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First step to navigating the referral process

What should you do when you receive a referral from your primary care manager?

Your next step: Call 301-677-8800 after three days to coordinate scheduling an appointment.

When you call, one of two things will happen: A representative will schedule an appointment for you at one of our military treatment facilities within a 28-day window or the representative will have to refer you to Humana to get care within the TRICARE network.

When the representative schedules an appointment at an NCR network facility, care will be within a 60-minute drive from your home. You may need to drive to Walter Reed even if there's a specialist near you. Additionally, some specialty clinics (like behavioral health) may call you to make an initial appointment.

In cases where a specialist is not available within the 28-day window or 60-minute drive, the representative will refer you to Humana. You'll

Did you get a
REFERRAL
from your provider?

WAIT 3 DAYS

Then call 301-677-8800 to make an appointment.

What happens when you call after 3 days?

Either:

- A representative will schedule an appointment at a National Capital Region network facility that can provide care.
- A representative will have to refer you to Humana to get care at a TRICARE network facility.

receive a letter in the mail with further instructions on booking an appointment or you can get a copy of the letter sooner through the Humana Patient Portal.



Ft. Meade Blood Drive

Next date:
March 6
9 AM-1PM



McGill Training Center
For appointments, use sponsor code
FTMEADE

UPCOMING EVENTS & CLOSURES

March- Colorectal Cancer Awareness
Month Mar. 10-16: Patient Safety
Awareness Week
Mar. 6: Blood Drive at McGill

Pharmacy operations during system outage

You may experience extended wait times

- The Pharmacy team is still processing new & refill prescription requests.
- **Priority is given to urgent medication needs.**
- Refill medications may take additional 1-2 business days.
- **Walter Reed may be able to process prescription requests.**



Cardiovascular disease— including heart disease, stroke, and high blood pressure—is the number one killer of men and women in the United States.

Risk factors for heart disease and stroke include:

- High blood pressure, cholesterol & glucose levels
- Smoking
- Inadequate intake of fruits & vegetables
- Overweight & obesity
- Physical inactivity

Taken together, these major risk factors account for around 80% of deaths from heart disease and stroke.

The only way to know your level of risk is to be assessed by a health care professional and to be checked for factors such as your blood pressure, cholesterol and glucose levels, waist measurement and BMI.

Once you know your overall risk, work with your health care professional on a plan for specific actions to take to reduce your risk for heart disease and stroke.

EFMP & best practices



If you anticipate orders to an overseas location and request accompanied travel, **each family member requires EFMP**

screening before travel, even if already registered in the program.

Family Screening Steps

During the initial review, our staff conducts a medical review of each dependent going back five years. The queue for reviewing records is based off of report date. Once the initial review is finalized, the packet is sent to a provider for review.

During the provider review, a provider decides if annotated condition(s) warrant enrollment or disenrollment. The provider then signs and updates the packet to the EFMP office to upload and validate the packet.

The decision to approve or deny travel orders comes from the service member’s personnel office upon receipt of a validated packet. Service branches consider the medical and/or educational needs of the family prior to placing a member on assignment to a particular location.

Soldiers can use the [automated Enterprise EFMP System](#) to enroll, coordinate assignments, access family support, and synchronize all aspects of care.

Best Practices:

- **Call** our special needs advisor at 301-677-8411 to receive required forms, written instructions and update your enrollment status.
- **Provide** medical documents from civilian providers to medical records.

Tell us how we’re doing!

Want to share your experience? Visit the [Interactive Customer Evaluation](#) system. Your feedback helps us improve services or lets us know what we’re doing right!



Join the DHA & Meade MEDDAC Team!



Defense Health Agency

Interested in working here or at a National Capital Region network facility?

All job opportunities are listed at USA JOBS. To find listings, enter “Military Treatment Facilities under DHA” in the keyword search. To narrow the search to Kimbrough, enter “Fort Meade, Maryland” in the location search box.