



# Brigade Medical Unit

## Naval Health Clinic Annapolis

## 1/C MIDN Graduation and Commissioning Issue

**“Life is like the ocean. waves will try to knock you down and push you back to where you started but once you fight through them, the entire ocean is yours”**

The Staff at Brigade Medical and Brigade Dental staff congratulate you on completing this major life milestone... and in such a unique way! Though there is disappointment in not celebrating in the traditional USNA style, you are forging your own unique entry into Active Duty service that that no other graduating class can claim. Ironically, you will be listed among graduating classes such as the Class of 1921, who came in as Plebes just prior to the start of the “Great Pandemic”, otherwise known as the Spanish Flu of 2018. Though classes continued at USNA throughout, it was not without MIDN and Staff loss of life, and all other non-academic activities were severely curtailed, to include liberty. Due to the pandemic, and WWI / post-WWI needs of the Navy, the Class of 2021 was graduated in two-halves. The upper half graduated a year early with the Class of 1920 after only 3 years of study, while the lower half of the Class of 2021 graduated after 4 years of study in June 2021. You will be successful and we look forward to serving alongside you on the Air, Sea or Land!!

## Restriction of Movement (ROM) Rules to Follow

**Limitation of personal liberty for the purpose of ensuring community health, safety and welfare.**

### **BEFORE You Travel Back to USNA:**

- ▶ **Self-monitor your temperature twice a day and seek immediate medical care if you begin having a body temperature > 100, cough, OR shortness of breath.**

**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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- › Isolate yourself from anyone exhibiting fever, cough OR shortness of breath
  - › Isolate yourself from anyone with known COVID—19 infections or suspected infection.
  - › Avoid congregate settings of any kind.
  - › Limit close contacts with people or pets to the greatest extent possible. Maintain social distancing greater than 6 feet from all others even within the home.
  - › Sleep in a separate bedroom and use a separate bathroom facility apart from roommates or family members when feasible.
  - › Avoid unnecessary travel.
  - › You may exit quarters to access laundry facilities.
  - › You may exercise outside by yourself.
  - › You may conduct essential tasks in a public setting provided you maintain social distancing greater than 6 feet from all others.
  - › It is preferable to have required food or hygiene items arranged for delivery.
  - › You MAY NOT access public dining facilities. You may do curbside pickup if necessary.
  - › You MAY NOT access Stores. You may do curbside pickup if necessary.
  - › You MAY NOT access fitness centers.
  - › You MAY NOT access public support services (nail and hair salons, barber shops, etc.).

## **During Your Travel Back to USNA:**

- › Wear a cloth face mask for ALL travel outside the home on your travel back to USNA unless in your car by yourself.
- › Limit your stops and public contacts along the way.
- › Self-monitor your temperature twice a day on travel.
- › If airplane travel is required, attempt to sit at least one seat away side to-side, front and back from all other travelers.
- › Public transportation such as a bus or train should not be used. Single – rider Ride Share or Taxi is recommended if required to complete travel.
- › Report any symptoms of temperature > 100, cough OR shortness of breath immediately to your chain of command before, during or upon arrival to USNA.

## **SCREENING Upon Arrival to USNA:**

- › DoD MANDATES that you be asked before entrance into Bancroft Hall the following questions by your brigade leadership:
    1. ***Are you CURRENTLY SICK with: a) fever b) cough c) sore throat OR d) shortness of breath?***
    2. ***Have you had CLOSE PERSONAL CONTACT with anyone who has been diagnosed with COVID-19 in the past 14 days?***
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- ▶ Your **TEMPERATURE** will then be taken with a non-contact forehead scanner. If your temperature is **less than 100 degrees Fahrenheit**, you will have a blue band placed on your wrist designating you as being cleared to enter federal buildings for that day.
  - ▶ If you respond **YES** to either question **OR** have a **TEMPERATURE of 100 DEGREES Fahrenheit OR GREATER**, you will be directed to drive your personal vehicle to the COVID-19 screening drive-through assessment tent on the North Severn parking lot at the old NEX parking lot. If you are cleared, you will return to resume room move out with a wrist band from the COVID-19 screening tent. If you are believed to have possible COVID-19 infection, you will be required to either stay at your rented home in town or be placed in ROM at Bancroft Hall based on current COVID-19 CDC and Fleet Forces protocol.

## Social Distancing at ALL TIMES

**AT ALL TIMES YOU ARE REQUIRED TO PREVENT COVID-19 SPREAD BY:**

- ▶ **WEAR** a cloth facemask that you bring at all times while on the Yard, during check out, and while moving out. The **ONLY** exception will be during graduation itself.
- ▶ **MAINTAIN** 6 feet of social distancing between yourself and others.
- ▶ **REFRAIN** from hugs, handshakes, fist pumping, high-fives, or any form of personal contact with others.

We realize this is your time to celebrate but we need you to protect yourself, the staff and local population from spread of COVID-19, and ensure you adhere to public health guidance established but the DoD and Maryland State Governor.

## Medical and Dental Checkout

One of your check-out locations will be in the 6th Wing basement for Medical and Dental check-out. You will need to follow a one-way flow, keeping at least 6 feet of distance between you and the MIDN in front and behind you, You will enter the first deck stairwell just above the Orthopedic Clinic, and once descended, head toward the Dental Clinic. You will collect your dental record outside the front doors of the clinic. You will then follow in order to the BMU front door where you will be given your medical record. You will not enter inside BMU or Dental unless you have a specific need or request requiring entrance (i.e. to see one of the Commissioning Medical Officers, the BMO, or care coordinator). You will then depart by ascending the stairwell closest to the BMU front doors to first deck. The pharmacy window, X-ray and lab will be closed at BMU in order to decrease congregation of MIDN. Additionally, most services are currently consolidated at the North Severn Clinic during recent COVID-19 operations to serve the greater military and family member population. If you require a medication refill while you are at USNA, please see the following directions.

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## Congratulations Class of 2020

### TRICARE Medical & Dental Next Steps



1. Update your rank, demographics, new spouse, if applicable in the Defense Enrollment Eligibility Reporting System (DEERS): (1-800-538-9552)
2. Update your TRICARE, East Region, Humana Military: (1-800-444-5445)
3. Update your TRICARE, West Region, Health Net: (1-844-866-9378)
4. Update your Active Duty Dental Program, United Concordia: (1-866-984-2337)  
Getting married? Add your spouse by contacting: (1-844-653-4061)
5. Note that your coverage is TRICARE PRIME as an active duty member. There are different types of TRICARE insurance plans, and it is important to remember this when seeking network care. Please be sure to seek care at sites that accept TRICARE PRIME.
6. Ensigns who are coming back to USNA after graduation will seek routine care at the Brigade Medical Unit (BMU) by calling (410) 293-1758.
7. URGENT & EMERGENT CARE: Contact the Nurse Advise Line (NAL) (1-800-874-2273) if you need medical advice, and to determine if you need care urgently or not, based upon your complaint. If it is determined that you require care urgently, the NAL representative will direct you to the closest site and then submit a referral if applicable. Otherwise, you will be directed to seek care via your PCM for routine issues. For emergencies such as chest pain, profuse bleeding, difficulty breathing - go to nearest Emergency Room and then send documentation to your PCM as soon as possible.
8. SPECIALTY CARE: Go to the appropriate TRICARE website. For west coast - ([www.tricare-west.com](http://www.tricare-west.com)) or call 1-844-866-9378. For east coast - ([www.tricare-east.com](http://www.tricare-east.com)) or call 1-800-444-5445. Use "provider locator function" and identify a network provider for needed specialty care. Contact this provider's office to ensure they accept TRICARE PRIME and that they have availability in the required time frame. Then call (410) 293-7527 to request a referral. Failure to obtain a referral prior to going for specialty care will result in out-of-pocket expenses.
9. If you have questions or need clarification, please contact our Health Benefits Advisor at (410) 293-2276.

**\*\*FAILURE TO ACT WILL RESULT IN NO COVERAGE AND YOU WILL BE LIABLE TO PAY 100% OF MEDICAL AND DENTAL EXPENSES\*\***



*Wishing You  
Fair Winds  
and  
Following  
Seas!*

## 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!**