



CRDAMC Now

Initiatives to improve your health care

**Carl R. Darnall
Army Medical Center**

Fort Hood, Texas

September 2010

Construction updates on new buildings and renovation projects



With great expectations, the Women's Health Center addition is nearing completion. It is currently about 87 percent complete, and we expect it to be completed by November, with a grand opening for health care in February 2011. Contractors are working on a \$19M contract to finish the exterior and interior finishes and installing windows.

The complete upgrade of Monroe Health Clinic is about 7 percent complete. The building is being completely renovated inside and out. We expect the \$10M in renovations to be completed by December 2011. Health care services are now being relocated to an interim building southwest

of the existing building. This movement should be complete by October.

Troop Medical Clinic # 12 is being repaired at a cost of \$3.3M. Interior reconstruction is underway, and it is about 55 percent complete. An addition will start in September, with a March 2011 completion date.

Everyone is anxiously awaiting the opening of the Thomas Moore Drive -Thru Pharmacy. The \$1M construction project was completed July 15. Our Pharmacy chief, LTC Gwendolyn Thompson, is in the process of hiring and training staff to operate the facility.

We are looking forward to construction to begin in September of the

Marriage Counseling, Family Advocacy, and Sleep Clinic new facilities that are scheduled for constructed south of the Bennett Health Clinic. They are all in 100 percent design stage. All three building are scheduled for completion and should be open for services in May 2011.

Last, and certainly not the least important, is the replacement hospital for Darnall Medical Center. We expect a contract for construction to be awarded in September. A groundbreaking ceremony depends upon the award date and the winning contractor.

The Hood Stadium was torn down to make way for construction of the new medical center.

How to Access Health Care

NURSE ADVICE LINE

Speak to a Registered Nurse 24/7

Advice about urgent health issues

Guidance on non-emergency issues. Information about self-care for Injuries and illnesses
1-254-553-3695

APPOINTMENTS ONLINE

Register online to make appointments

And refill prescriptions on the Web at www.tricareonline.com

EVENING APPOINTMENTS

Thomas Moore Health Clinic
58th Street & 761st Tank Destroyer Blvd.

Appointments from 5—8 p.m.
On Monday, Tuesday, and Thursday
Call 254-288-8888

WEEKEND WALK-IN CARE

Thomas Moore Health Clinic
58th Street & 761st Tank Destroyer Blvd.

Saturday & Sunday
From 8—11 a.m. and 1—3 p.m.

QUICKCARE

Prompt treatment of minor injuries and sudden illnesses
Walk-in Care for Families enrolled to

Bennett Health Clinic, West Fort Hood Health Clinic and Thomas Moore Health Clinic
Monday through Friday
From 8 a.m.—5 p.m.



A year later, H1N1 Flu

Last summer the H1N1 flu dominated the news. It was described by the World Health Organization (WHO) as the first pandemic of the 21st century. The Centers for Disease Control and Prevention (CDC) estimate that between 7,880 and 16,460 H1N1-related deaths occurred between April 1 and Dec. 12, 2009.

A year later, the H1N1 flu has fallen off the public's radar but the WHO reports it's still a global problem. There could be danger in believing the risk is gone.

Many people associate flu or influenza with cold weather. Indeed, influenza generally occurs during the winter months, but in some regions, it is most active from April through September or throughout the year, according to the CDC.

Traveling to areas where seasonal and H1N1 flu activity is higher than in the U.S. can put vacationers at risk. So can taking a cruise or visiting a resort with travelers from areas where influenza activity is higher. It is best to get the vaccine at least two weeks before the start of a trip, according to the CDC.

"In years past, the elderly represented most of those who died from the flu," said Col. Wayne Hachey, DO, MPH, director, Preventive Medicine, TMA. "With the emergence of the 2009 H1N1 flu, everyone is at risk. Young, healthy people die from the flu. If you have not been immunized, you place yourself and your loved ones at unnecessary risk."

TRICARE covers the following vaccines for the seasonal and H1N1 flu for all beneficiaries:

- Flu shot: an inactivated vaccine containing a killed virus and

given with a needle. This form of the vaccine may be used in all age groups.

- Flu mist: nasal-spray flu vaccine made with live, weakened flu viruses. This form of the vaccine is limited for use in people who are between the ages of 2 and 49 years, and who are not pregnant when they receive the vaccination.

Flu vaccines are provided by select TRICARE-authorized providers or through a network pharmacy that participates in the vaccination program at a zero co-pay to TRICARE beneficiaries. No referral or prior authorization is required when this benefit is obtained at one of these pharmacies, but state laws may have specific requirements for a prescription or required minimum age limits. To locate a participating pharmacy, beneficiaries can go to (www.express-scripts.com/TRICARE) or call Express Scripts, the TRICARE pharmacy program contractor, at 877-363-1303.

Non-active duty Prime beneficiaries must have a referral and authorization from their primary care manager to receive the seasonal or H1N1 vaccine from a non-network provider who does not accept TRICARE's allowable charge as payment in full. Without authorization, the beneficiary is responsible for the bill.

To control the spread of influenza, stay at home if you are sick, wash your hands frequently and covering coughs and sneezes.

Watch your favorite news source in the coming weeks for information about where to get your flu shot.

Darnall creating more parking spaces

New construction projects are springing up around the medical center. Each new project is a sure sign of growth and improvement allowing us to realize one of our main goals of enhancing care for our beneficiaries.

However, each new development requires short-term sacrifices for long-term rewards. One sacrifice for staff and patients is the loss of parking spaces around the hospital.

The Army Corps of Engineers began demolition Hood Stadium on Aug. 2, to make way for the new Carl R. Darnall Army Medical Center. To make way for the new construction, an 80-space parking lot at the Warrior Transition Brigade was removed, creating a strain on the available parking at the hospital.

Due to various construction projects in the last two years, 350 parking spaces have been removed. To offset the recent loss of parking, a new 165-space patient and staff parking lot is planned in front of the hospital. The road and grass areas between the staff parking area and the TRICARE Service Center directly in front of the hospital entrance will be torn up to make another parking area.

The new gravel parking lot east of the Billy Johnson Dental Clinic has 150 spaces and is a short walk to the hospital.

The CRDAMC shuttle service will keep the shuttle route with pick-up at the northwest corner of the III Corps parking lot. Management added new shuttle stops Aug. 16, at the gravel parking lot and the WTB headquarters. The bus stops every 20 minutes.