



In This ISSUE

Rx refill capability added to Patient Portal

Update contact information in DEERS

Sick call available

MRI Open Sat & Sun

Ordering for COVID at-home tests suspended

EFMP Reminder

National Colorectal Cancer Awareness Month

Produced by the Meade Medical
Department Activity Public Affairs Office

Meade MEDDAC Commander

Col. James C. Maker

Meade MEDDAC CSM

Command Sgt. Maj.
Das'Chara C. Champ

Meade MEDDAC Public Affairs Officer

Michelle Gonzalez

Meade MEDDAC Public Affairs Specialist

Deidra Martin-Jones

This Department of Defense newsletter is an authorized publication for members of the DoD. Contents of Kimborough Cares are not necessarily the official views of, or endorsed by, the U.S. Government, the DoD, or the Defense Health Agency.

Rx refill capability added to Patient Portal



You can now refill prescriptions in the Patient Portal! Click on the Rx Refill tab on the menu bar to see prescriptions that are eligible for refill.

This new feature applies to existing prescriptions that have remaining refills. The system determines a prescription is ready to be refilled when you've completed 75% of the previous fill. Your prescriptions won't be eligible for refill before that time.

You need a renewal when your prescription has no refills left, or has expired, and you still need the medication. You can use the MHS GENESIS secure messaging feature to request a renewal. You may also need to talk to your provider first before you can renew your prescription.

Through your MHS GENESIS Patient Portal, you'll be able to:

- See all your prescriptions that are available to be refilled.
- Choose which ones you want refilled.
- Choose where you want to pick up the refill.
- See when your prescriptions are ready to be picked up.

Update contact information in DEERS



Please ensure your contact information is up to date!

When you have an appointment at Kimborough, our staff

will review your contact information, which is pulled from the Defense Enrollment Eligibility Reporting System (DEERS).

Any updates our staff make in the electronic health record will revert to what is in DEERS. This could cause you to miss vital communications.

Contact information includes your address, email addresses or phone number(s). Family members can update contact information after they're registered in DEERS.

You can update your address and/or phone number on your DEERS record by calling 1-800-538-9552 or going to the [IDCO Online application](#).

After you make changes, remember to submit your changes to make sure that your updates are made in DEERS.

UPCOMING OBSERVANCES, EVENTS & CLOSURES

Mar. 25: EFMP info table in Pharmacy

April: Sexual Assault Awareness & Prevention Month

April: Stress Awareness Month

April: Month of the Military Child

Apr. 1-7: Public Health Week

Apr. 2: TRICARE info table in Pharmacy

**Attention Active duty:
Sick call Available
Monday-Friday
5:30 - 7:30 a.m.**



Sick call can address: New illnesses or injuries occurring within the previous three days or less. **It is recommended to check in for sick call before 6 AM.**

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

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

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

**MRI Open
SAT & SUN**

Can't break away during the week to get an MRI?

**Ask for a weekend appointment!
7 AM - 4 PM**

Make sure your primary care provider has entered your imaging in the system and you can schedule your appointment at 301-677-8800.

Ordering for free COVID tests suspended

Ordering for free COVID tests via covid.gov/has been suspended. The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs.

Kimbrough has a limited supply of COVID-19 tests available to beneficiaries at the information desk.

Check with local your retailers and pharmacies for at-home test availability.

EFMP Reminder



Active duty personnel, remember: If you request accompanied travel with OCONUS orders, **each family member requires EFMP screening before travel**, even if already registered in EFMP.

Call our special needs advisor AT ANY TIME, not just during PCS season, at 301-677-8411.

An information table to answer general EFMP questions in the Pharmacy waiting area is scheduled for Mar. 25, 10 AM - Noon.

**NATIONAL
COLORECTAL
cancer awareness
MONTH**

REDUCE YOUR RISK



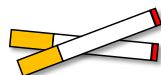
limit alcohol consumption



eat fruits, vegetables, & whole grains



maintain a healthy weight



stop smoking



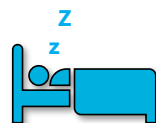
cramping or abdominal discomfort



diarrhea, constipation or feeling that bowel does not empty all the way



unexplained weight loss



weakness & fatigue



blood in stool



iron-deficiency anemia

To schedule an appointment, send a secure message through the patient portal or call 301-677-8800.