



Brigade Medical Unit

Naval Health Clinic Annapolis

Expanding our Reach

Hopefully you are finding these newsletters helpful. The BMU staff understand there are over 4500 very unique MIDN experiences occurring right now. We are trying to make access to care for you as easy as possible across the miles.

DO Practice Social Distancing, but DON'T Mentally or Socially Isolate!

Being "home" after months away at school, on your own, can present its own challenges. Not dissimilar to returning after many months of deployment, you try to "fit back in". Yet you may feel a loss of your independence, or may have returned to relationships that may not have been optimal when you last departed home for USNA. Throw in the stress of pandemic and the loss of your MIDN family being available "right down the hall" and you have the ingredients for sadness or worse. Be creative! Have virtual group "outings" or age-appropriate happy-hours with your friends using apps like FaceTime or ZOOM. Don't just rely on texting. There is value in "face to face" time with your friends to blow off steam.

PLEASE make use of the numerous resources available and seek help if needed. We are ALL feeling the stress of the times, even the saltiest of us. Seeking help is a strength, not a weakness. Here are a list of options both here on the Yard and elsewhere, all standing by to assist.

Chaplains:

Duty Chaplain 24/7 via the OOW 410-310-9721

Daytime Chaplain 410-293-1100

Battalion Chaplains by their USNA email:

1st Batt: short@usna.edu

2nd Batt: ballaban@usna.edu

3rd Batt: tmiller@usna.edu

4th Batt: dundon@usna.edu

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

5th Batt: orsburn@usna.edu

6th Batt: uyboco@usna.edu

Midshipman Development Center:

**For phone or HIPPA-compliant video TeleHealth appointments, email:
mdc@usna.edu**

BMU Mental Health / Dr. Morgan:

**For phone or HIPPA-compliant video TeleHealth appointments, call your
BMU care coordinators: 410-293-1722 / -1723**

Military Crisis Hotline Resources 24/7:

1. Call: 1-800-273-8255, Press 1

2. Chat Online:

<https://www.veteranscrisisline.net/get-help/military-crisis-line>

3. Text: 838255

National Suicide Prevention Hotline 24/7:

1-800-273-TALK (1-800-273-8255)

Orthopaedic AND Physical Therapy TeleHealth

To address any musculoskeletal or sports injuries, as well as orthopaedic commissioning issues, we now have dedicated virtual TeleHealth appointments with our sports medicine doctors! These can be used to address new injuries, prior injuries you would normally have an in-person follow up for, or for post-operative visits after surgery. Our physical therapists are also standing by to assist with rehabilitation protocols or with any of your rehabilitation questions.

**For scheduling with Orthopaedics, Physical Medicine, or Physical Therapy, please call
410-293-1748.**

You will need to provide your name, current location, an email address, and alpha code. You will then receive an email with instructions on the "virtual" video appointment details.

Contact Lens Prescription Renewals

If you are wearing contact lenses that were fit and prescribed by a BMU Optometrist and are nearing the end of your year supply, please call optometry. Under certain conditions, and based on the date of your last eye exam, your current prescription can be extended by 3 months. Please contact Ashley Dawson to leave a request for an optometrist to review your eligibility:

**ashley.m.dawson17.civ@mail.mil or during working hours Monday-Friday, 0730-1600 call
410-293-3617 / -1790**

TriCare WEST Specialty Consults (a.k.a. referrals)

If you need specialty care in the TriCare West Region (see map below), you can go through the following steps to find a network provider in the Western United States:.

1. <https://www.tricare-west.com/content/hnfs/home/tw/bene.html>

2. Select: I'm a Beneficiary
3. Select: Network Provider Directory
4. Select: Search Network Provider Directory
5. Put in their ZIP Code
6. Put in their Specialty
7. Select: Search Now



A listing of TRICARE Network providers and facilities will come up within a 40 mile radius of your zip code location. You can select and contact a clinic, confirm availability for a new consult, call BMU for referral submission, and we will then defer to Humana for processing and authorization. Obviously, if you need assistance with trying to find someone, you can contact us directly too!



Navy Fitness, Sports, and Deployed Forces Support (NOFFS) Phone App

Developed by the Navy in partnership with EXOS (formerly Athlete's Performance Institute), the Navy Operational Fitness and Fueling System (NOFFS) is designed to provide the Navy with a "world-class" performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

The exercises used in the NOFFS program are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Developed as a complete fitness package, the fueling strategies allow you to determine your total caloric needs based on your personal goals, whether your desire is to lose, maintain or gain weight. The meal builder enables you to choose high-octane foods for each meal, populate your meal plan a week at a time, and email it to yourself.

Finally, the regeneration component of this series will assist you with addressing and preventing common aches and pains. The soft tissue release techniques combined with the flexibility routine restores muscular balance and ensures you develop and maintain the mobility necessary for high-level performance.



Thought for the Day

“Vulnerability is the Birthplace of Courage”

~ COL DeDe Halfhill, USAF, spokesperson for the Chairman of the Joint Chiefs of Staff on the 60 Minutes Interview of Brené Brown, “Vulnerability and Courage”

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<https://www.cbsnews.com/news/brene-brown-cope-coronavirus-pandemic-covid-19-60-minutes-2020-03-29/>

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

