



# Brigade Medical Unit

## Naval Health Clinic Annapolis

## UNCHARTED SEAS

The staff at BMU is wishing all of our Midshipman family great health while you are away from campus during these unprecedented times. Please know that we will do all that we can to take care of your medical and commissioning needs while you are away from the Yard.

## ACCESS TO HEALTHCARE

During this time away from USNA you will still be covered by your TriCare health insurance. Your policy number is your DoD ID number, the unique 10-digit number located on the back of your Common Access Card (CAC).

### Emergent Care

You may use emergent care at any time without a pre-approved authorization. After you have been discharged, please call the BMU front desk to speak to a nurse or care coordinator to ensure a copy of your care can be obtained for your military health record. If a specialist (i.e. Orthopedic or ENT surgeon) is asked to evaluate you in the Emergency Department (ED) you are authorized one follow-up with that specialist in their outpatient clinic after the ED visit. Follow-up visits with that specialist after this initial visit will require a referral from BMU. Please provide BMU with the name, address and phone number for that specialty clinic.

### Urgent Care

Please call the BMU front desk during the clinic working hours, or the Duty Healthcare Provider after-hours, in order to obtain a referral from a provider. Without a consult, you will receive a bill that may not be reimbursable by TriCare. Please first identify an urgent care clinic in your area that accepts TriCare insurance and be ready to provide that information. We will require the name, address and telephone number of the urgent care clinic for payment purposes.

### Specialty Consults

While you are away from USNA, BMU is still considered your assigned Primary Care clinic. In order for you to have access to specialty care you will need a referral from BMU. Please call to discuss your needs with our healthcare team during weekday working hours and provide the clinic name, address and phone

## NON-URGENT QUESTIONS & REFERRALS & MED REFILLS

BMU Front Desk

Monday - Friday

0730-1600

410-293-1758

410-293-1760

## OR USE SECURE MESSAGING 24 / 7 !!

(see page 2)

## DUTY HEALTHCARE PROVIDER

ANSWERING SERVICE

Monday - Friday

1600 - 0730

AND

Weekends

Holidays

410-293-2273

Option 1

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number of a TriCare network provider if you have already identified a specialist you would like to see. If you do not know of a specialist in your area, we can help you locate one for you. **Please realize non-emergent medical evaluations and non-emergent surgeries may not be available at most military and civilian medical facilities in your area during this pandemic period in order to utilize all available medical personnel to supporting COVID-19 Operations. Please be patient.** BMU and MDC are also working to initiate **Behavior Health Telehealth**. If you are concerned about specialty care or a required surgery for a commissioning issue, please contact the Commissioning Medical Officers or the Brigade Medical Officer through the front desk phone number during weekday work hours to discuss.

## COVID-19

BMU is always willing to answer your questions concerning COVID-19, however the Public Health Department in your local region will determine the necessity to test for the virus based on your personal risk factors or exposures, and symptoms you may be exhibiting. With limited testing available nationwide currently, your local region may feel it is safe for you to remain at home and monitor under self-isolation. As a young healthy person you are likely to have flu-like symptoms which self resolve without complication. The greatest risk is to those who are over 60, have underlying health conditions, and / or have lower immune function. Heed the guidance to self-isolate to protect others not as fortunate as you. If you are tested for COVID-19, you are required to inform your Chain of Command. Your status will be tracked by the Brigade Medical Officer who will contact you and give you guidance on what to do while awaiting your results, or what to do when you receive the results of your COVID-19 test. As a military member, there are mandated requirements for self-isolation that must be adhered to and reported daily to Fleet Forces through the USNA Superintendent.

## “Secure Messaging”

Another service provided to MIDN is their ability to reach out to their provider or healthcare team through a secure messaging system. The patient portal is a secure system to request medication renewals, or ask non-emergent questions, and when you return to USNA, schedule, cancel or reschedule appointments, and view laboratory or radiology reports.

To sign up for secure messaging, go to:

<https://app.tolsecuremessaging.com>

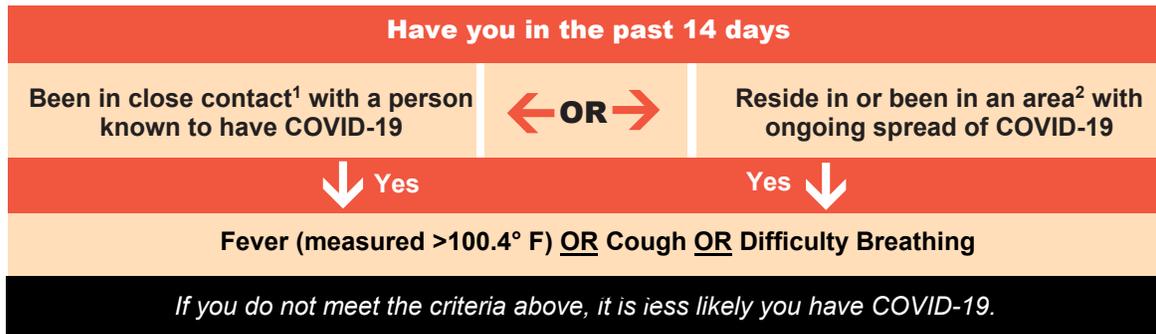
and click “Register Now” (Please remember to use your non-USNA email so that you continue to use the account after you graduate) Select “Navy-Annapolis-PC-Midshipman Brigade Medical” as your provider when prompted. Please be specific if you are requesting a return call from a provider. however in many instances our nursing and care coordination staff are able to assist you. We have received numerous messages already, but we will be certain to respond to you in a timely fashion during weekday hours.

## Dental Emergencies

For routine and specialty (including surgery and orthodontics) dental concerns, please call Brigade Dental for guidance at 410-293-3901. If you have a dental emergency after working hours and weekends call 443-822-2254, or call the Duty Provider line 410-293-2273 (option #3). If the Duty Dental Officer determines that you have a dental need that is urgent, they will direct you to the Active Duty Dental Program (ADDP) for care. Please note that nationwide all public and private dental offices are asked to comply with the American Dental Association to only treat dental emergencies. For information and updates on ADDP status visit: <https://secure.addp-ucci.com>. The Brigade Dental Clinic understands the uncertainty this brings for many of our Midshipmen, however rest assured that we are dedicated to help the Brigade through this hurdle and will work tirelessly to ensure your dental readiness.



## What to do if you think you have COVID-19?



<sup>1</sup> Close contact is defined as being within 6 feet of or sharing a congregated setting with a confirmed case for prolonged period of time.

<sup>2</sup> Check CDC's COVID-19 Travel website for most up-to-date areas with ongoing transmission

(<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>)



### Self-isolate

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Notify your supervisor:** Inform your supervisor that you are ill and unable to come into work.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.
- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

### Seek Medical Evaluation

- **Call ahead:** It is imperative, for your protection and protection of healthcare providers that you call the healthcare provider in advance of presenting at the medical treatment facility and tell them that you may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected. You can also call the Tricare Nurse Advice Line at 1-800-TRICARE, and choose option one for additional instructions on how to be seen.
- **Emergency:** If you develop emergency warning signs\* for COVID-19 get medical attention immediately at the nearest Emergency Room. Make every effort to call ahead if possible. (\*Emergency warning signs include: difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face.)
- **Getting tested:** If your provider decides COVID-19 testing is appropriate for you, they will arrange for you to get tested at an approved laboratory. Testing will involve swabbing the back of your nasopharynx and/or the back of your throat. You can expect results of your test anywhere from 1 to 5 days.

## WHAT DO I DO IF I RECEIVE A MEDICAL BILL??

Call the BMU Front Desk, ask for the MIDN Case Manager RN Deborah Hood or your BMU care coordinator

410-293- 1758 / -1760

or NHCA TriCare Health Benefits Advisor, Mr. Ray Wiles

410-293-2276

[NHCA-CustomerRelations@med.navy.mil](mailto:NHCA-CustomerRelations@med.navy.mil)

**KEEP  
CALM  
AND  
GO  
NAVY!**  
FEAR THE GOAT!