



# September Updates

1 September 2010

“Quality Health Care is our Mission!”

## Clinic Hours

### Monday-Thursday

0700-0800 AD Sick Call

0800-1700 Full Service

### Friday/Training Holidays

0700-0800 AD Sick Call

0800-1200 Full Service

1300-1700 Staff Training

### Weekends & Federal Holidays

\*Closed

## Diabetic Support Group

Join the Hohenfels Health Clinic's Diabetic Support group; Monthly meetings, a newsletter and much more, for information call Ms. Emily Rich at 466-3347.

## ...Health Benefits Awareness Month

September is Health Benefits Awareness Month. Tri-Care offers a plethora of events where you as a beneficiary can find out what exactly you are entitled to as well as the services Tri-Care Europe offers: from the Nurse Advice Line to Tri-Care Online. Please stop by the Clinic's booths at our September events (listed on back).

### Immunizations

Parents, please keep your children's yellow shot record (hard copy) current. Bring shot records to every immunization/ well-baby visit. Immunization data is entered into a data base, however we

have found that periodically data is dropped. This glitch increases the risk of repeat immunizations and/or having blood draw to determine levels of immunity. Prevent unnecessary sticks for yourself and children by keeping your yellow shot record updated and readily available. Call Ms. Gozy at Immunizations at DSN 466-4541 or CIV 09472-83-4541.

### Never Too Late!

Imagine a world without long lines or busy signals. Got it! Visit [www.tricareonline.com](http://www.tricareonline.com) to book appointments online; it is quick, easy, and available to all Tricare beneficiaries. Go to [www.tricareonline.com](http://www.tricareonline.com) to

make a user profile, and you can begin booking appointments immediately.

### A New Face

Beginning this month, the Health Clinic will undergo a renovation project in order to provide a more comfortable healthcare experience. Please bare with us as we transition into portable containers and begin the 15-month process. The renovations are soon to provide much more efficient patient flow, shorter wait times, and an overall cordial experience.

**Book appointments Online at [www.tricareonline.com](http://www.tricareonline.com)**

## Flu Season is Among Us: Here is a Tip for Home Care

In **children**, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever

## When to Seek Emergency Care:

In **adults**, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

# September 2010

## Schedule of Events

- **3: Retiree Appreciation Day at the Health Clinic 8 a.m. – Noon**
- **25: Community Health Fair @ Post Gym 9 a.m.– 3 p.m. (BLDG 88)**
- **23: Clean Hands booth @ PX/Food Court 10 a.m.—2 p.m.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Retiree Appreciation Day @ Clinic	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Community Health Fair @ Post Gym (BLDG 88)	18
19	20	21	22	23 PX/Food Court Booth	24 Holiday Bazaar @ CAC & Post Gym (BLDG 40 &	25
26	27	28	29	30		

Call the Nurse Advice Line

Speak to a Registered Nurse

00800-4759-2330

