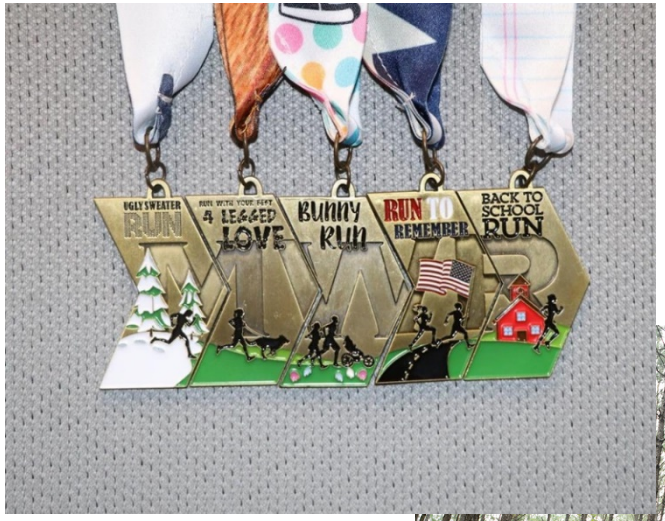
- Swim lessons
- Open Rec Swim
- Lap Swim
- Mission Swim

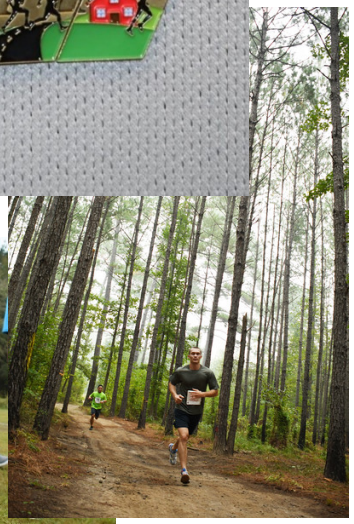
Sports – Commanders Cup, Sports Above Intramurals

- Flag Football
- Basketball
- Softball
- Soccer
- Volleyball

Runs and Special Events

Ugly Sweater Run





5K Run Series:

Run with your 4 legged love

Easter Color run

Run to Remember

Summer Soaker

Beat the Sun Run

Oktoberfest 10K/5K

Sports, Fitness and Aquatics

- 5 Fitness Centers on Post
  - Smith – offering 24/7 hour operations, Fitness Classes
  - Audie Murphy – vaccinated only
  - Kefurt – vaccinated only
  - Santiago
  - Whittington – vaccinated only. Will be offering 24/7 in near future
- 2 indoor pools
  - Smith – Rec pool and Lap pool. Swim lessons
  - Bryant Wells – lap swim and mission swim
- 2 outdoor seasonal pools
  - Breezeway – opens Memorial Day weekend – Early August.
  - Carey Pool – primarily mission swim in Summer
- Sports
  - Commanders Cup – Active Duty Only
  - Open leagues – spouses and Civilians
  - Post Teams
- 5K Running Series
  - 5K Runs throughout the year
  - Oktoberfest 10K/5K
  - Ugly Sweater Run

Lori Smith
Chief Sports Fitness and Aquatics
706-527-2393
Lori.m.smith38.naf@army.mil

Vivian Pedrozo
Aquatics Director
706-604-0981
Vivian.Pedrozo.naf@army.mil

CARE Panel Members

Directorate of Emergency Services

Phone: (706) 545 - 5222 / 5223

Directorate of Emergency Services

Fort Benning Traffic Enforcement

- Housing Area Traffic Enforcement

- December Enforcement (1 – 31 Dec 21)
  - Total Traffic Stops – 419 (Includes OSD)
  - Total Citations – 295 (1408/CVB)
    - Housing Areas – 7 – 1408's
    - Other – 288
  - Verbal Warnings – 131
  - Magistrate tickets – 144
  - Villages - (BP – 1, PV – 0, MV – 0, BH - 3, IV – 0, CV – 2, MP - 1, Housing Total - 7)

Martin Army Community Hospital

MHS Genesis

CPT Darnell Mauricio

MHS Genesis

Coming 11 June 2022

The Electronic Health Record

MHS GENESIS, the new electronic health record for the Military Health System, provides enhanced, secure technology to manage your health information.

MHS GENESIS integrates inpatient and outpatient solutions that will connect medical and active duty dental information across the continuum of care, from point of injury to the military treatment facility. This includes garrison, operational, and en route care, increasing efficiencies for beneficiaries and healthcare professionals.

When fully deployed, MHS GENESIS will provide a single health record for service members, veterans, and their families.

Patient Portal Access

To access the MHS GENESIS Patient Portal, visit **https://patientportal.mhsgenesis.health.mil**. Beneficiaries can log in to the MHS GENESIS Patient Portal using their DS Logon. Premium Access (Level 2) is required to view the health record.*

In preparation for the new MHS GENESIS Patient Portal, log in to milConnect and create your DS Logon. Beneficiaries with an existing DS Logon should upgrade their account to Premium Access. A link to the "My Access Center" is available via the MHS GENESIS Patient Portal landing page to direct patients on obtaining their DS Logon credentials.

For questions regarding the DS Logon, visit **www.dmdc.osd.mil/milconnect** or contact the Defense Manpower Data Center at (800) 538-9552.

Key Benefits

Through the **MHS GENESIS Patient Portal**, you can:

- View your health information
- Exchange secure messages with your care team
- Request prescription renewals
- View notes from your clinical visits and certain lab/test results, such as blood tests
- Manage medical and active duty dental appointments
- Complete a pre-visit active duty dental health questionnaire online
- Look up information related to your health concerns and medications

The Villages of Benning

Christmas

Tree Disposal

Monday, January 3rd, Christmas Trees will be collected on your Village's scheduled trash and bulk trash collection day.

The Villages of Benning

The Villages OF BENNING

OMB 0704-0553
03/31/2022

CEL

SURVEY

Coming Soon

JANUARY 11TH

LET YOUR VOICE BE HEARD

2022

is going to be a

SLAM DUNK

14 Jan

4 PM

Celebrate the New Year with us!
Court: Indianhead, 109 Lavoie Ave.

CONCESSIONS | SPORTS GAMES | SPACE JAM 2

The Villages of Benning

NEW Self Help
Building 280
Previous Self Help
Building 385
Edwards St
Upton Ave
Gillespie St
Vibbert Ave
Maneuver Senior
Leaders Course, MCoE
Classrooms

Freeze Warning

Let Faucets Drip

Turn Heat On Auto

The Villages OF BENNING

Commissary

SERVING THE UNITED STATES ARMED FORCES
COMMISSARY
SINCE 1867

COMMISSARY FAST FACTS – ISSUE 242 – January 2022

Your commissary offers more opportunities to save in January

Commissary shoppers who resolve to save more and eat healthier in 2022 can greatly help themselves by taking advantage of special in-store promotions and coupons, according to the Defense Commissary Agency's director of sales. "As always, a new year is an opportunity to use your commissary benefit to better manage your budget and start incorporating healthier substitutes into your lifestyle," said Bonita Moffett, DeCA's director of sales. "Your commissary is here to help you plan those weekend football playoff parties." Your winter football parties can include a healthy twist: Try tacos with ground turkey, and white chicken chili – a recipe just as hearty and spicy as any meal you'd get in a restaurant. Also, check out the deli counter for meat and cheese platters as well as subs and hoagie platters. Throughout January, DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Read the entire news release on our website at www.commissaries.com.

Scholarships for Military Children Program deadline is Feb. 17

Applications are now open for the Scholarships for Military Children Program for academic year 2022 – 2023. Fisher House Foundation will award 500 scholarship grants of $2,000 each. The program, now entering its 22nd year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their families. Thus far, the program has awarded more than $21 million to 12,312 students, selected from a pool of nearly 109,000 applicants. The selection process will begin immediately following the application deadline of Feb. 17, at 11:59 p.m. PST. Read the entire news release on our website at www.commissaries.com.

Commissary Store Brands: Saving money shouldn't be a chore

Commissary Store Brands include an assortment of items spanning the entire store to include Freedom's Choice food, HomeBase non-food, TopCare health & beauty, Full Circle Market natural and organic food, Wide Awake ready-to-drink coffee products, Tippy Toes baby products, Flock's Finest wild bird food, and Pure Harmony pet food. We're proud to serve you our Commissary Store Brands with the quality and savings you deserve. Go to commissaries.com for more information.

Fort Benning Commissary EXPRESSLINE

January 2022 VOLUME 13, ISSUE 4

PHONE Numbers

Store Director
Patricia King
Patricia.king@deca.mil
706-544-3965 x3351

Dept.	Ext.
Customer Service	3325
Store Manager	3304
Grocery	3320

Dept.	Ext.
Produce	3338
Meat	3341
Secretary	3305

STORE Hours

Sun: 1000-1900
Mon: 0900-1900
Tue: 0900-1900
Wed: 0900-1900
Thurs: 0900-1900
Fri:: 0900-1900
Sat: 0900-1900

Early Bird Shopping: Mon-Sat 0700-0900

Store Director's Scoop

YOUR COMMISSARY ...
It's Worth the Trip!

Due to the fluctuating and unpredictable nature of COVID cases in the United States and Overseas, all persons, regardless of vaccination status, will wear a mask while inside DeCA facilities and continue to maintain a physical distance consistent with applicable CDC and DoD Force Health Protection guidance.

Upcoming Holiday Hours
Martin Luther King Day
Monday, January 17th 0900-1700

DeCA recognizing academic excellence
Scholarships for Military Children applications now open

Applications are now open for the Scholarships for Military Children Program for academic year 2022 – 2023.

The program, now entering its 22nd year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their families. Thus far, the program has awarded more than $21 million to 12,312 students, selected from a pool of nearly 109,000 applicants. For more information, please visit our website at www.commissaries.com.

Save time shopping
Commissary CLICK2GO makes holiday shopping easier

Spend more time with family and friends during the winter holiday season by using Commissary CLICK2GO, your internet shopping, curbside pickup service.

Just use your computer or mobile device to shop and drop by the commissary at the appointed time to pick up your groceries. It's that easy.

To find out more about Commissary CLICK2GO, visit our website at www.commissaries.com.

Oatmeal cookies can be yummy and healthy!

Chewy Oatmeal Raisin Cookies made with avocado

With just four grams of fat and only 30 carbs, these oatmeal cookies will be a healthy favorite in the new year. With its surprise ingredient avocado, just say yes to avocado in oatmeal cookies and no to any added sugar! Get the recipe from visiting our website at www.commissaries.com.

HAVING A PARTY OR SPECIAL EVENT?

Contact the Meat Department to place your order for special cuts, and special orders. A 24-hour notice is greatly appreciated.

Did you know our store has its own page on the commissary website? Find us under the "Locations" tab at: http://www.commissaries.com

FOLLOW US

Army & Air Force Exchange Service

EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

Public Affairs Office

Garrison Chaplain

Directorate of Family and Morale, Welfare and Recreation

U.S. ARMY MWR
SOLDIERS · FAMILIES · RETIREES · CIVILIANS

UNITED STATES ARMY CHILD & YOUTH SERVICES

Youth Sports presents

BASKETBALL

JANUARY

Ages: 5-6 years

Registration date: December 1- 23

Practice starts week of January 4, 2022

Games start January 15, 2022

Cost: $45

FEBRUARY

Ages: 7-8 years

Registration date: January 4-21

Practice starts week of February 1, 2022

Games start February 12, 2022

Cost: $45

MARCH

Ages:9-13 years

Registration date: February 1-18

Practice starts week of March 1, 2022

Games start March 12, 2022

Cost: $45

Due to COVID Restrictions only the player and one parents will be allowed in the gym for practices and games. Players will bring their own water bottle labeled with their name on it. A current sports physical must be on file with Parent Central

Register at the Youth Sports office, or at Parent Central, Building #104, on Marchant Ave.

COACHES NEEDED!

CYS Youth Sports is looking for coaches for the following sports:
Football, Flag Football, Soccer, Baseball, T-Ball, Coach pitch Baseball, Wrestling and Basketball to coach children ages 4-16.

Give back to the community and coach a new generation of athletes! (Coaches discounts offered!)

COACHING REQUIREMENTS:

- local background checks must be cleared on all coaches prior to team assignment
- Coaches must attend one of the coaches clinics to review the roles and coaching policies and become certified through the National Alliance for Youth Sports

Interested? Sign up today by calling the Youth Sports office at 706-545-0522 or Parent Central at 706-545-2079

UNITED STATES ARMY CHILD & YOUTH SERVICES

U.S. ARMY MWR SOLDIERS · FAMILIES · RETIREES · CIVILIANS

FIRST AID, CPR, AED
$100 PER PERSON
9 A.M. – 5 P.M. | 1-DAY CLASSES
2021
October 13, November 17, December 8
2022
January 12, February 16, March 16, April 13, May 18, June 15, July 13, August 17, September 14
Participants will earn a 2-year certificate in Adult, Child, and Infant CPR/AED/ First Aid from the American Red Cross.
TO REGISTER, CALL 706-844-5766.
For more info, visit benning.armymwr.com.
U.S. ARMY
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American Red Cross

LIFEGUARD TRAINING

We offer a 2-year lifeguard certification, which includes the American Red Cross Certification, lifeguarding, First Aid, CPR and AED, for MWR patrons ages 15 and older.

Planning to be certified before the Summer Pool Season? Take our January / February classes to ensure you're on board before the pools open!

4-Day Courses | 9 a.m. - 5 p.m.

January 29, January 30, February 5, February 6

February 26, February 27, March 5, March 6

April 4 – 8 (Spring Break)

April 23, April 24, April 30, May 1

To register call 706-545-1400 or email annerose.whitehead.naf@mail.mil.

U.S. ARMY MWR

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UNITED STATES ARMY CHILD & YOUTH SERVICES

PRIVATE SWIM LESSONS

OPEN TO AGES 6 MONTHS AND UP

7 SESSIONS JANUARY – APRIL

$75 FOR 4 CLASSES

Registration opens 2 weeks prior to start date of each class.
Please visit Benning.armymwr.com for exact class dates, times and to register.

January BOWLING SPECIALS

NEW YEAR, NEW YOU IN 2022!

Enjoy $2 games and $2 shoe rentals in on weekdays in January to ring in 2022!

Winter Wonderland!

Wear white on the weekends to receive a chili dog special with 2 hours of unlimited bowling and shoe rental for only $12! Includes 2 chili dogs, chips and a 16oz drink. Must wear white - undershirts do not count.

February BOWLING SPECIALS

BOWL YOUR HEART OUT!

You and your other half both wear pink and/or red to receive buy-one, get-one free games during the week. Shoe rental not included.

SuperBOWL Special

Come in showing off your favorite NFL team on Superbowl Sunday, February 13, and enjoy 2 hours of unlimited bowling for only $8! Shoe rental included.

VALENTINE SPECIAL

Calling all couples! Enjoy 2 hours of unlimited bowling with your sweetheart for $12 per pair on Sunday, February 13. Shoe rentals included.

WARRIOR ADVENTURE QUEST

FORT BENNING, GA

FREE TO UNITS

HIGH ADRENALINE ACTIVITIES

ARCHERY TAG, GO KARTING, PAINTBALL, TRAP SHOOTING, WHITEWATER RAFTING, ZIPLINING

Avaliable to use once every two years or Post Deployments

For more info, call 706-366-3338 or 706-570-5979, or email ODRBenning@gmail.com
benning.armymwr.com

U.S. ARMY MWR
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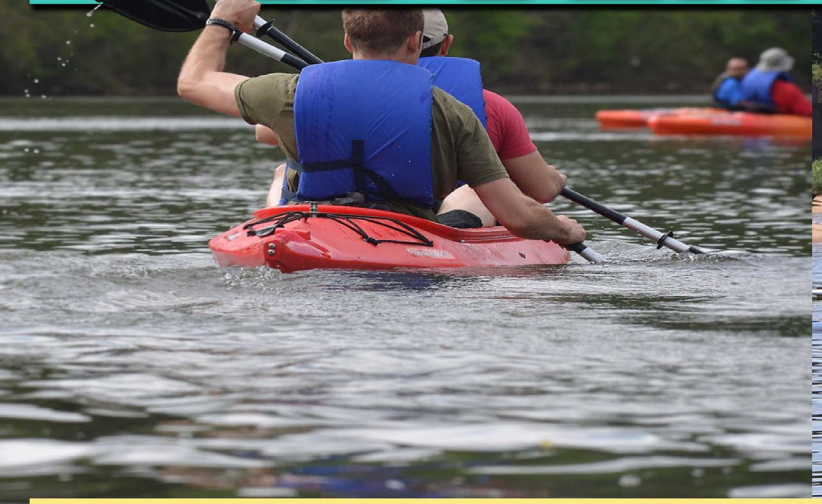
ARMY OUTDOOR RECREATION

ADVENTURE PROGRAMS



AVAILABLE PROGRAMS:

Archery Tag, Biking, Kayaking, Paddle Boarding, Paintball or Recreational Shooting

Enjoy a private activity for:

PT • Organizational Day • Unit Event • SFRG Event

Birthday Party • Church or Club Event

Book your next private adventure with the Fort Benning Outdoor Recreation team.

Book your next adventure, call 706-366-3338 or 706-570-5979 • benning.armymwr.com

Military Spouses
RÉSUMÉ WORKSHOPS

These workshop will teach you how to write and prepare the perfect résumé, as well as assess your current résumé to get you ready for near and future career and employment opportunities.

Registration is required and space is limited. Call 706-545-4043/7517 for more information and to sign up today!

CIVILIAN RÉSUMÉ WORKSHOP

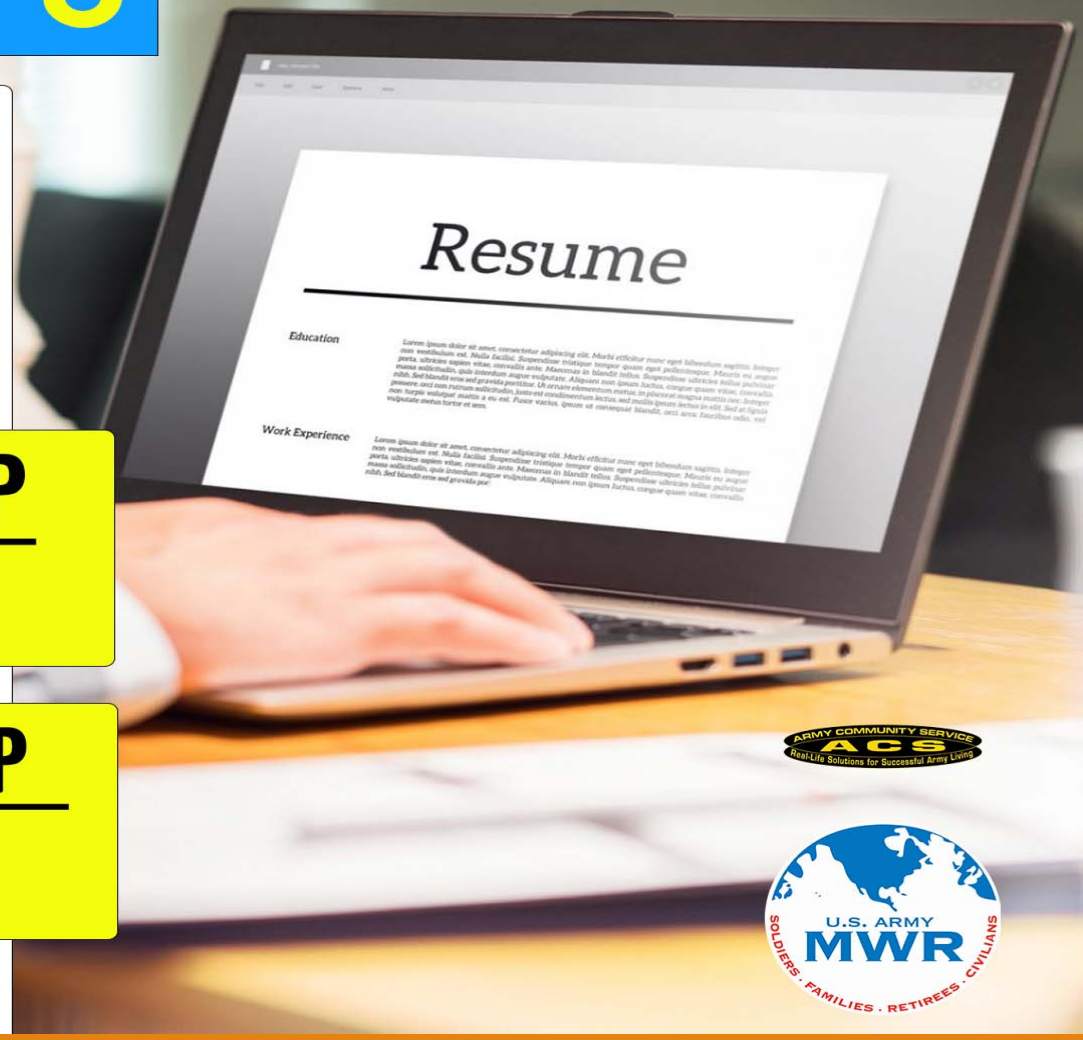
1st Tuesday each month • 9 a.m. - noon

ACS, Patch Hall, Baltzell Avenue, building 7, Training Room

10 STEPS TO A FEDERAL JOB WORKSHOP

1st Thursday each month • 9 a.m. - noon

ACS, Patch Hall, Baltzell Avenue, building 7, Training Room



ARMY COMMUNITY SERVICE ACS Real-Life Solutions for Successful Army Living

U.S. ARMY MWR SOLDIERS · FAMILIES · RETIREES · CIVILIANS

NEW PARENT SUPPORT PROGRAM

Every 3rd Thursday each month

9:30-10:30 a.m. | Bldg 2652, 6980 Dixie Road

Blue Field Pavilion, Zuckerman Avenue

Our Play and Learn Playgroup is designed to provide activities for families to play and interact with their children and explore many developmental domains including sensory experiences, motor skills, and language skills.

The New Parent Support Program (NPSP) is a program offered to Army Families to enhance parent and infant attachment, increase knowledge of child development, and provide connections to support services that allow parents to become nurturing and capable caregivers.

For more info, call 706-545-6316/9358.

CARWASH PRICES

CAR WASH SERVICES

CAR WASH COMBO	CAR WASH TOUCHLESS	CAR WASH DELUXE	CAR WASH EXPRESS	VACUUM/SPOT FRESHENER	DOG WASH
$9	$8	$7	$5	$1.50	12 MIN $8

ALL SELF-SERVE BAYS ARE $.50/MINUTE: $5 TO START [10 MINUTES]*

LAUNDRY SERVICE

PRICES

EFFECTIVE OCTOBER 1, 2019

WASHERS

8 Loads	$8
6 Loads	$5
4 Loads	$4
3 Loads	$2.75
2 Loads	$2
1 Load	$1.50

DRYERS

(OL) 7 mins	$.25
(MS) 7 mins	$.25
50lb 6 mins	$.25
75lb 4 min	$.25
(SD) 7 min	$.25

(OL) Old Section ▪ (MS) Middle Section ▪ (SD) Stack Dryers

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WE-DO-IT.

AUTO SKILLS

BUILDING 111, 6800 MARCHANT STREET

SERVICES OFFERED

- Change and flush fluids: Engine Oil, differential, power steering, transmission, coolant etc.
- Multi-point inspection
- Vehicle maintenance schedule

WE SERVICE THE FOLLOWING SYSTEMS INCLUDING MAINTENANCE AND REPAIR:

Cooling System
Water pumps, thermostats, hoses, & more

Steering System
Power steering pumps, tie rods, & more

Suspension System
Shocks, struts, springs & more

Braking System
Brake pads, shoes, hardware & more

Driveline
Drive shafts, CV joints, universal joints & more

Door Systems
Locks, windows, latches & more

Tire Systems
Mount, balance, rotate, repair & more

Lighting System: Interior & Exterior
Head lights, bulbs & more

Air Conditioning System
Compressors, evaporates, recharge, & more

Electrical System
Batteries, alternators & more

Malfunction Lights
Check engine, tire pressure, ABS & more

Maintenance Items
Belts, filters, spark plugs, clutches & more

U.S. ARMY MWR

More services available upon request.

Garrison Commander

COL Alexis Rivera Espada

The next CARE Meeting is Tuesday,1 February 2022!

JAN
CARE
SIGACTS

JAN-FEB

- MLK Observance and Celebration 13 Jan 22
- MLK Day Training & Federal Holiday 14-17 Jan 22
- Walking Town Hall (Indianhead/MacDonald) 19 Jan 22
- Covenant Woods Retirement Community Performance MCoE Band 26 Jan 22
- CG's Golf Scramble 27 Jan 22
- Groundhog Day 2 Feb 22
- Hall of Heroes Ceremony 11 Feb 22
- Valentines Day 14 Feb 22
- Maneuver Conference 15-17 Feb 22
- Walking Town Hall (Patton) 16 Feb 22
- Presidents Day Training & Federal Holiday 18-21 Feb 22
- A Better Benning Forum 24 Feb 22
- CG's Golf Scramble 24 Feb 22