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Why worry? Book Virtual!

Request via the **MHS GENESIS Patient Portal** or call **301-677-8800** to request a virtual video visit.

Scheduled virtual video visits are medical appointments that give you the flexibility to meet with your care team when and where it's convenient for you!

Benefits: Eliminates the need to take time off work or juggle child/elder care issues, saves travel time and expense.

To schedule: Submit a request via the MHS GENESIS patient portal or contact 301-677-8800 to request a virtual video visit. Once scheduled, you'll receive a confirmation email. The session link will be provided 72 hours prior to the appointment.

Joining a virtual video visit is easy by using a smartphone, tablet, or computer with a camera, speaker, and a strong internet connection.

You will receive a reminder email and text message when it's time to

myMILITARY HEALTH Scheduled Virtual Visits



WHY WORRY? BOOK VIRTUAL!
Have Your Next Visit Without Leaving Work

join the appointment, or you can enter directly from the MHS GENESIS Patient Portal up to 15 minutes before the appointment time.

If you don't have access to a smartphone, tablet, or computer, you can still schedule a phone or in-person appointment by calling the appointment line 301-677-8800.



Download the **MyArmyPost** App for updates!



Bookmark Kimbrough resources and receive near real-time updates and alerts on our services!



UPCOMING OBSERVANCES, EVENTS & CLOSURES

Feb. 6: Delayed opening at 11:30 a.m.

Feb. 14: **Sick call CLOSED**

Feb. 17: CLOSED- Federal holiday

Feb. 28: **Sick call CLOSED**

March delayed opening TBD

EFMP Reminder



Start early! Active duty personnel, remember: If you request accompanied travel with OCONUS orders, **each family member requires EFMP screening before travel**, even if already registered in EFMP. Our medical staff conducts a 5-year-review of **each** dependent and our **queue for reviewing medical records is based on report date**.

Call our special needs advisor AT ANY TIME, not just during PCS season, at 301-677-8411 for forms, instructions and to update enrollment status.



Lessen your wait, **ACTIVATE!**

New feature streamlines experience to activate meds

Exciting news! it's even easier to manage your prescriptions with Q-Anywhere! When you text "Get in Line" to our Q-Anywhere number, 833-224-5456, you'll now receive a clickable link to <https://cxmlink.com/DHAMTF4311> to guide you through the next steps.

Follow the prompts to activate your new and renewed prescriptions and enjoy a more streamlined experience. This update will save you time and make it more convenient to get the medications you need.

Reminder: Prescriptions do not automatically get filled and must be activated before coming to the pharmacy for pick up.

Need a ride to your appointment?

Call the North County Call N' Ride on-demand transit service!



The Anne Arundel County Office of Transportation provides an on-demand transit service at no cost to Anne Arundel County residents. Service operates Monday–Saturday, 7 a.m. to 7 p.m., excluding holidays. Services are available to Fort Meade and do not operate outside of AA County.

Call 410-222-0025 at least two hours in advance for your desired trip. For pick-ups before 9 a.m., call between 5–7 p.m. the previous business day. More information at: <https://www.aacounty.org/transit>



The next blood drive is scheduled for Feb. 6 from 9 a.m. to 1 p.m. at the McGill Training Center. To schedule an appointment visit <https://www.signupgenius.com/go/8050A45ADAB2BAAFF2-54093320-ftmeade#/>

Active duty sick call:

Check-in for sick call Mon.-Fri., 5:30–6 a.m.

Sick call treatment from 6–7:30 a.m.

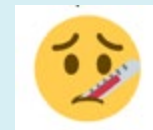
Sick call addresses new illnesses or injuries occurring within the previous three days or less. **Sick call check-in is completed from 5:30–6 a.m.** Checked-in patients receive treatment from 6–7:30 a.m. or have a follow-up same-day appointment.

Contact your provider for chronic conditions, need paperwork filled

out (i.e., profile or profile extension) or need a medication renewal.

Dental sick call: Monday-Friday at EPES dental clinic from 7:30-8:30 a.m. & 12:30-1 p.m.

Mental health concerns: Our behavioral health clinic, on the 3rd floor, has walk-in availability Mon-Fri, 7:30 a.m.-4 p.m.



Have a health question? The Nurse Advice Line is available for care advice at any hour or day of the week. Registered nurses answer urgent health care questions & can help decide whether self-care or seeing a health care provider is the best option. Call 1-800-TRICARE or visit: <https://mhsnurseadvice.com/home>