



Brigade Medical Unit

Naval Health Clinic Annapolis

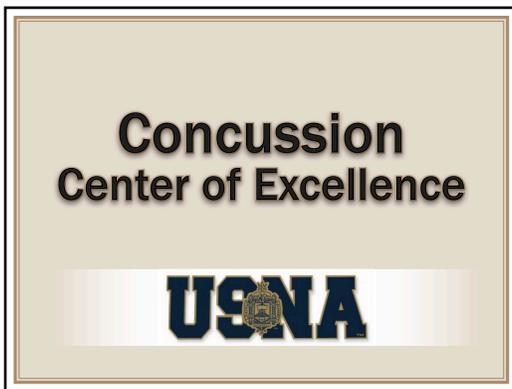
“Life’s Toughest Storms Prove the Strength of our Anchors”

The Staff at Brigade Medical and Brigade Dental are wishing you continued health and sending encouragement as you complete 12-week exams. Please take a short break from studying to look over the additional information in this week’s newsletter. Best wishes! We’re cheering for you!

Concussion Care

The United States Naval Academy Concussion Center of Excellence is still open and available to help you wherever you are throughout the country! There are virtual health appointments available with concussion experts in Sports Medicine, Vestibular Rehab, Athletic Training, Sports Performance Psychology, and Neuropsychology.

If you are currently under medical care for a concussion, or concerned you may have recently had a concussion, please contact the staff via the phone numbers or e-mails listed below:



Phone:
 410-293-7906 (primary)
 760-587-7593 (secondary)

E-mail:
meghan.c.melinchak.ctr@mail.mil
kathleen.f.orr.ctr@mail.mil
hannah.g.jausen.ctr@mail.mil
emily.f.teson.ctr@mail.mil

Active Duty Dental Program

TRICARE is extending the Active Duty Dental Program to Midshipmen! What does this mean to you? During the COVID 19 pandemic you have options for care while away (**see next page**). If you have further questions or need assistance, please contact Brigade Dental, (410) 293-3901 from 0700-1500, Mon-Fri, or after hours and weekends (443) 822-2254.

**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



Midshipman/Cadet,

Nationwide actions to mitigate the spread of COVID-19 may impact your access to emergency dental care. While you remain home to practice social distancing, we understand dental emergencies may arise. We understand you may not have access to your usual base dental clinic, TRICARE Dental Program Section coordinated with United Concordia Companies, INC (UCCI), the contract partner for Active Duty Dental Program (ADDP), to provide affected academy students with a temporary Remote ADDP status to ensure access to care for dental emergencies.

We are providing the following guidance to ensure you have access to emergency dental care:

1. If you live within 50 miles of a military dental treatment facility (DTF), please verify the DTF is operational and seek care at that facility.
2. If you live beyond 50 miles of a DTF, you may use the Active Duty Dental Program (ADDP) benefits to seek care at a nearby civilian dentist. Please contact UCCI at 1-800-855-0051 and self-identify as an "Academy Student" to receive the Remote Active Duty status change.

If the dental condition is determined to be an emergency, UCCI will assist with an ADDP referral to a local dental provider based on the zip code of your current location.

Additional details for ADDP may be found at hyperlink:

<https://secure.addp-ucci.com/dwaddw/adsm/landing.xhtml>

Very Respectfully,
Thu Luu, DMD, MS, FAGD, ABGD
Captain, Dental Corps, US Navy
Deputy Chief, Dental Program Section
TRICARE Health Plan Division-Purchased Care Delivery Branch
Deputy Assistant Director, Healthcare Operations
Defense Health Agency (DHA)

Oral Surgery Message - CDR Stires, DC, USN

TO THE CLASS OF 2020:

I am currently in the process of reviewing all USNA Class of 2020 midshipmen dental records that have outstanding oral surgery needs, including wisdom tooth removal. For those that need treatment that traditionally would have been required to commission, I am documenting in the chart that we will place a request/consult through ADDP to an Oral Surgery Office in your local area (within 150 miles). You will be contacted by Brigade Dental Staff once this consult has been placed and will be instructed to call that local Oral Surgery Office to schedule evaluation and surgery appointments. However, this consult may be delayed until the American Dental Association lifts restrictions on elective procedures. I appreciate your patience. If you have procedures completed, please forward all notes and paperwork associated with your visits to Brigade Dental to be placed in your chart. The staff will then update your treatment plan to reflect completion of treatment.

If local, state, and ADA guidelines allow for it, I highly recommend that you have this addressed before you enter your operational training pipeline, as surgical procedures are difficult to accomplish while in training.

In the worst case scenario that the COVID-19 restrictions persist to the point you go directly from your current location to training and are unable to have the procedures completed, I will also document in your dental record that you should be re-evaluated at your next annual dental exam. Given the very unusual circumstances that the nation is facing, training commands should understand the necessity of the procedures and work with your schedule to have them removed.

In most cases, commissioning should not be delayed because of planned oral surgery procedures.

Misperceptions: Mental Health Care, Your Commission and Security Clearance

There is MIDN perception that seeking mental health counseling will negatively impact commissioning and/or your ability to hold a security clearance. Quite the contrary! The authorities that grant these approvals are looking to see that you can be trusted to seek care when needed. If you seek care early and work through your behavior health concerns with either MDC or BMU Behavior Health providers, you will not have an issue with either clearance.

However, if you exhibit repeated patterns of concerning, unreliable or untrustworthy behavior, questions will arise as to whether you can be relied on and trusted to exercise the responsibility necessary for working in a secure environment where protecting classified information is paramount. Additionally, if you wait until the middle of your 1/C year to address behavior health or medical issues that could have been addressed earlier in your time at USNA, you may not have enough time to get to remission or resolution before graduation.

Seek care early and responsibly to allow MDC or BMU to help get you through your rough periods and you will have zero issues getting to a successful commissioning medical clearance and unhindered security clearance approval.

WRNMMC Refractive Surgery Message

By now you should have received the following email if you are either 1 or 3 months post-op.

From: Thomas, Sharon D CIV (USA) <sharon.d.thomas50.civ@mail.mil>

Subject: MIDN 1-3 Month Reminder

Dear Midshipmen,

This is a reminder that your 1 month and 3 month post-op visits are important to address any clinical findings that may impact your final refractive surgery outcome. As you may recall from your pre-op, the first 3-4months after your surgery is consider the "critical window" in which how you take care of your eyes i.e. using artificial tears as directed, wearing UV protection and avoiding eye irritants, can impact your outcome.

Due to COVID-19, we have postponed all elective refractive surgeries, pre-ops, and routine post ops; However, your 1 month and 3 month post ops (or follow up for a specific problem) are considered "required routine" appointments and will be supported at WRNMMC LVC and at North Severn Optometry Clinic. If you are within 150 miles of either clinic, have no symptoms of COVID-19 and are not under quarantine, then

- 1) Reply to this email if you would like to be seen here.
- 2) Call North Severn at 410-293-3617 for an appointment if you would like to be seen there.
- 3) If you are more than 150 miles away and are near a military facility, you may contact them for an appointment; We can help facilitate this if you need.
- 4) If you would like to see a local civilian provider, please obtain a referral from care coordinators/case manager by reaching out to deborah.a.hood2.civ@mail.mil/410-293-7527. You may want to locate a practice that is willing to see you first since many offices are not under normal operation. Please have the provider fill out the attached post-op information so you can email it back to Ashley.m.dawson17.civ@mail.mil; cc: thu-ha.d.easter.civ@mail.mil with subject: "Midn post op".

If you cannot be seen anywhere, then do your best to follow the above recommendations for the "critical window". We are here to answer your questions and concerns.

The recommendations for using Refresh+ artificial tears after surgery are, minimally:

8x/day for 1st month; 6x/day for 2nd-3rd month, 4x/day for 3rd-6th month, 2x/day for 6th-12th month.

Your surgery date was: _____

R/
Sharon D. Thomas
Lead Refractive Technician
Refractive Surgery Center
Walter Reed National Military Medical Center

Possible Tricare Telephone Scam

Please do not respond to any phone caller stating that additional money is required related to COVID-19. Personal or financial information should NEVER be given to anyone who calls you or comes to your home uninvited claiming they are collecting fees or other funds on behalf of Tricare or selling Tricare-related products. Only give personal information when YOU have made the contact by calling one of the Tricare toll-free customer service numbers. TRICARE WILL NEVER contact you to ask for your financial information. Tricare will only request information when YOU initiate the call; and then only when it is appropriate. If you receive a call from someone identifying themselves as a TRICARE representative, please let TRICARE know by writing to: Tricare Management Activity ATTN: Privacy Office, 511 Leesburg Pike, Suite 810, Falls Church, VA 22041.



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!