



DECEMBER UPDATES

Hohenfels Health Clinic

As of 1 December 2010

Wash your hands!



Road Condition Hot-Line

Call the Road Condition Hot-Line to listen to a recording regarding the current road conditions. The hot-line is available 24 hours a day. As the road conditions change do not hesitate to call the clinic to see if your appointment has changed, if you will be late, or if you need to cancel or reschedule your appointment. Call DSN 466-4001 or CIV 09472-83-4001.

Attention Diabetics

We are here for you! Please call our Nurse Case Manager team for more information regarding the diabetic support group. Learn of ways to better take care of yourself, and how the clinic can get involved. Please call DSN 466-3347/3609 or CIV 09472-83-3347/3609.

KIOSK—Tricare Online—DEERS—AKO

Tired of waiting in line for appointments? Do you need to update your information in DEERS? Forgot to do Part I of your Periodic Health Assessment (PHA) or Post-Deployment Health Reassessment (PDHRA)? Need to check your current medical readiness? Check out the **KIOSK** in the lobby. You can access all of these functions and update your information in minutes, you can even do it while waiting for your appointment.

Book Medical Appointments On-Line!

Did you know you can book appointments online? No need to wait on the phone or taking that extra trip to the clinic. As a Tri-Care beneficiary, you are automatically eligible to use TOL. It's simple, just log on to www.tricareonline.com, create an account, and begin booking appointments.

Immunizations

Parents should keep your children's yellow shot record, hard copy, current and should bring the shot records to every immunization / well-baby visit. Immunization data is entered into a data base, however periodically data is dropped. This glitch increases the risk of repeat immunizations or having blood drawn to determine levels of immunity. Prevent unnecessary sticks for yourself and children by keeping your yellow shot record updated and readily available. For questions call Immunizations at DSN 466-4541.

Nurse Advice Line

Need medical assistance after hours? You can speak with a live Registered Nurse, access the Audio Help Library, and even make an appointment! The Nurse Advice Line operates **24 hours** a day 7 days a week. Call toll-free @ 00800-4759-2330.

Arrive early for Medical Appointments

Medical Appointments are a place of duty. Allow time for necessary in-processing paperwork and adequate screening by arriving 15 minutes before your scheduled appointment time. If you know you are unable to keep your appointment, call the Appointments Line at DSN 466-1750, or cancel when you receive the appointment reminder call.

December Closure Hours

The Health Clinic will be closed on December 24 and 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24 Federal Holiday	25 Christmas Day
26	27	28	29	30	31 Federal Holiday	1 New Year's Day