

WELCOME TO THE FIRST ISSUE OF KIMBROUGH CARES!

We are pleased to bring this digital newsletter to you as part of our commitment to keep you informed of activities at Kimbroough. We hope you will find helpful information in this issue.

ISSUE *Highlights*

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Employee Highlight

**Telemedicine through
Telemynd, Dr. on Demand**

TRICARE Open Season

Now Available: Sick Call ADASM

**Electrical Upgrade Affecting
ScriptCenter kiosks**

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Get your shot, not the flu

As fall approaches, so does the risk of catching the flu. This year, we are providing the vaccine at flu drives throughout the month of October into November.

The vaccine is available to active duty, eligible TRICARE beneficiaries and retirees (not prime to USFHP). Vaccines for children over 6 months and for individuals 65 years and older will also be available.

No appointment will be necessary.

However, if you have not received care since the implementation of MHS GENESIS, we encourage you to [complete and submit a registration form](#) to



minimize delays at our flu drive. Drop off completed forms at the information desk. Read more at

<https://kimbroough.tricare.mil/flu>

Location for all dates: McGill Training Center

Date	Who	Time
Oct. 19-20	Active Duty ONLY	8 a.m. – 4 p.m.
Oct. 26	ADSMs & all eligible beneficiaries 6 mos +	10 a.m. – 6 p.m.
Oct. 27	Retiree Appreciation Day/ ADSMs & all eligible beneficiaries 6 mos +	8 a.m. – 4 p.m.
Saturday Oct. 28	ADSMs & all eligible beneficiaries 6 mos +	9 a.m. – 1 p.m.
Oct. 30	ADSMs & all eligible beneficiaries 6 mos +	8 a.m. – 4 p.m.
Nov. 2-3	ADSMs & all eligible beneficiaries 6 mos +	10 a.m. – 6 p.m.
Nov. 6-7	ADSMs & all eligible beneficiaries 6 mos +	8 a.m. – 4 p.m.
Nov. 8	ADSMs & all eligible beneficiaries 6 mos +	10 a.m. – 6 p.m.

** DOD Civilians who are TRICARE beneficiaries are eligible to receive the flu vaccine.

COVID-19 Updates

There are new COVID variants spreading throughout the country. If you exhibit symptoms that are indicative of COVID—fever, cough, sore throat, fatigue, runny nose, and change in taste and smell—please call 301-677-8800 for a virtual appointment

or message your provider through the MHS GENESIS portal.

We're waiting for the shipment of the adult vaccine to our facility and will provide updates on our digital platforms when they become available: <https://kimbroough.tricare.mil/COVID19>

UPCOMING EVENTS & CLOSURES

Oct. 19: Early closure at noon
Oct. 20: Community Health Fair
Oct. 27: Retiree Appreciation Day
Nov. 10: Closed-observed federal holiday
Nov. 16: Early closure at noon

Nov. 23: Closed-federal holiday
Dec. 21: Early closure at noon
Dec. 25: Closed-federal holiday
Jan. 1, 2024: Closed-federal holiday
Jan. 15, 2024: Closed-federal holiday



Employee Highlight

Dr. Jenna Loughlin, physical therapist, recognized the onset of a deep vein thrombosis in a patient. Her astute assessment led to early and quick intervention where the patient received appropriate care to alleviate the onset of serious complications related to the patient's diagnosis.

Dr. Loughlin is the epitome of clinical excellence in primary prevention!

Telemedicine through Telemynd, Dr. on Demand

Humana Military has partnered with Telemynd and Dr. on Demand to offer TRICARE East Region beneficiaries increased access to telehealth services.

Telemynd offers access to mental health providers* from wherever you are. Connect with a mental health provider by visiting <https://telemynd.com/humanamilitary>.

Dr. on Demand offers 24/7 access to urgent care and behavioral health, psychology and psychiatry services.* Connect with providers by visiting doctorondemand.com/HumanaMilitary.

Active Duty Service Members (ADSM) require referrals to obtain urgent care and behavioral healthcare from Doctor On Demand and Telemynd. TRICARE Prime Active Duty Family Members (ADFM), retirees and their family members do not need a referral or authorization.

Visit <https://www.tricare.mil/CoveredServices/IsItCovered/TelementalHealth> for what is covered under telemental health.

** You need a behavioral health referral annotating that virtual behavioral health is an appropriate treatment for you.*

TRICARE Open Season Nov. 13- Dec. 12

TRICARE Open Season is the annual period when you can enroll in or change your health care coverage for the next year. Enrollment changes made during TRICARE Open Season will go into effect on Jan. 1, 2024.

Open season applies to anyone enrolled in or eligible for a TRICARE Prime option, including the US Family Health Plan (USFHP), or TRICARE Select.

You don't have to re-enroll to stay in your current health plan. If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan during TRICARE Open Season.

You can change plans if you're already enrolled in a TRICARE Prime option or TRICARE Select.

Outside of TRICARE Open Season, you can enroll in or change enrollment to a TRICARE Prime option or TRICARE Select following a Qualifying Life Event (QLE)—such as marriage, birth of a child, or retirement from active duty.

Visit <https://www.tricare.mil/openseason> for more information on eligibility and how to enroll.

Now Available:

Sick Call for Active Duty

As of Oct. 2, sick call is available to all active duty service members. Hours are Monday-Friday, 5:30-6 a.m.

Sick call is for new illnesses or injuries occurring within the previous three days or less.

If you have a chronic condition, need paperwork filled out (i.e., profile or profile extension) or need a medication renewal, please contact your provider.

Dental sick call is available every day at the EPES dental clinic from 7:30-8:30 a.m. and 12:30-1 p.m.

For mental health concerns, our behavioral health clinic on the third floor has walk-in availability every day during business hours.

Scheduled electrical upgrade may affect ScriptCenter kiosk locations Oct. 14-16



Our facility will undergo a scheduled electrical upgrade Oct. 14, causing a power outage.

As a result, we anticipate the power outage will affect the Main & PX Pharmacy ScriptCenter kiosks, which means they will be unavailable over the weekend for prescription pick up.

We highly encourage you to pick up prescriptions by Friday before the electrical upgrade. We expect the kiosks to be operational Monday, Oct. 16, by 12 PM.

We apologize for any inconvenience!