



Brigade Medical Unit

Naval Health Clinic Annapolis

Moving Forward

Each new day brings new challenges and questions. BMU will try to keep you informed with these weekly (or more frequent if needed) newsletters. Please keep them in your files for contact information should questions arise.

Medication Renewals

We realize that you may be nearing the end of your prescribed medications. If you have your prescription bottle with you and it shows you having remaining refills, your local Tricare network pharmacy should be able to provide you a refill just by showing them the bottle. Find a local pharmacy online:

<https://militaryrx.express-scripts.com/find-pharmacy>.

If you do not have your prescription label with you, or have no remaining refills on your prescribed medication, please contact BMU via phone with the name and phone number of your preferred local Tricare network pharmacy and a BMU provider will call-in your prescription. Please do not wait until the last day of remaining medications.

PRK/LASIK Questions

Elective Refractive surgery and pre-operative appointments have been cancelled for the duration of the Academic year. The Refractive Surgery Center at Walter Reed National Military Medical Center will reschedule pre-operative exams and surgeries once clinical operations resume.

For those that are due for a 1 or 3 month post-operative exam, the WRNMMC Refractive Surgery Coordinator will email you with specific instructions including appointment and referral information.

If you do need a refill on your artificial tears, please contact our clinic or purchase Refresh Plus at your local store. Military Medical Treatment Facilities should be able to transfer refills between clinics.

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

For Optometry Questions, please contact Ashley Dawson for any appointment questions/concerns: ashley.m.dawson17.civ@mail.mil or during working hours **Monday-Friday, 0730-1600 call 410-293-3617/1790.**

Telehealth

BMU and our parent Command, Naval Health Clinic Annapolis, and USNA's Midshipmen Development Center are working through the legalities of Telehealth interactions for services such as behavioral health. Please be patient as we are attempting to make this option available as soon as possible.

Specialty Consults (a.k.a. referrals)

Many of you may have had Walter Reed National Military Medical Center (WRNMMC) consults or follow-up specialty appointments that were cancelled due to the need to reallocate all healthcare personal into operational platforms, whether as a COVID response team member at WRNMMC, deployed on the USNS COMFORT, or deployed field hospital. There have been many MIDN asking for those consults to be conducted locally to their current domicile. Please realize that many civilian providers are being reallocated as well to meet the needs of their own local communities and will not be accepting new consults for the foreseeable future. If you know of a local provider that will accept Tricare and will agree to take you as a new patient, please contact BMU and provide us the name, address and phone number of the provider and their practice.

For the less than 100 1/C MIDN that had remaining medical issues that needed to be cleared for commissioning (PRK follow-ups, Ortho Physically Qualified statements post surgery, etc.), please know that we are working with the various specialists and with BUMED to see if there is a possible solution to get your completed package submitted and approved.

If you request a consult be placed for a provider in your current location, you may track the approval process of your consult by registering with Humana Military,

<https://www.HumanaMilitary.com>

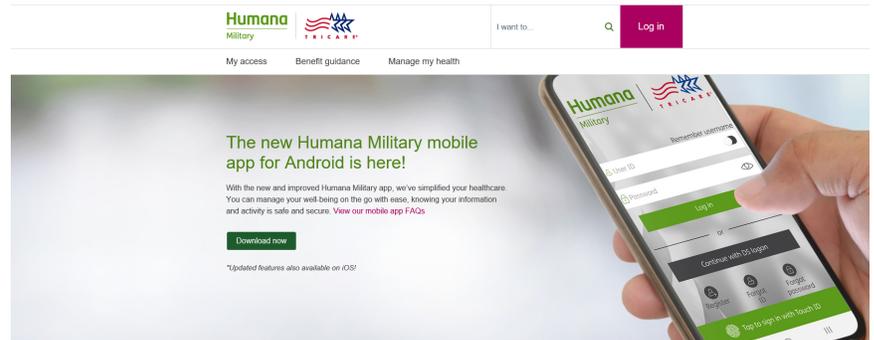
HumanaMilitary.com

The screenshot shows the Humana Military website interface. At the top, there are logos for Humana Military and TRICARE, along with a search bar labeled "I want to...". Below the logos are navigation tabs for "Beneficiary", "Provider", and "Government". A large banner for "Coronavirus Disease (COVID-19) info" is displayed, with a "Stay updated" button. Below the banner are two columns: "Beneficiaries" with a "Learn more" button, and "Find care" with a "Search now" button.

Go directly to "Beneficiaries" to learn how to register to the Humana Portal. **This will give you referral information, authorization information and who you are authorized to see. It also gives you your claim and enrollment information.**

Download Humana Military Mobile App

Humana Military also has a **convenient mobile app** which you can download to your smartphone.



1/C Commissioning Waivers and Approvals

The vast majority (over 820 1/C MIDN) have BUMED or NAMI approval or waivers already granted to medically commission in your designated service selection. Of those remaining, 91 MIDN had pending medical issues that you should have been aware of before Spring Break through our care coordinators, medical commissioning officers or your specialist (If you were still being evaluated for stability of a medical issue). Those packages have not been submitted yet, however, 35 of the 91 are those were orthopedic follow-ups either awaiting full recovery from surgery of an identified issue that required an Ortho Physically Qualified (PQ) statement. Ortho is reviewing the list to see if can be evaluated by phone to fulfill BUMED or NAMI requirements. MIDN may be asked to submit a personal signed statement of current activity levels. Some of the 91 MIDN required a 6 month PRK follow-up, or some other specialist to give final PQ recommendation. We are currently working these issues with the specialists and BUMED/NAMI. There are 100 MIDN commissioning packages that have been submitted to BUMED or NAMI and are awaiting their final review. The vast majority of these will be approved. There is a possibility however that they may return your package asking for further evaluation to obtain a waiver. We will inform those MIDN as soon as we are aware of the issue and attempt to create a pathway forward to commission. Please know that our goal is to get to a BUMED or NAMI "yes" for you.

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

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



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

Are you currently experiencing

Fever (measured >100° F)

OR

Cough

OR

Difficulty Breathing



AND have the following Risk Factors



Been in close contact¹ with a person known to have COVID-19

OR

Reside in or been in an area² with ongoing spread of COVID-19

If you meet these criteria for COVID-19 proceed with these 2 steps:

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

² 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>.)



Step 1 - Isolate Yourself at Home

- **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.

Step 2 - 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.



Coronavirus Disease (COVID-19) Restriction of Movement FAQs

21 MARCH 2020

Question. When placed on Restriction of Movement (ROM) can I travel to locations within the fence line of an installation to utilize facilities such as the NEX food court or the gym?

Answer. No. During the duration of the ROM, service members must remain in their rooms with the exception of brief trips to utilize designated smoking areas, walking in the immediate vicinity of the building (usually within 100 feet) limiting close contact (within 6 feet) with others. If your facility contains an in house gym, do not use it.

Question. Can I accept food deliveries from various services?

Answer. Yes. Food must be placed outside the room. Minimize close contact (within 6 feet).

Question. Can my family or friends visit me?

Answer. Yes, provided they do not enter your room. Conversations should be held with visitors staying in the passageway outside the room- and service members in their room. Minimize close contact (within 6 feet).

Question. Can I do my laundry?

Answer. Yes, but you should coordinate with command to utilize in house laundry facilities.

Question. How do I obtain personal hygiene items?

Answer. Utilize the point of contact provided by your command to arrange for purchase of these items.

Question. Will my room be cleaned daily?

Answer. No, your room will not be cleaned during your stay. Trash pickup is available by placing your trashcan in the passageway.

Question. Is Personal Protective Equipment required for personnel in my vicinity?

Answer. No, you should limit close contact (within 6 feet) with others.

Question. Can I ROM in open bay barracks or in rooms with shared bathrooms?

Answer. No, individuals should be placed in separate lodging.

Question. Can I use public transportation if in ROM status?

Answer. No, individuals on ROM should avoid crowds and public locations.

Question. Can I get off ROM early if I was in close contact to a person with COVID-19, and I feel like I am not sick?

Answer. No, the Centers for Disease Control (CDC) recommends 14 days of ROM from the last date of exposure to a COVID-19 positive person.

Question. What is the difference between quarantine and restriction of movement (ROM)?

Answer. Quarantine is a legal public health term used for civilian restrictions and restriction of movement is a military term being used to identify military individuals who are restricted in their movement, generally to their residence.

Question. Are my family members at risk if I ROM at home with them?

Answer. ROM status is a precautionary step to prevent spread to others. Considering this, it is recommended that while at home in a ROM status, you practice social distancing. This means try to remain at least 6 feet from other persons, avoid using the same bathroom, or sleeping in the same bed.

Question. Can I prepare meals for my family while on ROM?

Answer. When in a restriction of movement status it is recommended you not prepare the meals for your family, because the virus is spread through respiratory droplets that can land on surfaces such as food. Ideally you should have other individuals prepare food. If you are the only care giver, make sure you are washing your hands with soap and water for 20 seconds for general food safety. Make sure you cover your nose and mouth when coughing and wash your hands after using the bathroom.

Question. Should I be wearing a mask?

Answer. Masks will not protect you from inhaling the virus. The virus is very small and can make its way through and around the mask. The best way to prevent being infected or infecting others, is to practice social distancing and good hygiene techniques (such as washing your hands regularly with soap and water for at least 20 seconds, avoid touching your face, avoid sick persons, etc).

Question. Do I need to clean my house to CDC standards?

Answer. It is recommended you maintain a clean living environment as you normally would. This includes hand washing and washing clothing and bedding, and wiping down frequently touched surfaces with a sanitizing wipe. That should handle basic cleaning around the house. Anything with 10% bleach is appropriate. The Environmental Protection Agency has a list of products that have been specifically tested for coronavirus.
