

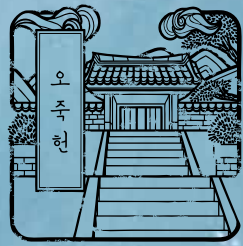
Pulse

FEBRUARY 2018

**What is the Status
of the NEW BAACH?**

More 2018 TriCare Changes

Top 10 Korean Attractions



Korean winter highlights

Ojukheon House

Ojukheon House is the home where renowned Korean female artist Shin Saimdang was born. It portrays the beautiful and practical architectural styles of the Joseon period.
www.visitkorea.or.kr



Luxury Jewelry



<http://lovxoit.shop>



EDITOR'S LETTER

Over the next few days, there will be a few celebrations. One of which is the Lunar New Year with our host nation families. The others are President's Day and the Super Bowl. Lunar New Year is a national holiday in Korea. It is a time when Koreans pay respect to their ancestors and also an opportunity to catch up with distant family members who travel across the world to spend this three day holiday with their family. Tens of millions of people travel either by car, bus, train or plane to their hometowns in celebration of the Lunar New Year with their families. There is a mad rush to book buses, trains, or plane tickets before they all sell out. Meanwhile, traveling by car during the holiday can take over two to four times the normal travel time due to heavy traffic.

Much like Lunar New Year we use the time to pay our respects and honor to Presidents of the United States. Coincidentally, we will have the opportunity this year to enjoy some time off watching Super Bowl LII between the New England Patriots and the Philadelphia Eagles. GO PATRIOTS!

As we stand down to celebrate Lunar New Year, President's Day, and watch the Super Bowl, let us keep safety in mind whether you plan to travel or stay close to home. Don't let an accident ruin your holiday. Here are some practical tips to ensure your safety and the safety of your loved ones.

Whether you plan on sightseeing or taking a mini-vacation to explore Asia, use the Army Travel in Risk Planning System (<https://safety.army.mil/>) to help ensure you mitigate risks during travel planning. If you plan to drive, beware of the hazards that may come with an influx of travelers such as driving under the influence and delayed arrivals. Delay travel or consider using public transportation. Have a plan if you plan to indulge in alcoholic beverages. Ensure you have all medications for family and yourself. On the road, be patient and drive to arrive. If you are not comfortable driving consider a train or taxi. At home, ensure you never leave candles or stove/ovens unattended. If hosting guests, watch for signs of excessive consumption of alcohol. Promote the use of designated drivers, usage of public transportation, or taxis.

As you celebrate the occasions, remember incidents have far reaching effects. Watch out for your teammates and families. Enjoy your time off and return healthy and ready to help execute the mission.

William Wight
PULSE 65 Senior Editor
65th Medical Brigade
Public Affairs Specialist



RETRACTION In last month's PULSE 65, January 2018 edition on page 45, the editorial team apologizes for misinformation regarding "How can I obtain tickets to attend the Winter Olympics?" The article stated that the local USO and Korridor Tours offer tickets. Currently, only the Discover Seoul Desk at Dragon Hill Lodge is offering tickets and transportation to the Winter Olympic Games at PyeongChang. The editorial staff apologizes to its readers for any misinterpretation and inaccuracy the article delivered.

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GALA**

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Embracing the Past to Cultivate Communities**

**Guest Speaker:
USFK CSM Steven L. Payton**



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Program begins at 1920

Formal Attire

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Zeta Phi Beta Sorority, Inc., Pi Eta Zeta Chapter



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What is the Status of the New Brian Allgood Army Community Hospital?



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More TriCare Changes



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Seollal (Lunar New Year; January 1 of the lunar calendar) is one of the most celebrated national holidays in Korea. Seollal is an opportunity for the entire family to engage in fun activities together. The most common activity is yutnori. See pages 70-74 for more about Seollal.

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Happy Birthday!!



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5 FEBRUARY, 2018

CALENDAR

EVENTS in KOREA



FEB09-25

PyeongChang 2018 Winter Olympics

Pyeongchang, Gangwon-do
www.pyeongchang2018.com



ONGOING -FEB11

Jirisan Namwon Baraebong Snowflake Festival

214, Baraebong-gil, Namwon-si, Jeollabuk-do
www.namwon.go.kr



JAN29-FEB18

Jaroseom Singsing Winter Festival

60 Jaroseom-ro, Gapyeong-eup, Gapyeong-gun, Gyeonggi-do
+82-31-581-1771



FEB07-FEB22

Daegwallyeong Snow Festival

135-6, Daegwallyeong-ro, Pyeongchang-gun, Gangwon-do
+82-33-335-3995



JAN01-FEB24

Ganghwa Icefish Festival

90, Hwangcheongpogu-ro 443beon-gil, Naega-myeon, Ganghwa-gun, Incheon
+82-10-3459-2266



ONGOING -FEB25

Pyeongchang Trout Festival

3562, Gyeonggang-ro, Pyeongchang-gun, Gangwon-do
+82-33-336-4000



ONGOING -FEB25

Anseong Ice Fishing Festival

90, Dumeosu-ro, Anseong-si, Gyeonggi-do
+82-31-674-4528



ONGOING -FEB25

Cheongpyeong Snowflake Trout Festival

107, Gangbyeon-ro, Gapyeong-gun, Gyeonggi-do
+82-31-585-9449



ONGOING -FEB28

E-World Starlight Festival

200, Duryugongwon-ro, Dalseo-gu, Daegu
+82-53-620-0001



ONGOING -FEB28

Animal & Heart Village Light Festival

1723, Suin-ro, Sangrok-gu, Ansan-si, Gyeonggi-do
+82-31-484-5050



MAR01-04

Jeju Fire Festival

San 59-8, Bongseong-ri, Ayeol-eup Jeju-si, Jeju-do
www.buriburi.go.kr



ONGOING -JUN30

Cheongdo Starlight Fairytale Town Lighting Festival

272-23 Iseulmi-ro, Hwayang-eup, Cheongdo-gun, Gyeongsangbuk-do
+82-54-372-5050



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NAVIGATING KOREAN HOSPITALS

THIS MONTH'S HIGHLIGHTS



Pohang St. Mary's Hospital

Pohang St. Mary's Hospital under Handmaids of the Sacred Heart of Jesus (Foundation) was established on June 3, 1977 to practice the teachings of the Catholic Church, and to prevent deceases of and promote health of residents, industrial workers, and poor and alienated people in the East Coast of Korea.

Over the past 40 years, the hospital has made continuous efforts to provide the best medical services. Now, as one of the hospital enlargement and remodeling work is completed, it has been able to overcome the limitations of local medical services.

The hospital has built an infrastructure by recruiting the best medical staffs and enhancing employees' capacities. It is providing patient-customized, customer-focused new concept of medical services through bold investments in the modernization of its emergency medical centers, central operating rooms, intensive care unit, and the arrangement of an outpatient clinic by sector according to patient's movement, and the remodeling of general wards into the ones for 5 patients, equipped with a private refrigerator and wardrobe.

Phone: 054-260-8104

International clinic working hours:

M – F 0800 – 1700

Sat. 0800 - 1230

Fax: N/A

Email: myssongco@nate.com

Location: Daemyeong-dong gil, Nam-gu, Pohang-si, Gyeongbuk 17 (37661)

Website: www.pohangsmh.co.kr

Directions: There is not a subway station close to Pohang St. Mary's hospital; however, from Pohang Bus Terminal, take bus 131, get off at Pohang St. Mary Hospital, if you a taxi from there, it will cost about 4,000 won

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Ground Ambulance, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Podiatry, Psychiatry – Adult, Pulmonary, Radiology, Rheumatology, Surgery: colorectal/ General/ Neurosurgery, Urology



Hallym University Dongtan Sacred Heart Hospital

Opened in October 2012, Hallym University Dongtan Sacred Heart Hospital, the sixth general hospital of Hallym University Medical Center (HUMC), is committed to excellence in not only patient care but also biomedical research and medical education. Located in Dongtan Hwaseong, Gyeonggi-do, it will be an 18 minute train ride from Samsung subway station in Gangnam by the Great Train Express(GTX) starting in 2015.

Equipped with about 1,100 patient-beds, 31 medical departments and 10 specialized centers, the hospital is offering advanced multi-disciplinary medical services to patients from home and abroad. In addition, their coordinators of the International Healthcare Center (IHC) at the hospital are providing international patients with customized services.

Under a vision, "Rise to a Mighty Global Player with Unmatched Expertise through Medical Excellence," all staff will strive to assist each patient enjoy a happy and healthy life at Hallym University Dongtan Sacred Heart Hospital. Hallym University Dongtan Sacred Heart Hospital is ready to dedicate itself to offering the best clinical care through the most coveted medical skills of Hallym experts, and their earnest life-saving devotion

The International Healthcare Center offers a wide range of services such as free shuttle bus, one-stop service, international insurance claim, and consultation for medical plans.

Phone: 031-8086-2300/2400

International clinic working hours: M – F 0830 - 1730
Sat. 0830 - 1230 (office and consultation)

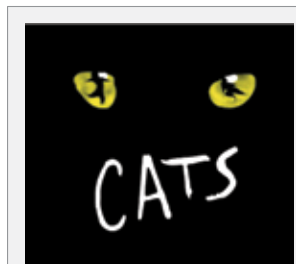
Email: ihc@hallym.or.kr

Location: 7 Keunjaebong-gil, Hwaseong-si, Gyeonggi-do
Website: eng.hallym.or.kr

Directions (Subway): Pyeongchon Station line 4 exit 1, then 5 minute walking distance

Specialties: Allergy & Immunology, Cardiology, Dentistry, Dermatology, Dialysis, Emergency Care, Endocrinology, ENT, Gastroenterology, General Practice, Ground Ambulance, Infectious Disease, Internal Medicine, Nephrology, Neurology, Obstetrics & Gynecology, Oncology, Ophthalmology, Orthopedics, Pathology & Laboratory, Pediatrics, Pharmacy, Physiotherapy, Psychiatry – Adult, Psychology – Adult, Pulmonary, Radiology, Rheumatology, Sleep Studies, Surgery – Cardiothoracic, Surgery: Colorectal/ Facio-maxillary, General/ Neurosurgery/ Plastic/ Vascular, Urology

Live MUSIC&DANCE CALENDAR



JAN28-FEB18

Musical CATS Encore-English Language Production

Grand Theater, Sejong Center for the Performing Arts
ticket.interpark.com



FEB03-04

MAMAS GUN Live in SEOUL

Hyundai Card Understage
ticket.interpark.com



FEB06-MAR30

Musical Red Book

Sejong Center for the Performing Arts M Theater
ticket.interpark.com



FEB09-10

Dreams: Seoul Philharmonic with Thierry Fischer & Renaud Capuçon

LOTTE Concert Hall
www.lotteconcerthall.com/eng



FEB10-18

2018 Wonju Winter Dancing Carnival

Wonju Chiak Gymnasium
1 Musil-dong, Wonju-si, Gangwon-do



FEB13

The xx 'I See You' Seoul 2018

SK Olympic Handball Gymnasium Olympic Park
ticket.interpark.com



FEB18

Oh Wonder

Yes24 Live Hall
ticket.yes24.com



FEB22

Baroque Extravaganza

LOTTE Concert Hall
www.lotteconcerthall.com/eng



FEB23

KBS Symphony Orchestra: 727th Subscription Concert

Seoul Arts Center Concert Hall
www.sac.or.kr/eng



FEB24-25

Jan Lisiecki Piano Recital

Seoul Arts Centre, IBK Chamber Hall (2/24): sac.or.kr/eng
Concert House, Daegu (2/25): concerthouse.daegu.go.kr



MAR15

Danielle de Niese & Lucerne Festival Strings "From Mozart to Broadway"

LG Arts Center
www.lgart.com



MAR15

2018 John Legend Live in Seoul

Olympic Park Olympic Hall
ticket.interpark.com

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IMCOM Commander Views New Hospital First Hand

Photos by William Wight
65th Medical Brigade Public Affairs Office



During his tour of the new Brian Allgood Army Community Hospital, Lt. Gen. Kenneth Dahl, the U.S. Army Installation Management Commanding General was briefed by BAACH Commander, Col. Erica Clarkson (above photo) and David Fortune, Deputy Regional Program Manager – Pacific (right photo), on the future medical capabilities of the 68-bed hospital and ambulatory care center that will open in Nov. 2019. For more on the construction of the new facility, see the first of a five part series on the 'Status of the BAACH' on pages 34-44.



The 65th Medical Brigade command team supported the U.S. Army Installation Management Commanding General, Lt. Gen. Kenneth Dahl during a tour of the new Brian Allgood Army Community Hospital (BAACH) Facility at U.S. Army Garrison Humphreys Jan. 5.

BAACH Commander, Col. Erica Clarkson spoke with the general on the current and future medical capability of the facility and some of the current strategic initiatives to ensure that soldiers and family members consistently have access and receive the best care possible, especially during the transition of troops from various locations across the peninsula to Area III.

Dahl and his command team were very impressed with the current progress and capabilities of the new hospital facility scheduled for completion in the fall.

The BAACH will be a new 418,572 square foot, 68-bed hospital and ambulatory care center providing medical services to 65,000 active duty personnel, family members and other eligible beneficiaries at USAG Humphreys.

Facilities include integrated green space and healing garden features which meet Leadership in Energy and Environmental Design Silver accreditation standards.

BAACH Welcomes First Newborn of 2018

Photo by William Wight
65th Medical Brigade Public Affairs Office



The Women's Infant Care Unit nursing staff at Brian Allgood Army Community Hospital, Yongsan, South Korea, welcomed the first baby born in the new year. Hailey Han Duncan was born at 4:19 a.m. on Jan. 1 weighing 6 pounds and 2 ounces with a length of 19 inches. Pictured with Hailey is mother Seung Hee Han and father Maj. Christopher Duncan. The father is assigned to U.S. Army Office of the Program Manager - Saudi Arabian National Guard (OPM-SANG). This is the couple's first child.

Veterinary Clinic Hosts Pet NEO Clinic

Photos by Cpl. Jae Yeon Chung
65th Medical Brigade Public Affairs Office



The 106th Medical Detachment Veterinary Service Support held a Pet Non Combatant Evacuation information and assistance clinic Jan. 20 at the Veterinary Clinic on U.S. Army Garrison Humphreys. Pet owners were given hands on advice on filling out paperwork for NEO and answered questions regarding pet evacuation. Those animals that needed rabies vaccination and microchips were also offered.



Secretary of Army Spouse Tours BAACH

Photos Courtesy of Brian Allgood Army Community Hospital Command Suite Staff

On Jan. 10, Col. Erica Clarkson, Brian Allgood Army Community Hospital commander, Command Sgt. Maj. Diahann White and the deputy commanders hosted Leah Esper, spouse of the 23rd Secretary of the Army Dr. Mark Esper, and Megan Bills, spouse of Lt. Gen. Michael Bills, the new Eighth United States Army commanding general. The group received a command brief of the hospital's unique dual role in providing armistice care and combat casualty care as the 121st Combat Support Hospital. After the brief, the command team gave the group a tour of the Patient Centered Medical Home, emergency services, Women's Infant Care Unit and the physical therapy department.



SCENE & HEARD

NATIONAL & INTERNATIONAL

Story by Eric Young-Seok Park

COUPLE SAVES SOGGY BABY SLOTH FROM BEACH ROCKS



A couple exploring Costa Rica's Osa Peninsula came across a little two-toed sloth who had managed to survive the high tide and was stuck on the beach, clinging to a rock and crying out in confusion. Fortunately, he was saved before anything could happen to him — and now, he is recovering and growing strong at a local rescue. The animal was completely alone with no adult in sight. It is a mystery how the baby found himself all alone on the rocky beach. Dirk Morgan and his partner Lori carefully picked the sloth up and washed the salt water off his face. They placed him safely in a cardboard box to be transported to the animal rescue at Tranquility. The baby will be released back into the wild when he is older, strong and healthy enough to start living on his own.

SAMSUNG UNVEILED A 146-INCH TV CALLED THE WALL

Samsung introduced an enormous 4K TV called The Wall at CES 2018 — and it's also claiming The Wall to be "the world's first modular TV." The Wall measures 146 inches and uses MicroLED technology to produce its picture. MicroLED is based on Samsung's Cinema Screen technology, designed for movie theaters. The Wall is the house-sized version, a mere 146 inches diagonal, although it could get even bigger. MicroLED shares many benefits with OLED; each microscopic LED can emit its own light — no backlight is required — and that creates the deep blacks and lush colors normally reserved for OLED sets. It also gets incredibly bright. The wall has a bezel-less design that Samsung describes as "module-based." Samsung says this approach will ultimately allow customers to create a TV sized just for their needs. For now The Wall falls into concept territory, but Samsung has very real plans to commercialize it. More information is promised to come at "a global launch" sometime this spring.



SNAKE TRIES TO HITCH A RIDE BY TAPPING ON WINDOW



An Australian driver Ted Ogier was driving back from the New South Wales town of Eden for work, when suddenly a snake slithered from under the bonnet to curl around the driver's side mirror. Oh, and it wanted in. "It was sort of tapping on the window a couple of times, because it obviously wanted to get in," Ogier said. The snake was estimated to be about 2.5 metres (8 feet) long, and Ogier got a co-worker to remove the reptile with a broom. It's likely the snake crawled in to the engine bay, seeking a bit of warmth. While red-bellied black snakes are highly venomous, they are a shy snake, preferring to flee and will only bite if you seriously try and annoy it.

COUPLE ORDERED TO PAY ENSLAVED NANNY \$121,000 AFTER 2 YEARS OF WORK

A Texas couple who pleaded guilty to charges related to forcing a Nigerian woman to work as their nanny for two years without pay has been ordered to pay her more than \$121,000 in restitution. Chudy Nsobundu, 57, and his wife Sandra, 49, of Katy, were additionally sentenced to seven months in jail, seven months of home confinement and three years' probation for the abuse. The victim, who has not been identified, told authorities that the couple recruited her from her home country with an agreement that she'd be paid \$100 a month to work for them, according to a 2016 press release by The U.S. Attorney's Office for the Southern District of Texas. Instead, from September 2013 and October 2015, she said she was forced to work 19.5 hour days for the couple and their five children without pay or breaks. She was additionally subjected to physical and verbal abuse, strictly leftover food as her meals, and was denied a bed and warm showers. To prevent her from leaving, she said her passport was taken and she was physically threatened. In 2016, Sandra Nsobundu pleaded guilty to unlawful conduct with respect to documents in furtherance of forced labor, while her husband, Chudy Nsobundu, pleaded guilty to visa fraud.



CHINESE AUTHORITIES DEMOLISH CHRISTIAN CHURCH

A huge church purportedly built with almost \$2.7 million raised from local worshippers in one of China's poorest regions has been demolished by authorities, the latest flashpoint between religious groups and the officially atheist Communist Party. The Golden Lampstand, a well-known evangelical megachurch in the city of Linfen, Shanxi province, was dramatically demolished with explosives. According to witnesses, a large team of People's Armed Police and local officials detonated dynamite inside the building before using cranes and bulldozers to reduce it to rubble. ChinaAid, a Texas-based Christian human rights organization, confirmed the demolition in a statement online. "China's military police has been under the direct control of the central government since the head of the public security bureau, which previously commanded it, was arrested last year," the statement read. While freedom of religion is supposedly guaranteed in China, Beijing's stability-obsessed leaders are deeply suspicious of any organisation which does not come under its rigid controls. Golden Lampstand Church has had a long history of tension with the communist government dating back to when it was built in 2009. Congregation members were beaten by 400 officials during an incident in September 2009, which resulted in church leaders receiving lengthy prison sentences on nonsense charges such as assembling a crowd to disrupt traffic and illegally occupying agricultural land, according to the statement.



BOEING'S PROTOTYPE DRONE CAN CARRY 500 LBS OF CARGO

Boeing tasked engineers with designing and building a cargo drone and the prototype they came up with is able to haul 500 lbs of goods. The vehicle is huge and weighs 747 pounds and is 15 feet long, 18 feet wide and 4 feet tall. Four arms hold two props each. It took Boeing engineers three months to design and construct the prototype, which just completed a test run in Boeing's research lab in Missouri. "This flying cargo air vehicle represents another major step in our Boeing eVTOL strategy," said Boeing chief technology officer Greg Hyslop in a statement. "We have an opportunity to really change air travel and transport, and we'll look back on this day as a major step in that journey." The company did not release official flight capabilities including range or speed. Those will come in time and chances are this vehicle will never be produced but used as a testbed for technologies that will lead to cargo and vehicle drones.



TWO KIDS KILL HALF-A-MILLION BEES AND WIPE OUT A HONEY BUSINESS



Two juveniles have been charged with killing more than a half million bees at a honey business in Iowa. The 12 and 13 years old kids allegedly destroyed 50 hives at the Wild Hill Honey business in Sioux City, exposing the hundreds of thousands of bees to bitter cold. They're charged with criminal mischief, agricultural animal facilities offenses and burglary. "All of the beehives on the honey farm were destroyed and approximately 500,000 bees perished in the frigid temperatures," Sioux City police said in a release. Justin and Tori Englehardt, the owners of Wild Hill, were despondent by the "senseless" act. "They knocked over every single hive, killing all the bees. They wiped us out completely," said Justin Englehardt. "They broke into our shed, they took all our equipment out and threw it out in the snow, smashed what they could." Even so, the owners vowed to rebuild the business, which is estimated to cost about \$60,000. The damage was not covered by the owners' insurance, but fundraising campaigns have raised thousands of dollars for the recovery.

POPE MARRIES COUPLE ON PAPAL PLANE IN CHILE

Pope Francis celebrated the first-ever airborne papal wedding, marrying two flight attendants from Chile's flagship airline at 36,000 feet during a flight from Santiago. Bride Paula Podest, 39, and groom Carlos Ciuffardi, 41, said "I do" after telling Francis that they had been married in a civil service in 2010 but had been unable to follow up with a church ceremony because of the Feb. 27, 2010, earthquake that rocked Chile. Francis then offered to marry the LATAM flight attendants aboard the Airbus 321 en route to the northern beach city of Lquique, and they readily agreed. The head of the airline served as the witness. "He told me it's historic, that there has never before been a pope who married someone aboard a plane," Ciuffardi told journalists. Ciuffardi said the pope also told them: "This is the sacrament that is missing in the world, the sacrament of marriage. May this motivate others to get the sacrament of marriage. I'll do it for this reason."



TATTOOS LEAD THAI POLICE TO ARREST JAPANESE GANG MEMBER AFTER 15 YEARS

Authorities said Thursday a former Japanese Yakuza crime boss was arrested after 15 years on the run -- for the death of a rival gangster, after a photo of his tattoos were noticed on Facebook. Shigeharu Shirai, 74, a reputed boss of the Yakuza mafia group, fled to Thailand in 2003 after allegedly killing Kashihiro Otake, a deputy leader of the rival Kamiya gang. Shirai was arrested while shopping in Lopburi, north of Bangkok, after photos of him sitting around a checkers table with his distinctive full body tattoos on display were posted on Facebook in August. The post, which was shared more than 10,000 times, helped some users identify him as the fugitive and ended a multi-national manhunt between the Thai Investigation Bureau and the Japanese Interpol. Shirai had built a "low profile" life in Thailand and had married a local woman. He will be extradited to face prosecution in Japan.



ETHIOPIA BANS FOREIGNERS FROM ADOPTING CHILDREN

Ethiopia has banned the adoption of children by foreigners amid fears some are facing neglect and abuse in their new lives abroad. Politicians in the east African country say orphans and vulnerable youngsters should be cared for and protected through local support systems rather than risk uncertain futures overseas. The ban came about amid outrage after an Ethiopian girl was starved to death by a U.S. couple in 2011. Thousands of Americans have adopted children from Ethiopia - among them Hollywood stars Angelina Jolie and Brad Pitt who adopted daughter Zahara Marley from the country in 2005. Between 1999 and 2016, there were more than 15,000 adoptions from Ethiopia to America, according to the U.S. Department of State. Instead of letting foreigners adopt them, Ethiopia's parliament says vulnerable children should be catered to by state's children services. However, there are doubts over the sustainability of that arrangement.



TWO GIANT REPTILES FIGHT IN THE MIDDLE OF A GOLF COURSE



Several golfers in Naples had their games interrupted by an unusual, yet very Florida, sight: a python wrapped around an alligator with its head in the gator's mouth. Richard Nadler was among several golfers to post photos and videos of the encounter at The Golf Club at Fiddler's Creek on social media. "Wild' day on the 10th hole today!" Nadler posted along with several photos of the pair next to a lake. "That's an alligator and a Burmese python entwined. The alligator seems to have the upper hand. The python's head was in the mouth of the alligator and the alligator was just sitting there absolutely still with his eyes wide open not moving." Several witnesses said they saw the alligator eventually drag the snake into the water. Security personnel from the club were on hand to make sure no one got too close to the animals.



Hospital Gains New Enlisted Leadership

Story and photos by William Wight
65th Medical Brigade Public Affairs Office

The passing of responsibility as Senior Enlisted Advisor is one of mixed emotion. On one hand is a sadness of losing a member of the team and on the other is the excitement of welcoming a new mentor and leader.

Command Sgt. Major Diahann White held back tears to Soldiers of the 121st Combat Support Hospital/Brian Allgood Army Community Hospital as she transferred her responsibilities to Command Sgt. Major Nicole Haines in a ceremony at U.S. Army Garrison Yongsan's Collier Field House, January 16.

During the last 19 months of her command, the hospital team accomplished more than could have ever been imagined. "Through her exceptional leadership, character, and competence as the Command Sergeant Major, White provided extraordinary leadership, mission support, and technical expertise to over 1,300 personnel stationed across the Korean Theater of Operation with installation, operational, and exercise support to over 60,000. She established and effectively communicated a Command Philosophy of Readiness, Teamwork, leadership and discipline," commented 121CSH/BAACH Commander, Col.

Erica Clarkson.

In the arena of readiness, the team achieved an above 94 percent medical readiness for several months reaching the highest across Eighth Army. The command's weapons qualifications increased from 74 percent to over 90 percent. During her tenure and through her steady leadership, all five companies under her watch had multiple 121 days without discipline incidents. Clarkson continued to praise White's effort by always looking for an invaluable opportunity to evaluate, train, and improve combined and joint healthcare coordination, procedures, plans, and systems necessary to transition to hostilities. "Her efforts will have an enduring and net positive impact on our 'Fight Tonight' mission," said Clarkson.

As she departed, White told the crowd of nearly 150 in attendance and others watching via social media to remember to do a daily self-assessment. "There are 525,600 minutes in a year and I thank each of you present for allowing me to share them with you, however, make every minute count. If you look in the mirror and don't like what you see, then change it and hold yourself accountable," concluded White, who will assume temporary duties within the U.S. Forces Korea headquarters logistical staff.

Although Clarkson loses one of the 'best battle buddy's she has ever had,' she is quite confident in the abilities and experience that Haines brings to the unit.

"As you [Haines] take this role during a period of transition leading the actual move to the new Brian Allgood Hospital at (USAG) Humphreys, I know that you are the right person for the task to take these new challenges ahead transitioning to the new hospital as well as transitioning the CSH into a field hospital," said Clarkson.

"I am truly humbled to being allowed to serve as the [senior enlisted advisor]," said Haines, who was actually with the 121CSH/BAACH during the command of the late Col. Brian Allgood, whom the facility is named. "I am proud to once again be a part of a world class organization and will strive to give leadership and guidance to all within this organization."



Courtesy of BuisnessWire

No other communication technology comes close to the depth of security credentials needed to support federal healthcare facilities. Vocera recently received a new Authority to Operate (ATO) from the DoD, based on compliance with strict security requirements and risk assessments outlined in the Risk Management Framework (RMF). Additionally, the wearable Vocera Communication Badge meets all federal government requirements, is FIPS 140-2 compliant, and Joint Interoperability Test Command (JITC) certified.



Integrated Service of ROK Military Health Care Personnel Program Graduates 125th Cycle

Story and photos by William Wight
65th Medical Brigade Public Affairs Office

The Brian Allgood Army Community Hospital/121st Combat Support Hospital Commander, Col. Erica Clarkson presided over the 125th cycle graduation of the Integrated Service of Republic of Korea Military Health Care Personnel Program Jan. 11 at the BAACH Chapel.

Opening remarks by 65th Medical Brigade Commander, Col. Wendy Harter, highlighted the interoperability, professionalism and cultural understanding of the ROK/U.S. medical alliance.

"As we sustain our future and continue to provide health care professionals in organizations and medical units, providing health service support, medical mission command and force health protection to our forces in Korea, it is programs such as this that has been keeping our medical alliance strong and ready," Harter said. "The eight of you have a bright future ahead; remember you are forever a 'Pacific Medic' a member of the 65th Medical Brigade team."

The ISRMHCPP was established in 1955 to facilitate wartime coordination between the U.S. and ROK military health care support system in the event of hostilities.

ROK Army officers work with their U.S. counterparts for six months, sharing expertise and increasing

cultural understanding while gaining an appreciation of the U.S. military and its health care system. Over 500 students, including veterinarians, physicians, dentists, nurses and medical corps officers have graduated from this mutually beneficial program and gone on to serve distinguished careers in both the military and civilian sectors in the Republic of Korea.

Clarkson's remarks echoed the continued success of the program. "For over 60 plus years this program has stood as a testament to the talents of our Soldiers, both Korean and American, and serves as a sterling symbol of the vigorous ROK/US alliance. We are proud to associate with them and will always recognize them as colleagues and friends. Their charge upon reassignment back to the ROK forces is to share the lessons learned with their colleagues in the ROK Armed Forces Medical System."

The 125th cycle graduation ceremony graduates were: Maj. Jung Ri Kim who served with the bio-Surveillance Portal, Capt. Sang Ha Park who served with the S3 in Operations, Capt. Joon Su Jang who served with the U.S. Army Medical Material Center- Korea, Capt. Ji Young Kim who served with the Post Anesthesia Care Unit and Clinical Education Division, Capt. Hyun Ji Lee who served with the Women and Infant Care Unit and Tricare office, Capt. Ji Hye Jeong who served with the Occupational Health and Clinical Education Division, Capt. Gun Hee Lee who served with the Patient Centered Medical Home and Quality Management and Preventive Medicine, and Capt. Cho Rong Jin who served with the Multi Care Unit and Progressive Care Unit and Occupational Health.

"Their work and service makes us all better health



The 65th Medical Brigade conducted a graduation ceremony Jan. 11 for the 125th cycle of the Integrated Service of Republic of Korea Military Health Care Personnel Program. The ISRMHCPP was established in 1955 to facilitate wartime coordination between the U.S. and ROK military health care support system in the event of hostilities.

care providers and better soldiers as we learned as much from them as they learned from us and I thank them for their contribution to our success," said Clarkson.

Col. Seong-Gyun Hong, Chief of Staff of the ROK Armed Forces Medical Command was the honored guest speaker who spoke highly of the graduates. "This class has proven to be more successful than any other, as attributed by their service in a variety of fields throughout the 65th Medical Brigade, resulting in increased contributions towards a stronger armed forces medical command."

Army Medicine Fighting Opioid Overuse for a Decade

By Ronald W. Wolf
Army Medicine

Every day--the Centers for Disease Control and Prevention reports--more than 1,000 people across the U.S. are treated in emergency departments for misusing prescription opioids. More than 90 Americans die from an opioid overdose each day, a rate of more than 40,000 per year.

While those numbers from the civilian community should sober everyone, opioid abuse among soldiers is a critical matter of concern for the Army and Army Medicine as well.

The leading reason for use of opioid prescriptions is pain, an unfortunate consequence of injuries sustained during training or deployments. Army Medicine has been at the forefront of developing and implementing a strategy for pain management for more than a decade.

A great deal of progress has been made during the past ten years. In the Army, chronic use of opioids (defined as those receiving at least 90 days of opioids in a 180-day period) peaked in 2007, but then decreased 9 percent between 2007 and 2012.

From 2012 to 2016, additional



measures implemented to address opioid overuse led to a further reduction of more than 19 percent in the number of Soldiers who were given one or more opioid prescriptions. The rate of chronic opioid use decreased by an additional 45 percent between these years thanks to these efforts.

The Army's improvement in

opioid prescribing contrasts with the worsening trend that currently exists across our nation. What did Army Medicine do to start winning the battle against opioid abuse?

In 2010, the Army Pain Management Task Force was chartered, and this group published 109 pain management recommendations with the goal of taking a standard-

ized approach to pain management across the DoD and Veterans Health Affairs. The following were among the recommendations made:

- Determine best practices to treat acute and chronic pain;
- Provide tools and infrastructure that support and encourage practice and research advancement in pain management;
- Integrate a culture of pain awareness, education, and proactive intervention together.

First, the task force identified changes in standards, data collection, personnel use, and other system improvements under the umbrella of best practices.

As a result of the Task Force's

The MHS developed a surveillance tool to monitor opioid use and prescription practices, allowing risk stratification and identification of at-risk individuals.

recommendations, the Military Health System (MHS) standardized pain management policies, surveillance, clinical capabilities and pain assessment tools. Policy changes led to a patient-centric stepped care approach that helped to empower primary care providers and improved patient rehabilitation, satisfaction, pain control and recovery.

A standardized pain assessment tool was developed to assess patients' pain score and impact on patients' daily activities (e.g., activity, mood, stress, sleep). The MHS developed a surveillance tool to monitor opioid use and prescription practices, allowing risk

stratification and identification of at-risk individuals. This tool facilitates ongoing management of daily opioid use and prevention measures for opioid misuse. Periodic reassessments of MHS policies are instrumental in continued performance improvement.

Second, infrastructure, resources, and tools were evaluated and improved to make them more effective.

For example, educational support to primary care was established via a tele-mentoring

to maximize assets in the primary care setting and coordinate the weekly ECHO programs.

Telemedicine capabilities are also being used to bring specialty care for pain to remote locations.

Finally, it was important to synchronize changes in the culture of pain awareness and education with more proactive intervention in the medical community and among health care consumers. Patient education efforts include expectation management and consistent messaging from all patient care



program--the Extension for Community Healthcare Outcomes (ECHO) program. The ECHO program provides weekly clinical education. In addition, Primary Care Pain Champions (PCPCs)--knowledge leaders in pain management--helped coordinate pain care between the primary care setting and pain management centers. The goal of the PCPC is

levels that pain does not always necessitate opioids. Examples include pain awareness month campaigns, educational flyers and videos in waiting rooms, and a focus on a healthy lifestyle. Military providers are required to complete initial and refresher training on appropriate clinical management of opioids.

Army Medicine also implemented the Comprehensive Pain

Management Program (CPMP) which provides a comprehensive pain management plan and education by utilizing state-of-the-science modalities and technologies to advance pain medicine and provide optimal quality of life for all patients with acute and chronic pain.

The CPMP uses a stepped care model for pain management ensuring that the appropriate level of pain care, including opioid alternatives, are available and delivered to patients. It continually strives to provide alternatives to opioid therapy through holistic, complementary and integrative medicine therapies at all levels of the medical continuum of care. In 2016, over 125,000 clinical visits were provided at the interdisciplinary pain management centers supporting active duty troops under the CPMP.

These therapies include interventional medicine, physical therapy, occupational therapy, chiropractic, nutrition, medical massage, acupuncture, and movement therapy such as yoga and tai chi. In October 2016, to improve access, continuity, and quality, the Army began relocating and integrating substance use disorder clinical care with behavioral health clinics, including embedded behavioral health teams.

In 2017, the Army revised several policies to advance pain management services, including an operations order and concept of operations for the CPMP and an executive order requiring a profile for every opioid prescription and allowing for the transfer of vital duty-related information from provider to commander.

Integrating substance use disorder clinical care treatment into the Behavioral Health System of Care improves outcomes for soldiers and family members through earlier detection and intervention. With opioid abuse--prescription or otherwise--and other substance use disorders, the Army Medicine response is patient-centered and evidence-based.

Army Medicine has established five intensive outpatient programs to deliver care to soldiers who require more treatment than a standard outpatient clinic. These

A patient lookup tool currently being piloted at several facilities sends risk alerts directly from an opioid registry to the pharmacist for a targeted interaction.

intensive outpatient programs improve care integration, increase the opportunity for command involvement, and provide earlier access to higher level care.

Army Medicine continues to collect data to monitor and modify efforts. The Health of the Force Program--and its associated report--provides a standardized health assessment tool that aligns with others performed nationally. We know, for example, from the 2016 report:

- 50 percent of active duty soldiers experienced one or more injuries at an average rate of 1.4 injuries per soldier. Clearly pain can result from these injuries;
- 20 percent of active duty soldiers had a diagnosed behavioral

health disorder;

- 4 percent had a diagnosed substance abuse disorder.

Army Medicine aims to continue to intervene with soldiers identified as high-risk for opioid abuse. Nevertheless, that gains have been made in opioid management within the Army are reflected in data that show incidence of opioid use disorder is lower in the Army at 0.26 percent (FY 2016 data) compared to 0.9 percent of the U.S. adult population.

The 2017 Army Medicine policy for naloxone allows pharmacists to screen and dispense naloxone to any patient at high risk. A patient lookup tool currently being piloted at several facilities sends risk alerts directly from an opioid registry to the pharmacist for a targeted interaction. Three pharmacy quality alliance opioid safety measures (concurrent use of opioids and benzodiazepines; use of opioids at high dosage; use of opioids from multiple providers) allow a comparison against commercial healthcare systems. These efforts are moving Army Medicine forward from a safety and surveillance perspective to shaping the healthcare provider's approach and prescribing habits.

There is still much to learn regarding pain, traumatic brain injury, post-traumatic stress disorder, and the stress of deployment and their effects on soldiers and their families.

Army Medicine continues the fight against opioid overuse. The Army and Army Medicine looks forward to developing and sharing ideas for best practices concerning opioid management with the nation as it struggles with this epidemic.



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What is the Status of the New Brian Allgood Army Community Hospital?

Story and photos by William Wight
65th Medical Brigade Public Affairs Office

As the construction labors on into its 5th year now, there have been a lot of questions about the new Brian Allgood Army Community Hospital and Ambulatory Care Center on U.S. Army Garrison (USAG) Humphreys.

When will it open?
What services will it provide?
What will be different?
How safe is the construction?



In answer to these questions and many others, the PULSE 65 editorial team reached out to David Fortune, Deputy Regional Program Manager – Pacific, U.S. Army Health Facility Planning Agency and the U.S. Army Corps of Engineers Medical Resident Office. Here is the first of a 5-part series of articles on the new medical facility.

First some facts about the project:

Five years ago this summer, the contract for construction of the New Brian Allgood Army Community Hospital and Ambulatory Care Center was awarded to Samsung C&T Consortium (SSC) at USAG Humphreys as part of the Yongsan Relocation Program (YRP). The initial construction project valued at over \$157 million is funded and contracted by the Republic of Korea Ministry

of National Defense U.S. Forces Korea Relocation Office (MURO).

The U.S. Army Corps of Engineers (USACE) is assigned the responsibility of providing construction management and quality assurance oversight and to ensure that construction meets U.S. life, health, safety and security requirements in accordance with design documents and specifications as agreed upon by both U.S. and ROK governments, in a safe and timely manner, within the funding limits, and that the project is completed and usable.

Working alongside the USACE is the Health Facilities Planning Agency (HFP) who ensures that all the medical requirements of the facilities are met.

The building was designed to join an inpatient, ancillary and support wing with an outpatient clinical wing.



A dedicated freestanding Central Utility Plant is located near the facility which provides critical and redundant utility service to both the hospital and the Ambulatory Care Center.

The BAACH is a 68 bed hospital sized to support 65,000 eligible beneficiaries and 5,000 annual inpatient admissions. The Ambulatory Care Center is sized to support 56,300 eligible beneficiaries and 200,000 annual outpatient visits. Along with the 68 inpatient beds (40 Nursing Multi-Care, 6 Intensive Care Unit, 6 Women and Infant, 2 Labor and Delivery and 14 Behavioral Health) are 88 examination rooms.

According to Fortune, a lot of misinformation has been surfacing as more and more personnel arrive at the installation. “Despite early quality concerns with contractors, which have now been completely remediated, we are at 80 percent completion and have no lingering quality issues. Cultural but not quality peculiarities linger. For example unlike other construction projects where the contractor built it from ground up this contractor has elected to finish it from the top down on the hospital side.”

With the near-completion of the roof and fifth floors, Fortune gave a tour of the facility and discussed some of the misconceptions him and his team have heard.

A common misconception of current construction of the hospital is that it is sinking and that it will have to be rebuilt. The new hospital is built on piles which are in contact with bedrock well below the surface level. Now you may ask what is a pile? According to Phillip Abbott, a structural engineer with the Medical Resident Office, USACE “A pile is fundamentally a long cylindrical pole made of a engineered material such as concrete that is driven into the ground to act as a stable support for structures built on top of it. This foundation is used when there is a layer of weak soil at the surface. When the top layer cannot support the weight of the building, the loads of the building need to transfer through this layer and be moved to the layer of stronger soil or rock that is below the weak layer soil. The piles of this project reach bed rock giving the facility a strong foundation to prevent the building from sinking.”

“One thing that sets this facility apart is that it reduces energy consumption by over 30 percent, keeping us on track with LEED Silver certification,” said Fortune. “By having a green roof [vegetation growing] and using natural lighting throughout the facility, is another example of how this facility is becoming a ‘World Class’ healing environment.”

[For more on LEED Silver certification and World Class requirements, see pages 42-44]

The hospital includes an acute care inpatient facility





(hospital wing) and an outpatient clinical/ ambulatory care center (clinic wing). The hospital wing has six active levels (basement through level 5) including a mechanical interstitial space at level 3. The hospital wing primarily contains ancillary and inpatient support functions at the lower two levels, with inpatient nursing units at the upper two levels. The clinic wing has five active levels (ground through level 5) plus a mechanical penthouse on the roof. The clinic wing's five levels are primarily dedicated to outpatient clinical services and administration.

The \$157 million question is, when is Hospital opening?

U.S. government expects to accept the facility by the third quarter of calendar year 2018. Now you are thinking ok, but when can I use it? Hospitals are a very complex building and require significant amount complex medical equipment, systems, personnel and accreditation. HFPA currently projects it will take one year to install equipment, train and relocate personnel and receive accreditation from the Joint Commission Authority



for Hospitals. The first patient day is expected to occur in early November of 2019, several years earlier than what was currently projected about the project.

"The execution of this project is made possible by an excellent team of engineers, architects, and contractors representing MURO, USACE, HFPA, Samsung, Jacobs, HDR and TJD," said Fortune. "Our outstanding team of professionals, work together every day with the sole purpose of providing the best medical facilities to our troops and their families stationed in Korea. The project delivery team is very proud of being part of the construction of this world class medical facility."

Considering the time constraints, budget limitations and ambiguities of vision and command structure associated with the design of the new Brian Allgood Army Community Hospital, Fortune reinforced that commendable progress has been made towards designing and constructing a quality facility to serve our beneficiary population.

Stay tuned for future articles in PULSE 65 as this world class facility nears completion.

What is a World-class Medical Facility?

William J. Mayo, M.D.
Commencement Address
Rush Medical College, 1910

As we men of medicine grow in learning we more justly appreciate our dependence on each other. The sum total of medical knowledge is now so great and wide spreading that it would be futile for any one man... to assume that he has even a working knowledge of any part of the whole... The best interest of the patient is the only interest to be considered, and in order that the sick may have the benefit of advancing knowledge, union of forces is necessary... It has become necessary to develop medicine as a cooperative science; the clinician, the specialist, and the laboratory workers uniting for the good of the patient, each assisting in elucidation of the problem at hand, and each dependent upon the other for support.

A world-class medical facility is one where the best of the art and science of medicine come together in a focused effort to meet the needs of the patient by providing the best in physical, mental, social and spiritual care. A world-class medical facility routinely performs at the theoretical limit of what is possible and consistently and predictably delivers superior health-care value – i.e., high quality-care and optimal treatment outcomes at a reasonable cost to the patient and society.

A medical facility achieves the distinction of being considered world class by doing many things in an exceptional manner, including applying evidence-based healthcare principles and practices, along with the latest advances in the biomedical, informatics and engineering sciences; using the most appropriate state-of-the-art technologies

in an easily accessible and safe healing environment; providing services with adequate numbers of well trained, competent and compassionate caregivers who are attuned to the patient's, and his or her family's culture, life experience and needs; providing care in the most condition appropriate setting with the aim of restoring patients to optimal health and functionality; and being led by skilled and pragmatic visionaries. The practices and processes of a world-class medical facility are models to emulate.

Many of the elements of a world-class medical facility can be objectively assessed and measured with existing methods, as reflected in the characteristics enumerated in the following section entitled Defining Characteristics; however, a world-class medical facility is more than the sum of its parts. Much of what distinguishes an institution, or facil-

ity, as being world class results from synergies between and among its parts and cannot be measured with currently available methods.

A world-class medical facility regularly goes above and beyond compliance with professional, accreditation and certification standards. It has a palpable commitment to excellence. A world-class medical facility has highly-skilled professionals working together with precision and passion as practiced teams within an environment of inquiry and discovery that creates an ambience that inspires trust and communicates confidence. A world-class medical facility constantly envisions what could be and goes beyond the best known medical practice to advance the frontiers of knowledge and pioneer improved processes of care so that the extraordinary becomes ordinary and the exceptional routine.

Defining Characteristics of a World-class Medical Facility

What is a Medical Facility?

In trying to define what it means to be a world-class medical facility it is understood that the physical structure, or facility per se, only provides the setting in which persons with health conditions are housed while doctors, nurses and myriad supporting personnel diagnose, administer treatment and provide other services needed to address health-related conditions and improve a person's health and functioning. While the facility does not diagnose, treat or provide any specific service, it is now well established that the design and construction of facilities can substantially affect the efficiency and effectiveness of making correct and timely diagnoses; the ease and accuracy of administering appropriate therapy; the attitude and morale of patients, visitors and healthcare workers; the culture of the organization and an environment that promotes the healing process.

In the following discussion, reference to medical facility is taken to mean the composite of the physical structure, the healthcare professionals who work there, the technology that they employ, and the processes and procedures used to accomplish their work, among other things.

Operational Characteristics of a World-class Medical Facility

To be considered world class, a medical facility must meet at least the 18 conditions in the 6 domains specified below.

I. Basic Infrastructure

The facility:

1. Has attained and maintains all accreditations and certifications that satisfy licensure and other statutory and regulatory requirements relating to the provision of the services offered at the facility.

2. Provides comprehensive and definitive acute healthcare services in an integrated and coordinated manner that meets patient needs from birth (including the pre-term neonate) through the end of life, as demonstrated by, but not limited to:

- providing services in all the specialty areas recognized by the American Board of Medical Specialties (ABMS), in so far as these specialties are reasonable and appropriate for the needs of the patient population and community served;
- offering services in a preponderance of the subspecialty areas recognized by the ABMS; and
- having clearly specified policies and procedures for referral and transfer of patients for highly specialized services that are generally centralized to a few locations (e.g., definitive burn care, organ transplants, spinal cord injury care and rehabilitation), if such services are not provided at the facility.

3. Has a high degree of facility readiness to provide high quality care as demonstrated by at least the following characteristics:

- application of contemporary evidence-based knowledge and principles of design and construction and the utilization of state-of-the-art technology to, among other things:

- create a healing environment and continuous healing relationships;
- optimize the patient room environment and functionality for:
 - providing patient/family-centered care;
 - supporting the patient's and family's direct involvement in care

delivery;

- minimizing the need for patient movement; and

- Allowing direct visual monitoring by caregivers.

- facilitate effective communication between and among caregivers, patients and families;

- support information management, as reflected by attaining at least stage 6 of the Healthcare Information and Management Systems Society (HIMSS) Electronic Medical Record Adoption Model;

- minimize the occurrence of healthcare-related infections;

- facilitate real time location tracking of patients and staff;

- reduce patient and staff stress;

- encourage retention of staff;

- utilize unified communications;

- support facility navigation and way-finding; and

- achieve functional integration of component parts and processes into a coordinated system;

- assurance of equal access for all patients, families and staff to all clinical and routine non-clinical areas and activities throughout the interior and exterior areas of the facility by providing a physical barrier-free environment that exceeds minimum American with Disabilities Act (ADA) requirements;

- development and regular testing of plans for continuity of operations during times of emergency or catastrophe due to epidemic, weather or other acts of nature, technological failure or terrorism, inter alia;

- incorporation of significant flexibility and adaptability in the facility design and construction to accommodate changing practices and processes of care resulting from new knowledge, as well as optimization of surge capacity to accommodate the need to treat and manage unexpected large numbers of additional patients as might occur with an

epidemic or disaster.

4. Assures that caregivers and other staff are prepared to perform competently and otherwise appropriately by, among other things:

- promulgating policies for and standards of performance, conduct, and ethical behavior for all personnel, including job-specific and specialty-specific standards, as appropriate;
- monitoring the performance of all employee's on a regular basis (at least annually) by direct observation of performance, formal testing, supervisor and peer review, patient feedback and/or other methods, as appropriate to the position;
- providing feedback of monitoring results to the employee and, if relevant, concerned parties, together with counseling, mentoring and personal improvement or remediation programs, as needed;
- promptly investigating all complaints or concerns voiced about the competence or safety of a caregiver's performance; and
- carrying out whatever other actions are necessary to ensure that all caregivers and other staff are

properly trained, equipped, fit and otherwise fully prepared to perform their assigned jobs.

II. Leadership and Culture

1. Provides executive leadership that is:

- visionary and mission-focused;
- experienced with demonstrated competence in the critical competencies identified by the National Center for Healthcare Leadership and the American College of Healthcare Executives
- stable over time; and
- empowered with organizational and fiscal authority.

2. Organizes its governance structure and processes to, among other considerations:

- ensure that the governing body is composed of appropriately knowledgeable and dedicated individuals who reflect and represent the interests of the organization and its stakeholders and who recognize the competencies required for excellent leaders;

b. facilitate effective communication with its medical staff and employee representatives;

c. assure that patient and patient family's views and perspectives about facility operations are known to facility management and the governing board; and

d. ensure that the governing board is actively involved in overseeing the operation of the institution, and especially in overseeing the quality and safety of care provided.

3. Manifests an organizational culture that:

- continually strives for excellence, as demonstrated by, among other things:
 - the organization's mission, vision, core values, bylaws and strategic objectives;
 - the attainment of, or being in the process of attaining, the highest level of certification or designation for specialty services having generally recognized tiered levels of service;
 - having been awarded "magnet status" by the American Nurses Credentialing Center (ANCC)



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What is LEED Certification?

LEED = Leadership in Energy and Environmental Design

LEED is an internationally recognized green building certification system. This process offers third-party verification that a building or community was designed and built using strategies aimed at reducing energy and water usage, promoting better indoor air quality, and improving quality of life.

In short, LEED is a rating system for buildings, equivalent to a gas mileage rating for cars. Under LEED, buildings accumulate points for things such as saving energy, having accessible mass transit, and mitigating storm water runoff. Once the points are tallied, the building earns a LEED rating. The higher the tally, the more sustainable a building is.

In order for a building project to earn LEED Certification, it must meet certain criteria and goals within the following categories:

- Location and Transportation - how close the project is to mass transit
- Materials and Resources - use locally sourced, sustainable products
- Water Efficiency - reduce potable water usage
- Energy and Atmosphere - improve energy performance and indoor air quality
- Sustainable Sites - utilize nearby natural resources and ecosystems that can naturally take part of the design, minimizing environmental pollution
- Regional Priority Credits - addressing a particular concern based on location
- Innovation - any idea not covered under the main LEED areas

The LEED rating system is the industry's gold-standard for environmentally sustainable buildings and is recognized industry-wide by architects, engineers, developers, and other building professionals.

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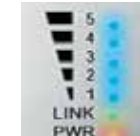


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- PPS Classification: No. 43221721 / Identification: No. 23233796
- U.S. Patents No.8, 867,516 / China Patent 2017051600703510
- International PCT Patents & Korea Patents for CDMA Chip and others

Free Shuttle Bus from Humphreys to SMC

For the convenience of US military patients and family members, SMC will operate a free shuttle bus between Camp Humphreys and SMC starting December 4th, 2017. We hope you take advantage of this service.

From Camp Humphreys to SMC

Monday to Friday (not available on Korean national holidays)

Bus Stop	Camp Humphreys Main Gate (Anjeong-ri)	SMC Gate 4
Time	08:00	09:30

From SMC to Camp Humphreys

Monday to Friday (not available on Korean national holidays)

Bus Stop	SMC Gate 4	Camp Humphreys Main Gate (Anjeong-ri)
Time	16:30	18:00

- * Shuttle bus departs exactly **on time**. Please don't be late.
- * Please **check the sign 'Samsung Medical Center'** prior to boarding the bus.
- * This shuttle bus is **for US military patients and family members** who have appointments at SMC.
- * If you have a question, please contact at 02-3410-0232
- * Pictures of the shuttle bus (한아름)



FEBRUARY 4 and 11, 2018 FOUR CHAPLAINS DAY OBSERVANCE

The Col. Lewis L. Millet Memorial Post 38 of the American Legion will conduct a Four Chaplains Observance Ceremony at 9 a.m. and 1 p.m., Saturday, Feb. 4 at Yongsan Army Garrison's South Post Chapel and at 9:45 a.m. Feb. 11 at Yongsan Army Garrison's Memorial Chapel. The ceremony will honor the actions of four Army chaplains who gave their lives to save others. Come out and hear stories of bravery, selfless service, brotherhood and sacrifice.

For more event information: contact 010-2359-7791
For general information on the American Legion: check out the Facebook site at <https://www.facebook.com/LLMPost38>

February 2018 is National
HEART HEALTH
Month

Take care of your heart & it will take care of you.

Learn better ways to take care of your heart: nhibi.nih.gov

Product of Directorate of Public Affairs

Members of the 65th Medical Brigade will support the U.S. Army Garrison Humphreys Commissary Grand Opening on February 7. Since February is Heart Health month, clinical dietitians will be promoting Heart Health through education and free blood pressure checks starting at 11 a.m. at the new facility.

TOP 10 Most Popular Korean Attractions of 2017

Courtesy of Korea Tourism Organization

With so many places to visit, planning a trip to Korea can be overwhelming. To help you decide where to go, Korea Tourism Organization has created a list of the top 10 most searched attractions in Korea for 2017. These attractions are perfect for adding to your tour schedule. If you only have a short amount of time, you can select a themed course of similar attractions. If your schedule allows, you can follow our three-day tour of all 10 attractions. No matter which option you choose, keep reading to find our travel tips for each attraction to make your visit much more enjoyable.



1. Gyeongbokgung Palace

Gyeongbokgung Palace was the major legal residence of the royal family during the Joseon Dynasty. Carrying a meaning of “a place where the new king can enjoy prosperity of great blessings,” this was the first palace built during the Joseon Dynasty. The palace is unique for its vast area and harmony of buildings, and is the only palace to have all four major gates still remaining to this day.

Within the palace grounds, you can see a multitude of restored buildings. Visitors will enjoy looking at the varia-

tions among buildings, each serving a unique purpose. Of course, even before entering the palace, tourists enjoy gathering at Gwanghwamun Gate to watch the Royal Guard Changing Ceremony; be sure to time your visit to include this cultural performance in your tour. Gyeongbokgung Palace also offers special evening admissions once a year, so don't miss the opportunity to enjoy the evening atmosphere at the palace grounds if your schedule allows.



Address: 161, Sajik-ro, Jongno-gu, Seoul
Website: www.royalpalace.go.kr

2. Namsan Seoul Tower

Seoul's landmark attraction is none other than Namsan Seoul Tower, located atop Namsan Mountain in the center of the city. The tower draws in visitors year-round, and is most famous for the view it offers of the cityscape at night. For hallyu fans, the tower is a must-visit attraction, having been featured in dramas like "My Love From the Star (2013)" and "Legend of the Blue Sea (2016)."

The tower features not only an observation deck, but also atmospheric cafés and restaurants among other facilities. Namsan Seoul Tower is a great place to spend an enjoyable evening with friends or loved ones, taking in the beautiful nightscape over a cup of coffee.



Address: 105, Namsangongwon-gil, Yongsan-gu, Seoul
Website: www.nseoultower.com



3. Namiseom Island

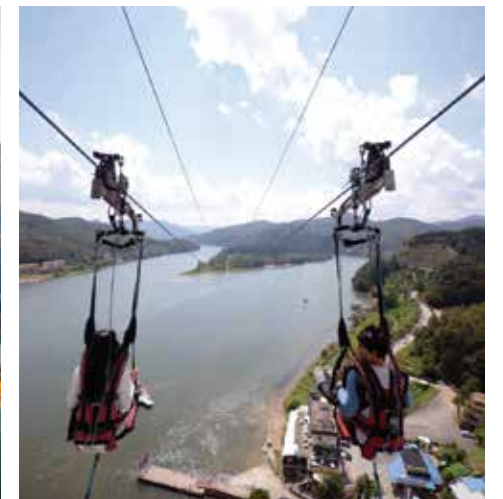
Namiseom Island was formed as a result of the construction of Cheongpyeong Dam. It is a half moon-shaped isle, and on it is the grave of General Nami, who led a great victory against the rebels in the 13th year of the 7th king of the Joseon Dynasty, King Sejo (reign 1455-1468).

Namiseom Island is 63 km away from Seoul in the direction of Chuncheon, and is famous for its beautiful tree lined roads. The island is 30 minutes away from Chuncheon and an hour away from the suburbs of Seoul. Since it is not far from Seoul, many couples and families come to visit.

A special feature of Namiseom Island is that there are

no telephone poles. This is because all electric wires were built underground to keep the natural feeling of the landscape. The island is 553,560 square yards with chestnut trees and poplar trees throughout.

In the middle of the isle, there is a grass field about 316,320 square yards. It features education and training facilities and camping sites. The island also has a swimming pool and water-sports facilities for motorboats and water skiing, as well as a theme park with a merry-go-round, shooting range, and roller skating rink. Lodging facilities such as resort villas and bungalows are available for visitors to stay on the island.



Address: 1024, Bukhangangbyeon-ro, Gapyeong-eup, Gapyeong-gun, Gangwon-do
Website: www.namisum.com

4. Lotte World

If you are looking for a fun place to spend a whole day, check out Lotte World. This amusement park is open all year round, filled with dynamic events and performances. Even better, the park is located in downtown Seoul and is easily accessible via public transportation. The park is largely divided into two areas: Adventure located indoors, and the outdoor section of Magic Island. Adventure includes a plethora of attractions, including a carousel, Spanish pirate ship, flume ride and more, while Magic Island

has big thrill rides like the Gyro Drop and Gyro Spin. Lotte World Tower Seoul Sky and Lotte World Shopping Mall are located nearby so make sure to take a look around while you're here.



Address: 240, Olympic-ro, Songpa-gu, Seoul
Website: www.lotteworld.com

5. Bukchon Hanok Village

A representative attraction of Seoul, Bukchon Hanok Village shows the charm of Korea's traditional buildings. The neighborhood where relatives of the royal family lived, the hanoks here are grand, providing beautiful scenes down every lane. To make the most of your visit, we recommend finding the "Eight Scenic Spots of Bukchon." These eight locations are each unique but share the similarity of being breathtaking. Your souvenir photos will turn out great with these spots in the background.

Surrounded by Gyeongbokgung Palace, Changdeok-

gung Palace and Jongmyo Shrine, Bukchon Hanok Village is home to hundreds of traditional houses, called hanok, that date back to the Joseon Dynasty. The name Bukchon, which literally translates to "northern village," came about as the neighborhood lies north of two significant Seoul landmarks, Cheonggyecheon Stream and Jongno. Today, many of these hanoks operate as cultural centers, guest-houses, restaurants and tea houses, providing visitors with an opportunity to experience, learn and immerse themselves in traditional Korean culture.



Address: 37, Gyeongdong-gil, Jongno-gu, Seoul
Website: www.hanok.seoul.go.kr

6. Myeong-dong



Address: Myeongdong-gil, Jung-gu, Seoul
Website: tour.junggu.seoul.kr



Myeong-dong is one of the primary shopping districts in Seoul. The two main streets meet in the center of the block with one beginning from Myeong-dong Subway Station (Seoul Subway Line No. 4) and the other from Lotte Department Store at Euljiro. Many brand name shops and department stores line the streets and alleys. Common products for sale include clothes, shoes, and accessories. Unlike Namdaemun or Dongdaemun, many designer brands are sold in Myeong-dong. In addition, several major department stores have branches

here, including Lotte Department Store, Shinsegae Department Store, Myeong-dong Migliore, Noon Square and M Plaza. The department stores carry many premium labels and other fashionable goods at reasonable prices.

Myeong-dong also has family restaurants, fast food, plus Korean, Western and Japanese dining options. Many restaurants in Myeong-dong specialize in dongaseu (pork cutlet) and kalguksu (noodle soup). Other businesses in the area include hair salons, banks and theaters.

7. Changdeokkung Palace and Huwon

Address: 37, Gyeongdong-gil, Jongno-gu, Seoul
Website: www.hanok.seoul.go.kr



Changdeokkung Palace was the second royal villa built following the construction of Gyeongbukgung Palace in 1405. It was the principal palace for many kings of the Joseon Dynasty, and is the most well-preserved of the five remaining royal Joseon palaces. The palace grounds are comprised of a public palace area, a royal family residence building, and the rear garden. Known as a place of rest for the kings, the rear garden boasts a gigantic tree that is over 300 years old, a small pond and a pavilion.

The palace gained importance starting from the time of Seongjong, the 9th king of Joseon, when a number of kings began using it as a place of residence. Unfortunately, the palace was burned down by angry citizens in 1592 when the royal family fled their abode during the Japanese invasion of Korea. Thanks to Gwanghaegun, the palace was restored in 1611. Even today, it houses a number of cultural treasures, such as Injeongjeon Hall, Daejojeon Hall, Seonjeongjeon Hall, and Nakseonjae.

Changdeokkung Palace's rear garden was constructed during the reign of King Taejong and served as a resting

place for the royal family members. The garden had formerly been called Bukwon and Geumwon, but was renamed Biwon after King Kojong came into power. The garden was kept as natural as possible and is touched by human hands only when absolutely necessary. Buyongjeong, Buyongji, Juhabru, Eosumun, Yeonghwadang, Bullomun, Aeryeonjeong, and Yeongyeongdang are some of the many pavilions and fountains that occupy the garden. The most beautiful time to see the garden is during the fall when the autumn foliage is at its peak and the leaves have just started to fall.

Though it has been treasured by Koreans for centuries, Changdeokkung Palace was recognized as a World Cultural Heritage site by the UNESCO World Cultural Heritage Committee in December of 1997 during the committee meeting in Naples, Italy.

Changdeokkung Palace was one of the places visited by the first ladies of the Seoul G20 summit during the G20 conference in Seoul in November 2010. It is one of the most historically significant attractions that represent the beauty of Korea.

8. Insa-dong

Insa-dong, located in the heart of the city, is an important place where old but precious and traditional goods are on display. There is one main road in Insa-dong with alleys on each side. Within these alleys are galleries and traditional restaurants, teahouses, and cafes.

The galleries are the heartbeat of Insa-dong. There are over 100 galleries in the area and you can see every example of traditional Korean fine art from paintings to sculptures. The most famous galleries are Hakgojae Gallery, which functions as the center of folk art, Gana Art Gallery, which promotes many promising artists, and Gana Art Center.

The teahouses and restaurants are the perfect complement to the galleries. At first they might be hard to find, but if you take the time to stroll around the twisting alleyways,

the window shopping in itself can be very entertaining. The shops in Insa-dong are very popular among all age groups, because each one is unique.

Every Saturday from 2 to 10 p.m. and Sunday from 10 a.m. to 10 p.m., the main street is blocked off from traffic and it becomes a cultural space. Stores set up booths outside and Korean candy merchants and fortune teller stalls can easily be found; there are traditional performances and exhibits as well. Insa-dong is especially popular among international tourists. This is where they can experience and see traditional Korean culture firsthand, and also purchase pieces of fine art. On the street you can eat Korean taffy and traditional pajeon (green onion pancake), and lose yourself in all the joyous festivities of the street.



Address: 62, Insadong-gil, Jongno-gu, Seoul
Website: www.insainfo.or.kr



9. Hongdae (Hongik University Street)

Hongdae is a neighborhood known for its youthful and romantic ambience, underground culture, and freedom of self-expression. Unique cafes, cozy galleries, accessory stores, fashion shops, live cafés and clubs, art markets, and gourmet eateries make this a popular hang-out for local youth and a fascinating place to walk around. These unique places plus the cultural events, street performances, and festivals held here make Hongdae an area that is always packed with people and excitement. Special streets such as ateliers' street (lined with private institutions for art students preparing for university entrance exams), Picasso's Street, and Club Street are also must-go places if you're hoping to fully experience the Hongdae area.



Hongdae Walking Street, the main spot of Hongdae area, has an outdoor stage for indie band performances.

Hongdae Mural Street stretches from Kanemaya restaurant by the back gate of Hongik University to Four Seasons House (Wausan-go 22-gil) and features various arrangements of paintings from graffiti to artistic design. It is also referred to as 'Picasso's Street' and is famous as a dating spot.

Hongdae Free Market is held every Saturday from March to November at Hongik Children's Park in front of the main gate of Hongik University. Anyone can sign up to sell their hand-made products and other exhibitions created by artists are also shown.



Address: Hongik-ro, Mapo-gu, Seoul
Directions: Hongik Univ. Station (Seoul Subway Line 2-Gyeongui-Jungang Line-Airport Railroad)



10. The Garden of Morning Calm

The Garden of Morning Calm, a 30,000m² garden, is open year-round and is a great spot to visit for families, couples, and photographers alike. The garden was conceptualized by Professor Han Sang-kyung (Gardening Department, Sahmyook University) while he was serving as an exchange professor in America. His vision was to create a garden that would become world-famous and spread the concept of Korean beauty throughout the world. The inspiration for the garden stemmed from a poem written by Sir Tagore, a great Indian poet, who described Korea during the Joseon Dynasty as "The Land of the Morning Calm."

The garden is the oldest private garden in Korea. It is an artistic space with a beautiful balance between the Korean concept of natural curves with asymmetry, and plants with synthetic materials, attracting about 600,000 visitors annually.

Scenic walkways, beautifully manicured grass, and flower beds connect the garden's 20 different themed sections. The Sukgeun Garden is shaped like the Korean Peninsula and is carpeted with beautiful flowers on both sides representing the desire for South and north Korea to be reunited. It is easily one of the most popular and meaningful attractions at the garden.

The garden houses about 5,000 kinds of plants, including 300 varieties native to Baekdusan Mountain, known as a spiritual mountain to the Korean people. Flowers are in bloom from March to November, so the garden is usually busy during this period. In addition to the beautiful foliage of the garden, there are a variety of festivals and displays held throughout the year.

- * Spring: Garden Festival
- * Summer: Festival of Roses, Hydrangeas and Rose of Sharon
- * Autumn: Festival of Chrysanthemums and Autumnal Tints
- * Winter: Lighting Festival



Address: 432, Sumogwon-ro, Sang-myeon, Gapyeong-gun, Gyeonggi-do
Website: www.morningcalm.co.kr

on the
move

Workers from Samsung C&T Consortium apply finishing touches to the concrete walls of the medical warehouse in the basement of the new Brian Allgood Army Community Hospital at U.S. Army Garrison Humphreys. The 68-bed hospital and ambulatory care center will open its doors in Nov. of 2019. For the first in a five-part series on the new construction project, see pages 34-44.
Photo by William Wight, 65th Medical Brigade Public Affairs Office

Major Tricare Changes Kicked Off Jan. 1

By Amy Bushatz
Military.com



Active duty families won't be able to switch at will between Tricare plans. Instead, they must wait for an open enrollment period or experience a "qualifying life event". Tricare has yet to announce what such events will include. (DoD photo)

A series of major Tricare changes over a year in the making will kick off Jan. 1, ushering in fee changes for almost all beneficiaries, a new plan name, a new regional map and new regional contractors.

The updates are the result of a periodic federally mandated contracting process combined with new legislation passed by Congress in 2016.

Impacts for All Users

Tricare's annual fee schedule will now operate on a calendar year -- January 1 to December 31 -- instead of the fiscal year system used the past. That change impacts all beneficiaries, including Tricare for Life users, who are otherwise untouched by the shifts.

Starting Jan. 1 the plans known as Tricare Standard and Tricare Extra will be combined into a single plan, known as Tricare Select.

Active duty family members who use Tricare Prime will also see no major changes, so long as they stay in that plan.

Starting in 2019, active duty families and those who retire from active duty will no longer be able to switch at will between plans. Instead, they must wait for annual fall "open enrollment" period to move plans or experience a "qualifying life event." Tricare has yet to release a final list of what those "life events" will include.

All users except those in the current South Region will get a new management contractor Jan. 1. Tricare will shift from the current three region system -- Tricare North, South and West -- to a two region East and West system. HealthNet will manage Tricare West, while Tricare East will be managed by Humana.

Fee Changes for Many Users

Current active duty families on Tricare Standard, newly known as Tricare Select, will experience a flat fee system for out of pocket charges instead of the "percentage of allowable charge" system used today.

Those who join the service on Jan. 1 or thereafter and use Tricare Select will see different, often lower, fees, as will users of Tricare's Reserve Select plan. View Tricare's new fee system.

How Changes Will Impact Specific Plans

Although some of Tricare's Jan. 1 changes impact the majority of users, other changes are specific to individual plans.

Starting Off Your Relationship with Your
New TRICARE Regional Contractor on the Right Foot:

Make Sure They Have Your Payment Information!

Courtesy of TriCare.mil

With the Jan. 1 changes to new stateside regions and contractors, you may need to update your payment option to guarantee continued payment of your TRICARE enrollment fees and monthly premiums if you pay through bank electronic fund transfer, debit or credit card. If you currently pay by allotment through the Defense Finance Accounting System, DFAS, you will not need to take any action.

Through December 31, 2017 there were three TRICARE regions in the United States. As of Jan. 1, 2018, TRICARE North and TRICARE South combined to form TRICARE East. TRICARE West largely remains the same.

"As we embark on a new era in TRICARE, we want to help ensure a smooth transition for beneficiaries," said Ken Canestrini, Director, TRICARE Health Plans. "One of the first things they should do is make sure their payments are going to the right place!"

Humana Military now manages the East region contract.

(East Region is a merger of the North and South Regions and includes: Alabama, Arkansas, Connecticut, Delaware, the District of Columbia, Florida, Georgia, Illinois, Indiana, Iowa (Rock Island area), Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri (St. Louis area), New Hampshire, New Jersey, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas (excluding El Paso area), Vermont, Virginia, West Virginia, and Wisconsin.

Health Net Federal Services, LLC now manages the West region contract.

West region includes: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excludes Rock Island arsenal area), Kansas, Minnesota, Missouri (except St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (southwestern corner including El Paso), Utah, Washington and Wyoming.

TRICARE Is Changing. Here Is What You Need To Know:

You no longer are able to make payments via paper check. Acceptable methods of payment continue to be allotment, electronic funds transfer, and debit or credit card. If you sign in to your regional contractor's website to make payments online, this option also still exists.

If You Pay By Allotment Directly from Your Paycheck:

If you currently pay your enrollment fees or premiums by allotment through a DFAS or other Uniformed Services Pay Center, you do not need to update your payment information. Your payments automatically transferred to the new regional contractor on Jan. 1, 2018. Unless you cancel your allotment, TRICARE will continue to deduct your enrollment fees and premiums.

Also, if you pay by allotment and received a letter from Humana Military regarding updating your payment information, this letter was sent to you in error. If you cancelled your allotment, please contact Humana Military.

If You Pay Through Electronic Funds Transfer or via Debit or Credit Card:

If you live in an area where a new regional contractor will be delivering services, you need to update your payment information to go to your new regional contractor. This applies if you currently pay enrollment fees or premiums by electronic funds transfer from your checking or savings account or via a debit or credit card.

You must proactively update your payment information to make sure payments start going to your new regional contractor and stop going to your previous regional contractor. This action will help you avoid disenrollment from TRICARE.

This Is Your Benefit

Take command of your health! The best way to stay on top of changes to TRICARE is to update your information in DEERS, sign up for TRICARE benefit updates and visit the TRICARE Changes page.

Take Command: Urgent Care Is Now Easier to Access!

Courtesy of TriCare.mil

As of Jan. 1, most TRICARE Prime enrollees no longer need a referral for urgent care visits and point of service charges no longer apply for urgent care claims. This change replaces the previous policy which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who do not live near a military hospital or clinic do not need a referral when seeking an urgent care visit.

“We wanted our service members’ families and others to have easier access to urgent care,” explained Mr. Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. “Beneficiaries can go visit an urgent care center right away anytime they have a need.”

If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized provider, network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care con-

ditions include a sprain, rising temperature or sore throat. It isn’t an emergency and doesn’t threaten life, limb or eyesight.

If you’re unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273)—Option 1. You’ll speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool.

Any TRICARE Overseas Prime enrollees requiring urgent care while TDY or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization, but the ADSMs must follow-up with their PCM in accordance with applicable DoD and Service regulations concerning ADSM care outside MTFs.

This is your benefit. Learn more about the changes and take command of your health!

Have You Taken COMMAND?

1

Did you know
TRICARE
is changing?

2

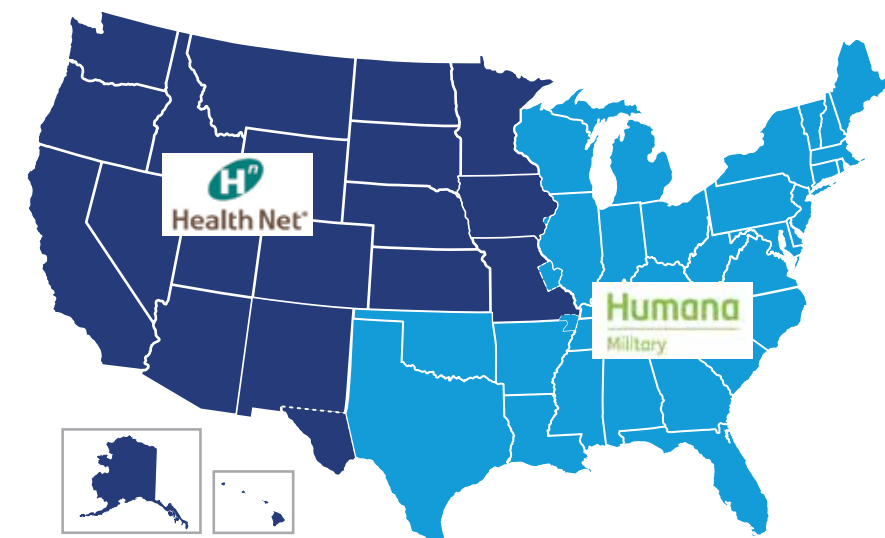
Do you know
who your new
regional
contractor is?

3

Have you updated
your payment information
with your regional
contractor ?

4

Did you confirm your
Primary Care Manager
(PCM) is in-network?



Regional Contractor Payment Information

East: infocenter.humana-military.com/beneficiary/payment

West: tricare-west.com/content/hnfs/home/tw/bene/res/bene_forms.html

Updated Provider Directories

East: www.humanamilitary.com/provider-locator

West: tricare-west.com/content/hnfs/home/tw/bene/provider-directory.html

#takecommand

THIS IS YOUR BENEFIT TRICARE PHARMACY CHANGES



FEBRUARY 1, 2018, TRICARE PHARMACY COPAYMENTS CHANGE.

RETAIL NETWORK PHARMACY COPAYMENT CHANGES (UP TO 30-DAY SUPPLY)

- Generic formulary drugs will increase from \$10 to \$11.
- Brand-name formulary drugs will increase from \$24 to \$28.
- *Non-formulary drugs will increase from \$50 to \$53. (Note: Non-formulary drugs are generally only available through home delivery.)



TRICARE PHARMACY HOME DELIVERY COPAYMENT CHANGES (UP TO 90-DAY SUPPLY)

- Generic formulary drugs will increase from \$0 to \$7.
- Brand-name formulary drugs will increase from \$20 to \$24.
- Non-formulary drugs will increase from \$49 to \$53.

MILITARY TREATMENT FACILITY PHARMACY COPAYMENT CHANGES

- Beneficiaries can still fill their prescriptions for \$0 copay at MTF pharmacies.

PHARMACYCOSTS

POINT OF SERVICE	GENERIC COPAYS		BRAND NAME COPAYS		NON-FORMULARY COPAYS	
	Current	Starting Feb. 1, 2018	Current	Starting Feb. 1, 2018	Current	Starting Feb. 1, 2018
Retail Network (30 Day Supply)	\$10	\$11	\$24	\$28	\$50	\$53*
Home Delivery (90 Day Supply)	\$0	\$7	\$20	\$24	\$49	\$53
Military Pharmacy (90 Day Supply)	Still \$0 copay for all formulary drugs at military pharmacies.				Generally not available without medical necessity.	



for Changes to TRICARE Pharmacy Copayments



Q1. Why is TRICARE increasing my pharmacy copays?

A1. Congress, under the National Defense Authorization Act for Fiscal Year 2018, directed an increase pharmacy retail and home delivery copayments.

Q2. When do the copays increase?

A2. February 1, 2018.

Q3. Does this affect all TRICARE beneficiaries?

A3. It affects all TRICARE beneficiaries, except for Active Duty Service Members (ADSMs). Copayments remain the same as the 2017 rates for dependent survivors of Active Duty Service Members and medically retired service members and their dependents. ADSMs can seek reimbursement for drugs they get from non-network pharmacies.

Q4. Will it cost more to use a non-network pharmacy in the United States and U.S. territories?

A4. It depends on the beneficiary's plan.

- If a Prime enrollee uses a non-network pharmacy, they pay a 50% of the allowable charge under the point-of-service option.
- For all other plans:
 - Formulary drugs: \$28 or 20% of total cost, whichever is more, after a beneficiary pays his or her annual deductible. This is up from \$24.
 - Non-formulary drugs: \$53 or 20% of total cost, whichever is more, after a beneficiary pays his or her annual deductible. This is up from \$50.

Q5. How can I find out if a drug is formulary?

A5. You can use the TRICARE Formulary Search Tool found at www.express-scripts.com/TRICARE or by calling Express Scripts directly.

- Stateside: 1-877-363-1303
- Overseas: 1-866-275-4732 (where toll-free service is established)

Q6. How can I find out if a retail pharmacy is in-network?

A6. You can visit www.express-scripts.com/TRICARE and use the Find a Pharmacy Tool and enter their ZIP code or street address in their area.

Major retail pharmacies include Walmart, Sam's Club, Walgreens, Kroger, and Rite Aid.

Q7. How can I start using home delivery?

A7. You can visit <https://www.express-scripts.com/TRICARE/benefits/homedelivery.shtml> to get started. You have four options: register online, mail a registration from, have your doctor submit an electronic prescription, or by phone.



The Federal Post Card Application

FACT SHEET

Wherever U.S. citizens go, FVAP ensures their voice is heard.

The Federal Voting Assistance (FVAP) works to ensure Service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world.

★ The Federal Post Card Application

The Federal Post Card Application (FPCA, SF-76) allows eligible U.S. citizens to apply to register to vote, request an absentee ballot and/or update their contact information with their local election office.

The FPCA is the primary method of communication between you and your election official. The information you provide on this form is all the local election office has to determine if you meet the State voter registration requirements, which election materials to send you and where and how to send you a ballot.



»»» Where to get an FPCA

Online — FVAP.gov offers an online assistant that walks you through completion of the form, and provides a populated fillable PDF. **Once completed, do not forget to print and sign the form before submitting it to your local election office.**

Hardcopy — Hardcopies of the form are available at all military installations and U.S. embassies and consulates worldwide.



LOVXOIT.SHOP



<http://lovxoit.shop>



★ Facts you need to know about the FPCA

- The length of time the ballot request is valid varies by State. To ensure you receive an absentee ballot for each election in which you are eligible to vote, **you should complete a new FPCA annually** and with every change of your mailing address, or at least 90 days prior to the election you want to vote in.
- The current FPCA was redesigned in 2013 and is incorporated into the online assistant at FVAP.gov. If you only have access to an older hardcopy version, you can still use it. Please refer to the latest State requirements and deadlines at FVAP.gov or in the current Voting Assistance Guide.
- To process your request and provide you a ballot in a timely manner, your election official may need to contact you for further information or clarification. Be sure to provide contact information (email is preferable for quick communication) in block 5 of the FPCA.
- Block 9 of the FPCA is your opportunity to provide extra information to your election official to help them determine your residence eligibility or other details necessary to help ensure you receive your ballot.

Looking for more information on completing the FPCA? FVAP.gov has everything that you need, from an online assistant to walk you through the form, to State-specific deadlines and rules.

- Submit your completed FPCA in accordance with your State's laws. Link to your State's submission requirements at our website: FVAP.gov/vao/vag.

»» Will my FPCA be processed?



All FPCAs submitted on time and according to State rules will be processed. Here are the most common mistakes to look out for:

- **Illegible handwriting.** If you prefer to type, you may complete the FPCA form online and print it out.
- **No signature.** Don't forget to sign and date your completed FPCA before mailing to your local election office.
- **Submitted in a manner not in accordance with State law.**
- **Received after registration or request deadline.** Deadlines vary by State*.

Your local election official is required to contact you if your form is rejected, but states differ in notifying voters of a successful application. We encourage you to contact your local election officials* to confirm that your FPCA was successfully processed.

*Find your State's requirements and contact information for election officials at: FVAP.gov/FPCA

★ How and where to submit your FPCA

• Double-check for completion and sign

- Look over your completed FPCA to ensure you have provided all the information required by your State, including a complete voting residence address, current mailing address in that State and all other contact information.
- Make sure the information provided is clear and legible.
- Don't forget to sign and date the FPCA.

• Submit by email, fax or postal mail

- Check the Voting Assistance Guide at FVAP.gov/vao/vag to determine if your State allows the FPCA to be submitted by either email or fax. Follow the instructions for electronic submission provided.
- Hardcopy FPCAs can be folded and sealed using the form's adhesive edging; online FPCAs printed must be placed in an envelope for mailing.
- If mailing the FPCA through the U.S. Postal Service, APO/FPO or diplomatic pouch, it can be sent postage-paid using the mail indicia available at FVAP.gov. Mailing the FPCA using a foreign country's postal service requires local postage and should have "USA" in the address line of the mailing envelope or folded hardcopy form.

• Follow up to check registration status

- You can contact your local election officials to confirm that your FPCA was successfully processed. Find current contact information at FVAP.gov.



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CONTACT FVAP

Monday–Friday, 9 a.m. to 5 p.m. ET Phone: 1-800-438-VOTE (8683) | DSN: 425-1584 | Email: vote@fvap.gov

Go to FVAP.gov and click on "contact" to find where to send your election materials. Media inquiries: media@fvap.gov

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Seollal: Lunar New Year Celebrations in Korea

Courtesy of Korea Tourism Organization



Tteokguk



Sebae (a deep bow)

Seollal (Lunar New Year; January 1 of the lunar calendar) is one of the most celebrated national holidays in Korea. This year, Seollal falls on February 16 of the Gregorian calendar. More than just a holiday to mark the beginning of a new year, Seollal is truly a special occasion for Korean people. Not only is it a time for paying respect to ancestors, but it is also an opportunity to catch up with distant family members who travel home to get together for this special occasion. During Seollal, Koreans traditionally wear hanbok (traditional clothes), perform ancestral rites, play folk games, eat traditional foods, listen to stories, and catch up with one another. Read on to discover how Koreans celebrate Seollal.

■ The day before Seollal: *Busy with preparations*



An ancestral rite (charye)

Seollal demands a lot of preparation, especially in terms of gifts, traveling, and not to mention, the holiday feast! As there are many things to purchase for the ancestral rites and gifts, department stores and markets are usually very crowded during the days leading up to Seollal. The foods for ancestral rites are prepared with a variety of wild herbs, meat, fish, and fruits all chosen with great attention paid to the quality of their shape, color, and freshness.

Another crucial part of preparing for Seollal, especially for those far from home, is travel arrangements. Many people live away from their family home because of work, marriage, or study, and therefore must travel to celebrate Seollal with their families. So, there is a mad rush to book buses, trains, or plane tickets before they all sell out. Meanwhile, traveling by car during the holiday can take over two to four times the normal travel time due to heavy traffic. For this reason, real-time reports of highway traffic conditions during Seollal are broadcast on the radio and other mass media channels.

■ On the day of Seollal: *Partake in ancestral rites and enjoy traditional games*

The morning of Seollal begins with an ancestral rite. Family members, each dressed up for the occasion (traditionally in hanbok, but often in Western formal attire), gather in front of the ritual table and set on it an ancestral tablet and dishes of ritual foods, which are according to the laws of ancestral rites. Once set, the rite begins with deep bows as greetings to the ancestor spirits, and proceeds with offerings and prayers before ending with bidding farewell to the spirits. The ritual is conducted to express respect and gratitude to one's ancestors and to pray for the family's well-being throughout the year.



A child is receiving sebaetdon (new year's money).

Following the rite, everyone gathers together and eats the ritual food. The main dish of the day is tteokguk, a traditional soup made with sliced rice cakes, beef, egg, vegetables, and other ingredients. In Korea, eating tteokguk on New Year's Day is believed to add a year to one's age. People often ask each other, "How many servings of tteokguk have you had?" as a fun way to ask each other's age.

After the meal, the younger generations of the family pay respect to their elders by taking a deep bow called sebae, and by presenting them with gifts. Then, the elders offer their blessings and wishes for a prosperous year. Children often receive sebaetdon (New Year's money) as a Seollal gift. For the remainder of the day, family members play traditional folk games, eat food, and share stories.



Yutnori

Popular Seollal gifts

Seollal gifts vary each year depending on economic situations and gift trends, but the most popular ones are department store gift cards and cash. Popular gifts for parents include ginseng, honey, health products, and massage chairs. Other common gifts include toiletries such as shampoo, soap, toothpaste, etc., and gift baskets/sets composed of Spam, tuna, hangwa (traditional sweets and cookies), dried fish, and fruit.

Traditional games to enjoy on Seollal

Seollal is an opportunity for the entire family to engage in fun activities together. The most common activity is yutnori, a board game that involves throwing four wooden sticks. This game is so easy to learn that all family members, regardless of age, can enjoy playing in teams and making fun bets. Besides yutnori, traditional games such as jegi-chagi (footbag-like game), neol-twiggi (see-saw), tuho (arrow toss), and yeon-naligi (kite flying) are widely played at places like parks or open areas at palaces and shrines. Lastly, families wind down by going to see a movie or watching Seollal specials on TV.

Overnight SKI Tour

18 - 19 February, (Presidents' Day)

Daily SKI Tour

Date : Every Weekend

Ice Fishing Festival

Date : 28 January, 2018

BEST

DMZ JSA & The 3rd Infiltration Tunnel

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Nami Island & Morningcalm Garden

Date : Every Sunday

Winter in Gyeongju

Date : 18-19 February 2018 (Presidents' day)

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USAG Yongsan to/from Camp Humphreys



USAG Yongsan to Camp Humphreys Schedule					
Departure	Yongsan Bus Terminal	0700	0800	1600	1800
Arrival	Humphreys Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)



Camp Humphreys to USAG Yongsan Schedule					
Departure	Humphreys Bus Terminal	0700	0800	1600	1800
Arrival	Yongsan Bus Terminal	0830	0930	1730	1930

Monday - Friday (Excluding Holidays)

- › No cost to the Soldier or Unit
- › Pay bus option still available for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals

Authorized Passengers

Purpose:

A bus contract was developed to support the Yongsan Relocation Plan. This bus system transports passengers (at no cost to the passenger) directly between USAG-Yongsan and USAG-Humphreys during the workweek IOT provide USFK personnel transportation for official business. Only authorized passengers are entitled to bus transportation.

Authorized passengers are:

- › Passengers with valid ID Cards (Active/Retired Military, DA Civilians, Legal Dependents)
- › Local National Employees
- › ROK Armed Forces member
- › Contractor employee
- › Bus company employee who possesses a pass or ID card issued by US PMO

The following order of priority applies to passengers boarding on US military installations:

- › Active-Duty US Military
- › KATUSA personnel
- › DOD Civilian employees
- › Contractor Employee
- › Korean National Employees
- › ROK Armed Forces
- › Legal Dependents accompanying those personnel
- › Unaccompanied dependents of personnel
- › US Military Retirees

Pay Bus option still provided by New Kyong Dong Bus Company for Family Members/Dependents at USAG-Yongsan and USAG-Humphreys Bus Terminals. No pets are allowed on the free bus.



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RHC-P is in Good Hands with New Regional Deputy

By Brig. Gen. Bertram Providence
Regional Health Command-Pacific



Lt. Gen. Nadja West, commanding general, U.S. Army Medical Command and U.S. Army Surgeon General, administers the oath of office to Brig. Gen. George Appenzeller, deputy commanding general, Regional Health Command-Pacific, and market manager, Puget Sound Military Health System, during his promotion ceremony Nov. 22 at Fort Stewart, Ga. (Courtesy Photo)

Since 2016, as result of a reorganization of the U.S. Army Medical Department, Regional Health Command-Pacific has been operating as one command in two locations.

The region's main headquarters is located in Honolulu, Hawaii, where I reside. Our second location is at Joint Base Lewis-McChord, Wash., and is led by a one-star general officer — our newest member of the team.

Brig. Gen. George Appenzeller is RHC-P's deputy commanding general (DCG). As the DCG, Appenzeller, and a staff of 120 military and civilian personnel are responsible for ensuring our regional military treat-

ment facilities are equipped to successfully execute their health care mission.

As one command united across the Pacific Ocean, Appenzeller plays a strategic role in maintaining fiscal management and oversight of the region's facilities, primarily Madigan Army Medical Center in Washington, California Medical Detachment and Bassett Army Community Hospital in Alaska, and ensuring those facilities have what they need to deliver safe, quality and timely care.

By doing so, Appenzeller and the staff he oversees ensure our region's mission of providing combatant

commanders with medically-ready forces and ready medical forces throughout the Indo-Asia-Pacific area.

Also, unique to the region is the oversight of two joint-service military health systems of the Defense Health Agency — the Hawaii Military Health System and the Puget Sound MHS, commanded by myself and Appenzeller respectively. We are able to share knowledge and best practices as we collaborate with each other and our key partners to provide care to Army, Navy and Air Force beneficiaries.

We are very fortunate to have a capable military leader and skilled physician like Appenzeller at the region and at JBLM. He was recently promoted to the rank of brigadier general in November at a ceremony at Fort Stewart, Ga., presided by the Army Surgeon General, Lt. Gen. Nadja West.

Appenzeller is a board-certified emergency medicine physician who has held a variety of military medi-

cal positions to include chief of Emergency Medicine at Winn, division surgeon at 3rd Infantry Division, deputy commander for clinical services at Winn, commander at Medical Department Activity-Alaska and at Medical Department Activity-Fort Campbell and Blanchfield Army Community Hospital, and most recently, command surgeon, U.S. Army Africa Command.

He is a combat veteran, having deployed to Iraq and Kosovo and participated in humanitarian missions in Cuba and Haiti.

His vast experience, coupled with his professional demeanor, make me confident as a commander in his ability to serve as the region's deputy and to be my second in command when I am not available due to other mission requirements. Above all, Appenzeller is a genuine man with a true passion for the mission at hand, the readiness of our forces and the care of our beneficiaries.

WINTER DRIVING

Cold weather is on the way. Is your vehicle ready?

Planning is an important step in winter driving preparation. Check out these tips from the National Highway Traffic Safety Administration to keep yourself and others on the road safe this winter:

- Get your vehicle serviced.
- Follow a vehicle safety checklist.
- Stay alert!
- Avoid risky driving behaviors.
- Use caution when driving in winter conditions.
- Know what to do in a winter emergency.

YOUR LIFE, OUR LOSS

When a Soldier dies in a preventable accident, it has a detrimental effect on the morale and welfare of the unit. That Soldier's absence, however, extends far beyond the Army because often they also leave behind a heartbroken family, friends and colleagues. Remember, **IT'S YOUR LIFE, BUT OUR LOSS.**

To learn more, visit <https://safety.army.mil>.

Survey Indicates Higher Satisfaction with Military Medical Facilities

By David Vergun
Army News Service



Staff at Madigan Army Medical Center in Tacoma, Wash., treat patients. The 2017 results of the Defense Department's Joint Out-patient Experience Survey show an increase in patient satisfaction with military medical facilities and pharmacy care. (Army photo)

Results of the Defense Department's Joint Out-patient Experience Survey, or JOES, are in for 2017, and soldiers, retirees and family members reported very high overall satisfaction -- 93 percent -- with their experience at Army medical treatment facilities, the senior health policy analyst with the Office of the Army Surgeon General said.

Melissa Gliner said the other two big metrics are ease of access to Army providers, which was rated 83 percent positive, the highest in the military health services, and overall experience with Army pharmacies, which was rated 78 percent positive.

The results of the survey show an overall increase in satisfaction of about 2 percent for those three questions compared to 2016, the year the Army first participated in the survey, she said.

Strict Confidentiality

About 2.7 million surveys go out annually to about 10 percent of patients who have visited a military health facility in a random selection process, she said. At first, only paper surveys were distributed, but since last month, a website has been set up for taking the two-page survey.

Strict confidentiality is maintained at all times, she added.

Gliner, a statistician by training, said she interprets the results and shares them with representatives from all of the military health facilities regularly. The facilities' staffs are eager

to learn the survey results and understand what's working and what can be improved, she said.

One incentive for getting high survey scores is a monetary award that's given to the best-performing military health facilities, Gliner noted, adding that performance reviews are tied to the results.

Improving the Patient Experience

Besides sharing the results with the facilities, Gliner said, she also offers advice on ways to improve the patient experience. For instance, she said, she looks at civilian treatment facilities to see what works well and then shares that information. Among these insights is having staff members circulate in the waiting area to chat with patients so they don't feel they're being ignored, which Gliner said is one way to elevate scores.

Another finding from the survey was that some patients experience frustration during their initial call to schedule an appointment, with some being told to call back because there were no appointments. Some military health facilities are now retraining clerks who take the calls to get the appointments set up without the patient having to call back, she said.

Gliner said the U.S. Army Medical Command is working to stand up a website that will better help military health facilities to share their ideas and further elevate patient experience and survey scores.



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65th Medical Brigade Safety Alert



Vehicle Breakdown Safety Tips

With the 65th Medical Brigade transitioning and re-stationing there is frequent usage of Army Motor Vehicles (AMV) and privately owned vehicles (POV) to transport personnel and supplies. During travel one could experience a vehicle breakdown. In case here are some standard safety tips to follow to aid in your safety.

[Reference: AK 350-4]

1. Ensure you have a safety vest for the driver of the vehicle at minimum. Strongly recommend a safety vest for each vehicle occupant.
2. Ensure you have a survival kit in the vehicle (Blanket, Water, perishable/non-perishable foods, etc).
3. Consider warning triangles for each vehicle.
4. Ensure you vehicle is serviced before Winter and Summer seasons.
5. Perform vehicle checks prior to and after operation.
6. Anticipate problems...be prepared.

IN CASE OF BREAKDOWN

1. Pull to far right of roadway if possible and turn on hazard lights.
2. DO NOT exit the vehicle unless absolutely necessary. If you need to exit, exit on the right side of the vehicle and stand behind the guard rails.
3. Call 112 to dispatch the nearest police or wrecker service in the vicinity of the breakdown. (This information is found in each AMV's dispatch binder)
4. Wait with the vehicle until the police or wrecker arrive and render it safe to exit the vehicle.
5. If you must render assistance to a breakdown vehicle, pull over to a safe location, call for help.... DO NOT exit your vehicle!

DO Stay in Vehicle
CALL for help



DO NOT work on ve-
hicle on side of the
road, CALL for help



DO pull to far right of
road, CALL for help



DO NOT exit vehicle
unless absolutely nec-
essary, CALL for help



If you have any questions contact the 65th Medical Brigade Safety Office at 737-2101.

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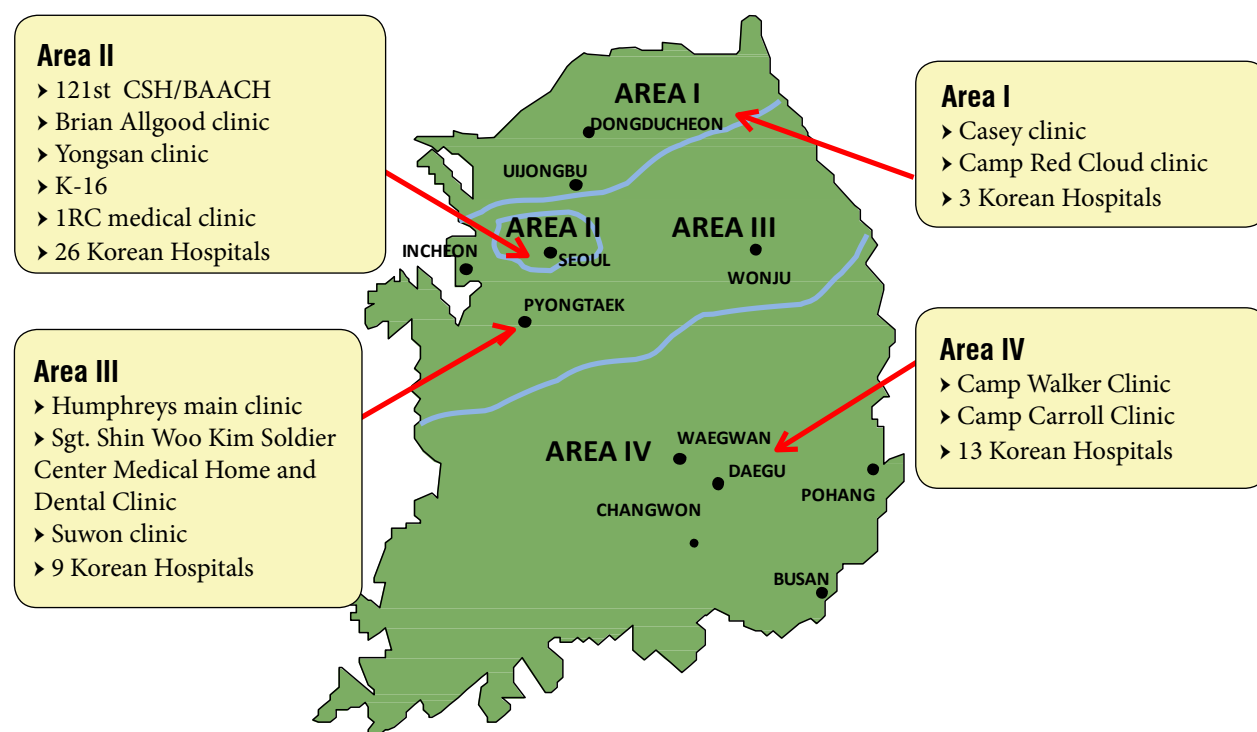
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Life's Good

Brian Allgood Army Community Hospital (BAACH)

Medical Capabilities

Population Supported



Brian Allgood Hospital

- Emergency Medicine
- Primary Care
 - Internal Medicine
 - Family Medicine
 - Pediatrics
- Medical Services
 - Dermatology
 - Sleep Medicine
 - Echocardiogram/ Stress Test
- Behavioral Health
 - Psychiatry
 - Psychology
 - Social Work
 - Addiction Medicine
 - Family Advocacy
- Radiology (MRI/CT)
- Surgical Services
 - OB/GYN
 - ENT
 - General Surgery
 - Orthopedics
 - Podiatry
 - Oral Maxillo-facial Surgery
 - Neuro-Surgery (limited)
- Physical Medicine & Rehabilitation
 - Physiatrist
 - Physical Therapy
 - Occupational Therapy
- Medical Board Section
 - Soldiers recommended for medical board in CONUS/ medical curtailment
- Nutrition



Casey Clinic

- Primary Care (13-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Host Nation Liaison Nurse
- Optometry

Camp Red Cloud Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (part time)

Brian Allgood Primary Care Clinic

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Nurse Case Manager
- All other services offered in BAACH hospital are available

Yongsan Soldier Center Medical Home

- Primary Care (18-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- PHAs/Flight physicals
- All other services offered in BAACH hospital are available

1RC medical team

- Hearing exams
- Immunizations
- Medical Inprocessing
- PHAs for incoming personnel
- All other services offered in BAACH hospital are available

K-16 Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Physical Therapy (part time)

Suwon Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory (in progress)
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Dental
- Working on:
 - Physical Therapy (part time)

Camp Humphreys Main Clinic (Bldg. 555)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs/Flight physicals
- Occupational Health (Bldg. 370)
- Public Health Nurse
- Physical/Occ Therapy (Bldg. 370)
- Behavioral Health (Bldg. 370)
- Nurse Case Manager
- Optometry (Bldg. 576)
- Orthopedics (2 days per month)
- Prenatal care (up to 36 weeks)
- Dermatology (1 day per week)
- Nutrition (hiring)

Sgt. Shin Woo Kim Soldier Center Medical Home

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Public Health Nurse (once weekly)
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Prenatal care (up to 36 weeks)

Camp Walker (Wood Clinic)

- Primary Care (0-99 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy
- Behavioral Health
- Nurse Case Manager
- Optometry
- Nutritionist
- OB care off post

Camp Carroll Clinic

- Primary Care (18-65 yrs)
- Pharmacy
- Laboratory
- X-ray
- Hearing exams
- Immunizations
- PHAs
- Occupational Health
- Public Health Nurse
- Physical Therapy (hiring)

After-hours medical care

- Emergencies- use BAACH App on post or 119 for off post (Host nation ambulance services will come)
- Provider on call for each clinic--off-duty hours
- Phone number posted on clinic doors/or use BAACH App
- On call provider gives medical advice
- If provider recommends an ER visit, unit transportation preferred, or provider will arrange transport with on call driver

Off post medical care

- Tricare approved Korean hospitals close to every base in Korea, many with international health centers with translation services
- Healthcare provided is on par with US care with some cultural differences
- Brian Allgood monitors all inpatient hospital care and provides assistance as needed
- Tricare Prime patients have no payments for Tricare approved hospitals

Humphreys Transformation

- Extended Hours of the main Humphreys Clinic
 - Mon-Fri: 8:30 a.m. - 9 p.m.
 - Weekends/Holidays: 8:30 a.m. - 7 p.m.
- For appointments call 737-2273 or 0503-337-2273 from 7 a.m. to 5 p.m.
- For extended hour appointments call 737-2767 or 0503-337-2767 from 5 -9 p.m. on weekdays and 8:30 a.m. to 7 p.m. on weekends and holidays.
- New hospital expected to have first patient day in November, 2019



Current construction in progress

Coming healthcare enhancements

- Korea-wide bilingual medical advice line (24/7)
- Rotating specialty providers from BAACH to Humphreys Clinics
- Enhancing tele-health at Humphreys

iPhone/Android App

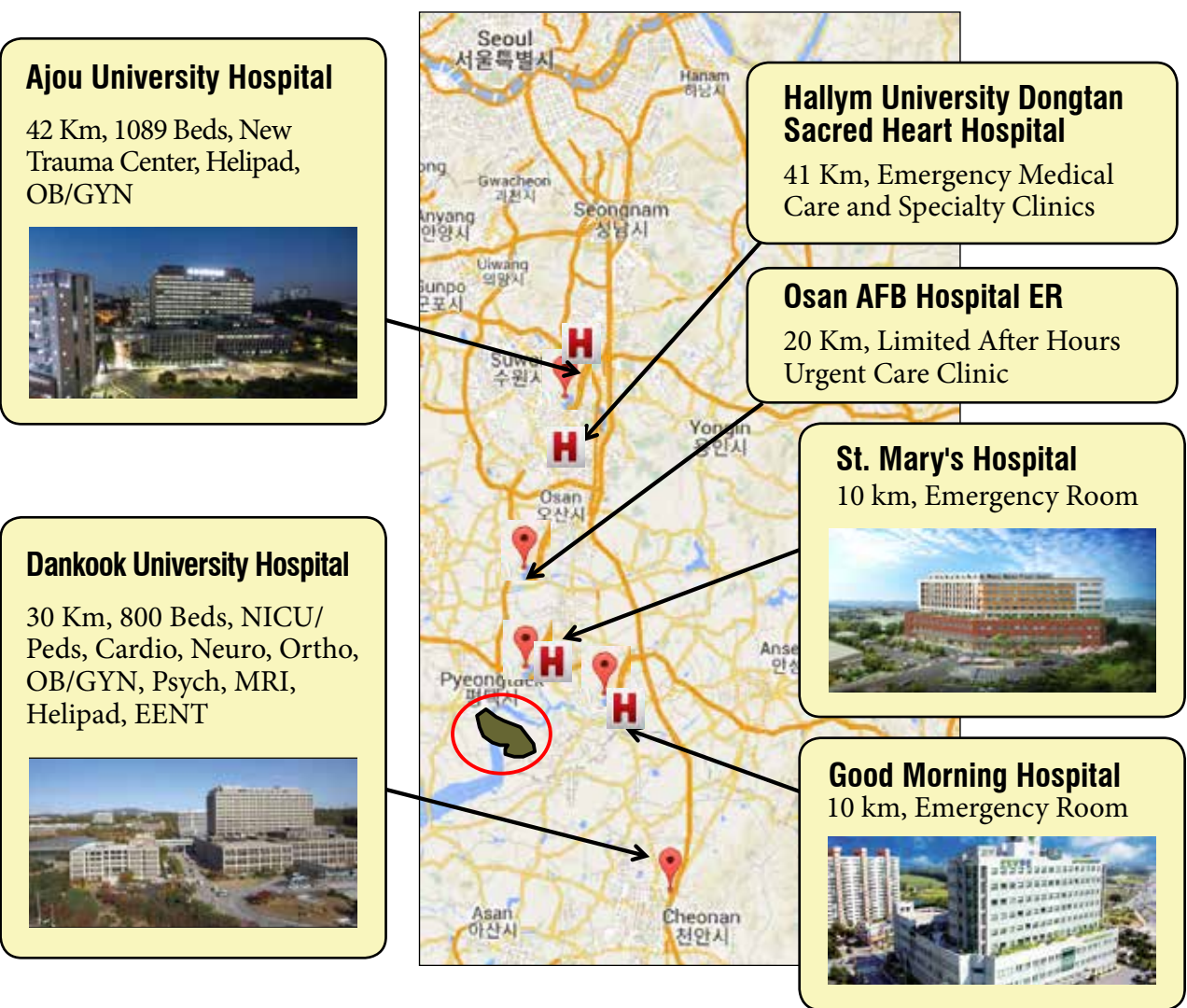
For convenience, staff and patients enrolled or seeking care can navigate Brian Allgood Army Community Hospital 24/7 from anywhere in South Korea. Beneficiaries can download the free BAACH app. from apple iTunes or Google Play store.

This app technology improves effective and efficient beneficiary access to their health care system anytime, any day, from anywhere on the Korean Peninsula.

Ensure location services are enabled on your phone and the app will link to your phone's map program to help you navigate to local hospitals.



Camp Humphreys Purchased Care Sector Providers



Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

M,T,W,F 0800-1700
Thurs 1300-1630

Camp Casey Front Desk: 737-2762/2763
CRC TMC Front Desk: 732-7776/6011
APPOINTMENT LINE: 737-2273
(Mon-Fri 0700-1600)

Public Health Nurse:
737-3557
Mon-Fri 0830-1730

Audiology: 737-3590
Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):
730-4304
Mon-Fri 0830-1730

Immunizations: 737-3577
Mon-Fri 0830 -1200 & 1300-1700

Lab: 737-3580
Mon-Fri 0830-1700

Optometry: 737-3594
Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line
737-2273
*APPTs ONLY
*MUST COMPLETE PART 1 FIRST

Pharmacy: 737-3598
Mon-Fri 0830-1700

Physical Therapy: 737-3588
Mon-Fri 0800-1200 & 1300-1700

Radiology: 737-3585
Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC): 737-3582
Open 24/7

Camp Red Cloud Medical Clinic
737-2273
Mon – Wed, Fri 0900-1730 (closed 1200-1300)
(Soldiers only)

AREA II

Brian Allgood Army Community Hospital
737-2273 (Press 1-1)
Mon-Wed, Fri 0800 - 1900 (closed 1200 - 1300)
Thurs 1300 - 1700
(Soldiers/family members/retirees/DOD Employees)

Yongsan Soldier Centered Medical Home
737-2273 (Press 2-1-1)
Mon – Wed, Fri 0900 - 1700 (closed 1200 - 1300)
(Soldiers/family members/retirees/DOD Employees)

K-16 Medical Clinic
741-6300
Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)
(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home
(Bldg. 6370): 737-2273
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700
(Soldiers only)

Camp Humphreys Medical Clinic (Bldg. 555): 737-2273
Mon – Fri 0900 - 2100; Sat, Sun, Holiday 0830 - 1900
(closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

Suwon Aid Station
788-5107
(Soldiers only)

AREA IV

Camp Carroll Clinic
737-4300
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers only)

Camp Walker (Wood Clinic)
737-2273 (Press 2-5-1)
Mon – Wed, Fri 0900-1700 (closed 1200-1300)
(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base
0505-784-DOCS (3627)

BHC Chinhae
762-5415
Mon – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC
(Bldg. 808)
737-9011 / 737-9012
Mon – Fri 0730 - 1630
In/Out Processing (Mon - Fri): 0730 - 1600
(Lunch 1130-1230)

Camp Red Cloud DC
(Bldg. S-306)
737-9009 / 737-9010
Mon – Wed 0730 - 1630, Thur 1300 - 1630,
Fri 0730 - 1530
During normal hours of operation

AREA II

Dental Clinic #2
(Bldg. 5107)
737-9089 / 737-9090
Mon – Fri 0730 - 1130 & 1230 - 1630

Exams: Mon – Fri 0830 - 1100 & 1230 - 1330
Call for appointment
In/Out Processing: Mon - Fri 0830 - 1100 & 1230 - 1330

Dental Clinic #3
(Bldg. 3576)
737-9087 / 736-5221 / 736-5799
Mon – Fri 0730 - 1630
FM exam: Call for appointment

AREA III

Sgt. Shin Woo Kim Dental Clinic
(Bldg. 6370)
737-5129 / 5130
Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility
(Bldg. 3020)
737-9206/9207
Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic
(Bldg. 220)
737-9452 / 737-4791
Mon – Fri 0730 - 1630
Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)
0900 - 1100, Thurs 1300 - 1500
*LIMITIONS DUE TO SERGEANTS TRAINING
Activity Duty Family appointment only:
(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic
(Bldg. 180)
737-4201/4202
Mon – Fri 0930 - 1630
Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic
(Bldg. UB12)
784-2108
Mon – Wed, Fri 0700 - 1700
Thurs 0900 - 1700

US Forces Medical-Dental-Veterinary

Facilities Directory

VET CLINIC

AREA I

**USAG Red Cloud
(Bldg. 437)**
732-7434
Closed in observance of all Federal Holidays.
Mon, Tue, Wed, Fri 0900-1200, 1300-1600

AREA II

**USAG Yongsan
(Bldg. 4728)**
737-2450
Closed in observance of all Federal Holidays.
Mon 1300 - 1600 Tue 0900 - 1600
Wed 0900 - 1600 Thurs 1300 - 1600
Fri 0900 - 1600
(Closed for lunch 1130 - 1300)

AREA III

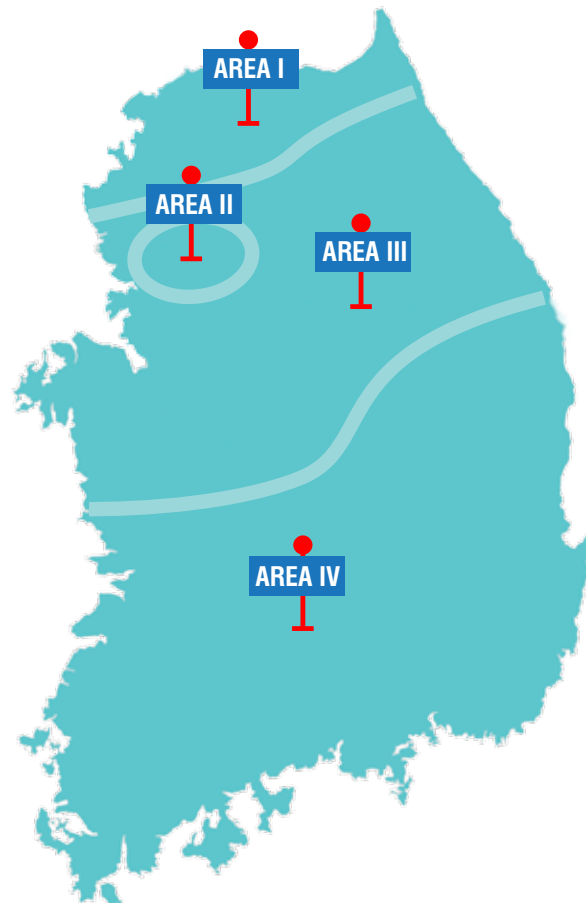
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Mon, Thurs Closed
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AREA V

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Patent No.: US 8,534,343 B2
Date of Patent: Sep. 17, 2013

Patent No.: US 9,540,866 B2
Date of Patent: Jan. 10, 2017

Cell: 010 5251 4012

Mr. Choe, Man Son
daks0311@nate.com

Homepage: www.naunch.com



PURCHASED CARE SECTOR PROVIDERS

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- Dongducheon Jooang St. Mary's Hospital **031-863-0550 (ext.104)**
- Inje University Ilsan Paik Hospital **031-910-7777**
- Uijeongbu St. Mary's Hospital **031-820-3636**

AREA II

- AHS Korea **02-749-7915**
- Yeouido St. Mary's Hospital **02-3779-2212**
- Seoul St. Mary's Hospital **02-2258-6818**
- Drs. Woo&Hann's Skin and Laser Clinic **02-777-2991**
- The Mindcare Institute **070-8888-8277**
- Hangang Sacred Haert Hospital **02-2639-5025**
- Severance Hospital **02-2228-5819**
- Cha Gangnam Medical Center, Cha University **02-3468-3127**
- Seoul National University Hospital **02-2072-4100**
- Tong Il Medical (DME only) **02-766-2433**
- Ewha Womens University Mokdong Hospital (West) **02-2650-5890**
- EZPAP Care (DME only) **10-3106-0414**
- Asan Medical Center **02-3010-5001**
- Samsung Medical Center **02-3410-0203**
- Withmed (Southwest;DME only) **031-395-4397**
- Inha University Hospital (West) **032-890-2080**

AREA III

- Good Morning Hospital **031-659-7736**
- Pyeongtaek St. Mary's Hospital **070-5012-3420**
- Hwain Metro Hospital **041-622-1300**
- Dankook University Hospital **041-550-7640**
- Hallym University Dongtan Hospital **031-8086-2300**
- South Seoul Hospital **031-218-0761**
- Ajou University Hospital **031-219-4010**
- St. Vincent's Hospital **031-249-8016**
- Seoul National University Bundang Hospital **031-787-2038**
- Cha University Bundang Medical Center **031-780-5168**

AREA IV

- Hyosung Hospital **053-766-7073**
- Yeungnam University Hospital **053-640-6645**
- Keimyung University Dongsan Medical Center **053-250-7997**
- Daegu Fatima Hospital **053-940-7520**
- Women Medi Park Hospital **054-450-9870**
- Gumi Cha Hospital **031-219-4010**
- Samsung Changwon Hospital **055-290-6229**
- Pohang St. Mary's Hospital **054-260-8105**
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The 106th Medical Detachment Veterinary Service Support held a Pet Non Combatant Evacuation information and assistance clinic Jan. 20 at the Veterinary Clinic on U.S. Army Garrison Humphreys. See more photos on page 20.

Photo by Cpl. Jae Yeon Chung
65th Medical Brigade Public Affairs Office



Korea- Mecca for Healing & Romance

Gyeongsangnam-do

Located in the South-east of the Korean peninsula, Gyeong-sangnam-do, with Busan metropolitan city on its east and Daegu metropolitan city in the north, has a temperate climate with a yearly average temperature of 13°C.

The province's main tourist attractions can be divided into two main categories: Its North-western area is renown for 'healing Tourism' with its dense thick forests, including Jiri Mountain, Deogyu Mountain, Gaya Mountain, and clear valleys (this area is where the beauty of nature meets the traditional culture of Korea); The Southern area of the province is a famous tourist attraction featuring small islands and outstanding scenery offering a new experience for all family members as well as couples, while sharing its unique charm along its southern coastline.



Haeinsa Temple In Gaya Mountain



Place Name	Gyeongnam Provincial Government
Population	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si

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