

Welcome to the January CARE Meeting

Topic: *Wellness*





ARMY MEDICINE
One Team... One Purpose
Conserving the Fighting Strength Since 1775

Martin Army Community Hospital

“A New Year, A New You!”



<https://martin.amedd.army.mil/>



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Physical Therapy Services

<https://martin.amedd.army.mil/Healthcare-Services/Rehabilitative-Services/>



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Martin Army Community Hospital Physical Therapy Services

- Outpatient / Inpatient / Post-operative Orthopedic
- Primary Care base Physical Therapy
- Outpatient Neuro-vestibular
- Pelvic Health (female/male)
- Osteopathic Manipulative Treatments (OMT)
- Mechanical Diagnosis and Treatment (MDT)
- Therapeutic Dry Needling (TDN)
- Battlefield Acupuncture (BFA)
- Aquatics



Post-op



OMT



OMT



Aquatics



TDN



BFA



How to make a Physical Therapy appointment:

- Dept of Rehab Services PT at MACH Hospital (All Beneficiaries)
 - Referral from Primary Care Manager
 - DRS PT staff will call patient to schedule evaluation
 - Treatments generally begin with Home Exercise Programs (HEP) with in-clinic rehab plans individually developed, as needed
 - Help us eliminate No-shows by calling to cancel/reschedule all appts
- Adult Primary Care Clinic (APCC) PT (Family members and Retirees)
 - Referral from Primary Care
 - PC PT focuses on HEP and “quick win” rehab to minimize delays in care and maximize value-based therapies
- Outlying PT Clinics
 - Cadre and Permanent Party Walk-in Sick Call
 - *No Cadre/PP care on Thurs due to training*
 - CTMC Main Post (Mon-Wed, Fri: 1000-1200; 1300-1430 hrs)
 - Harmony Church (Mon-Wed, Fri: 1200-1430 hrs)
 - TMC-5 Sand Hill (Mon-Wed, Fri: 1230-1430 hrs)



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Women's Health Services

<https://martin.amedd.army.mil/Healthcare-Services/Womens-Health/>



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Martin Army Community Hospital Women's Health Services





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Martin Army Community Hospital *Women's Health Services*





“OUR VILLAGE”

*Meet Fort Benning's NEW families, share your experiences and learn from others. It's a great excuse to get out of the house and have fun. After all it takes a village to raise a child!

***EVERY TUESDAY AT 1000** on the 4th floor hospital conference room. Take the staff elevator, to the 4th floor, walk straight out of the elevator and open closed door in front of the elevator, walk to the middle of hallway and open the double doors to your left.

* Expectant couples, fathers, babies and siblings are all welcome.

* For info call 762-408-5095



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Martin Army Community Hospital

Women's Health Services

Curriculum Guide 2020

(All Classes will be in the 5th Floor Classroom)

Breastfeeding 101 - 1st Tuesday of the month 1800 – 1900

This class will discuss the following topics:
What have you heard about infant feeding?
While you are at the maternity center.
Breastfeeding information and tips.
Once you are home with your baby.

Labor Support/Labor & Delivery/Medications 201 - 2nd Tuesday of the month 1800-1900

This class will discuss the following topics:
Labor coach positioning support.
Different laboring positions and breathing techniques.
What to bring to labor & delivery.
How to know when you are in labor and warning signs to report.
Pain management (natural/IV/Epidural), and non-pharmacological pain management.

Keeping Baby Safe/Infant CPR & Choking 301 - 3rd Tuesday of the month 1800 – 1900

This class will discuss the following topics:
The ABCs of infant safe sleep.
Water, Medication, and Toy Safety.
Ways to prevent poisoning.
How to make your home safe for baby.
Food safety.
Infant CPR and choking (THIS IS NOT A CERTIFICATION)

Postpartum & Newborn Care/Car Seat Safety 401 – 4th Tuesday of the month 1800 – 1900

(Except the month of December)

This class will discuss the following topics:
What to expect the first hour after birth.
Infant safety and security at MACH.
Skin conditions of the newborn.
Routine newborn care.
Feeding cues, sleeping patterns, and bathing.
Postpartum and breast care
How to properly install and secure infant in car seat.

All classes require registration. Please email Ms. Angela Carroll at angela.m.carroll17.civ@mail.mil to register.

For questions, please call 762-408-5104. Tours are given after each class.

Spouses and partners are encouraged to attend all classes.





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Exceptional Family Member Program Services

<https://martin.amedd.army.mil/Healthcare-Services/Primary-Care-Clinics/>

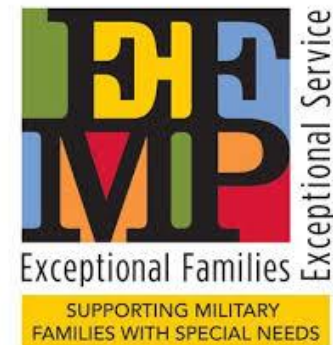


ACS EFMP:

- Moved to building 359

Medical EFMP:

- Goal to make BMACH EFMP a Center of Excellence
- New and expanded team
 - Dedicated full time staff
 - Better resources to answer questions
- New template
 - Transparency and timeliness with packet flow
 - Improved communication
 - Face to Face and virtual telephonic administrative encounters





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Martin Army Community Hospital
Exceptional Family Member Program Services

1st floor Upatoi Clinic
co-located with Pediatrics

762-408-2423

- All phone messages answered in 1-2 business days



Hours of Operation

Mon: Packet Review

Tues: 0900-1600

Wed: 0900-1600

Thur: 1030-1600

Fri: 0900-1600

*Break for lunch from 1200-1300



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Pediatric Services

<https://martin.amedd.army.mil/Healthcare-Services/Primary-Care-Clinics/>



- Improved access to appointments
 - 10 Full-Time pediatric providers
 - Provider cancellations
 - No-Show rate
- Virtual telephonic appointments
 - Referral renewal
 - Medication renewal
 - School work documentation
 - EFMP updates
- Lactation services within clinic





- Secure Messaging and phone messages
- Case Management resources
 - Respite care
 - Home nursing
 - Autism Pathway bridging with EFMP
- After Hours Urgent Care Services at BMACH
 - 1730-2000 1st floor Oak Ridge
- Anticipate nursing shortage in upcoming months
- Flu clinic for 2019-2020
 - Flu clinic 2020-2021



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Nutrition Care Services

<https://martin.amedd.army.mil/Healthcare-Services/Nutrition-Services/>



Nutrition Care Services:

• **Clinical Care**

- Individual Nutrition Appointments (Adult and Pediatric)
 - Weight management, gastro, cardio, performance, vegan, etc
- Nutrition Classes
 - Weight loss, diabetes, pregnancy, bariatric surgery, heart health
- Fit For Performance
 - Weight management program for overweight/obese Soldiers according to AR 600-9



• **Installation Readiness Nutrition**

- Unit Nutrition Briefs
 - Company Commanders, 1SGs, Drill Sergeants, Basic Trainees, IBOLC, MCCC, Ranger School graduates, Ranger School Instructors, etc.
- TAP-C Dietitian
- Performance and Recovery Nutrition

• **Community Nutrition**

- Child and Youth Services Inspections
- Health Fairs

• **Food Production and Service**





To make a **nutrition** appointment

- 1. Use Tricare Online Secure Messaging (<https://app.tolsecuremessaging.com>)
 - Look up **nutrition** in “Providers” and send us a message

OR

- 2. Call (762) 408-2273 (CARE)
 - Press 3 for specialty clinic, then 7 for nutrition, then 1 for nutrition

OR

- 3. Ask your PCM to put in a nutrition referral, and then we will contact you to book.

OR

- 4. Stop by the Nutrition Clinic on the Ground floor of the hospital in the hallway to the left of the Dining Facility.

M-F, 0800-1630

***Please note that you will usually attend a group class first and then follow-up with the dietitian for an individual nutrition appointment.



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Pharmacy Services

<https://martin.amedd.army.mil/Healthcare-Services/Pharmacy/>



- Pharmacy Drop-Off Service at front desk
 - Pick-up after 1500 when submitted by 1200
- 2 Kiosks are now functional
 - Use your name and ID
 - *Do not scan your ID card if you are picking up for someone other than yourself
- Ensure off-post providers are prescribing you a formulary drug.
 - MACH Formulary <https://martin.amedd.army.mil/Healthcare-Services/Pharmacy/>
 - Click on "Pharmacy Formulary"
 - TRICARE Formulary <https://www.express-scripts.com/static/formularySearch/2.9.5/#/formularySearch/drugSearch>
- Electronic submission of Prescriptions (ERX)
 - Ask / insist your off-post provider to submit all prescriptions electronically; ensure it is complete prior to departure





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Martin Army Community Hospital Pharmacy Services

Pharmacy Service Option	Cost
Military Treatment Facility	No cost to any beneficiary
TRICARE Network (30 day supply)	ADSM - \$0 Generic formulary - \$13 Brand name formulary - \$33 Non Formulary - \$60
Home Delivery (90 day supply) "Express Scripts"	ADSM - \$0 Generic formulary - \$10 Brand name formulary - \$29 Non Formulary - \$60
Non-Network Pharmacy	Customer will pay full price of drug and file a claim for reimbursement. Deductible prior to reimbursement.

The next CARE Meeting is Tuesday,
4 February 2020

Topic: ***Spring Break Fun***

