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www.moncrief.amedd.army.mil or
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Moncrief

Heartbeat

FALL 2016

MEDDAC Soldiers earn EFMB badges

MEDDAC Public Affairs

Two Soldiers from the Fort Jackson Medical Department Activity (MEDDAC) earned the coveted Expert Field Medical Badge at Joint Base McGuire-Dix-Lakehurst, October 28. More than 214 candidates from various units across the Atlantic coast participated in the grueling two-week competition, with only 41 (19 percent) earning their badges. CPT Garry Dredge and SGT Byungguan Jung represented Fort Jackson well, as a true 'community of excellence'.

"With a pass rate hovering around 19 percent including second, third, and fourth time competitors, achieving this badge on the first try is truly an achievement to be proud of," CPT Zachary Leftwich, MEDDAC's EFMB training coordinator said.

The EFMB candidates had to complete a 60-question written examination, complete 40 warrior tasks and drills, day and night land navigation, negotiate three combat trauma lanes encompassing 26 medical tasks, and then complete a 12-mile forced road march in less than three hours.

"The competition is a true test of grit and character," said COL Eric Edwards, MEDDAC commander.

"These candidates will be challenged physically and mentally under added duress in austere conditions in a simulated combat environment, having to learn and retain a vast amount of knowledge in a short amount of time."



The candidates representing Fort Jackson dedicated dozens of hours practicing medical tasks, land navigation, ruck marching, and warrior tasks all before the competition even began. (Photo by CPT Zachary Leftwich.)

MEDDAC's newest NCOs



US Army Medical Activity Fort Jackson proudly welcomed its newest noncommissioned officers in a ceremony held Nov. 10. The event was held at the Fort Jackson Noncommissioned Officers Club where 20 Soldiers joined the ranks of the NCO community. SGM Patrick J. Savage, U.S. Army Chaplain Center and School, served as guest speaker and spoke about the importance of being an NCO as well as the proud legacy and tradition of the noncommissioned officer corps. The induction ceremony is a celebration of the newly promoted joining the ranks of a professional noncommissioned officer corps, and emphasizes and builds on the pride shared by the members of such an elite corps. The ceremony also served to honor the memory of those men and women of the NCO Corps who have served with pride and distinction. (Photos by SPC Chastity Cribbs.)

MEDDAC's newest NCOs

SGT Abara, Anjeanette
 SGT Bach, Thadeous
 SGT Curtis, Shaelynn
 SGT Gookool, Taolee
 SGT Jonassaint, India
 SGT Jung, Byunguan
 SGT Kim, Diana
 SGT McAllister, Ethan
 SGT Parson, Andre

SGT Place, Kristen
 SGT Pope, Loleta
 SGT Resendez, Olivia
 SGT Rivas, Kathy
 SGT Saunders, Dylan
 SGT Sinceno, Christopher
 SGT Taylor, Patrick
 SGT Tyler, Jake
 SGT Walsingham, Rochelle

Quit Smoking, live longer

Military Health System Communications Office

Lung disease, heart disease, damage from secondhand smoke and even possible issues with impotence – the ill effects of smoking are well-known.

“Within 20 minutes of quitting, your blood pressure drops,” said Air Force COL Thomas Moore, a preventive medicine doctor and in charge of health promotions for the Air Force Medical Support Agency. “In a couple of weeks to a few months, your circulation is improving and lung function increases. You will also see decreased coughing and shortness of breath, as well as fewer infections. Longer term, five years after kicking the habit, your risk of

dying from mouth, throat and bladder cancers is cut in half. And 15 years after stopping, your risk of heart disease is back to normal. The damage is not irreversible.”

That’s why the Military Health System (MHS) offers many resources to help active duty, retirees and family members quit the habit. The UCanQuit2.org website offers advice on how to take those first steps to crushing out those cigarettes, help finding a local tobacco cessation program, and even live support with expert coaches ready to chat.

“Smoking reduces lung capacity, causes blood vessels to narrow raising blood pressure, and causes several cancers, among other things,” said Moore. “Besides the immediate effects of lighting up,

over time, the cumulative years of doing it can lead to more serious problems, including cardiovascular disease, chronic obstructive pulmonary disease and even osteoporosis. Secondhand smoke is also a likely trigger for an asthma attack in children.”

Working with the National Cancer Institute, MHS is looking for winners who can outsmart Big Tobacco. A tobacco trivia contest called tXtobacco tests knowledge of the dangers of tobacco use and directs participants to resources for quitting. While designed for active duty service members following basic training (both smokers and nonsmokers),



tXtobacco’s sponsors are encouraging everyone to take part. The contest aims to reduce the number of military personnel who begin or reinstate tobacco use.

“Quitting smoking can be tough, and it can take a while,” said Paul Fitzpatrick, manager of the Defense Health Agency’s Quit Tobacco program. “People need all the help they can get. But the more information and resources you have, the more likely you are to succeed.”

He added after you decide to quit, you need to make a plan and set a quit date, put that plan into action and stick with it.

Moore acknowledged just how tough quitting smoking can be, as the nicotine in tobacco is one of the most addictive substances known. He said that’s why it’s so important for those in the military and their families to find a way to stop.

“Kicking the habit is a high priority for us in military medicine,” said Moore. “We’re helping develop policies and programs that will help everyone be tobacco free.”



Commander



Team Moncrief,

Let me begin by saying thank you for your service to our country - and for your efforts in ensuring that we remain our community's Health Clinic of Choice. I would also like to thank your Family Members for their support, understanding they too share in your success and sacrifice.

The momentum hasn't slowed down nor has the significance of the service we provide. The Chief of Staff of the Army, General Milley, once wrote, "We are demonstrating unparalleled competence and agility, and no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers fight and win." That statement is as applicable to the Soldiers and Civilians in this command as it for anyone serving in today's Army. For those in uniform, you are a Soldier first, which differentiates you from others in the healthcare profession. For our Civilians, you too took an oath to support and defend the constitution of the United States. Your efforts make a positive difference every day, reinforcing that "Readiness is - and will remain - the U.S. Army's #1 priority."

In the last quarter our command held a successful Org Day and executed the 2016 Annual Breast Cancer Awareness 5k Run/Walk with nearly 700 in attendance. The College of American Pathologists conducted the biennial reaccreditation inspection for the Troop Medical Clinic laboratory. In support of the imminent accreditation by The Joint Commission, a number of policies and procedures have been updated. Community partnerships continue to grow with key engagements occurring with local healthcare leaders and organizations. The Mammography section continued the remarkable achievement of four consecutive months exceeding higher headquarters targets in breast cancer screening efforts. The 2016 DoD Patient Safety Culture Survey recent results show we have a higher rating than the MEDCOM average. The Army Substance Abuse Program clinical realignment to the MEDDAC is complete, welcoming back members of our team. This highlights only a few things this command does routinely.

The holiday season is nearly upon us. Family, friends and activities bring times of joy and unfortunately for some, a time of difficulty. Let us remember our Soldiers that are deployed in harm's way or otherwise unable to spend this time with loved ones. Thank you for looking after one another and all that you do every day.

One Team ... One Purpose!

COL Eric S. Edwards
Commanding

Command Sergeant Major

In 1775, the United States Army entered into a contract with the Continental Congress to provide for the common defense of the colonies from the colonial power of Great Britain. This contract, properly known as the Constitution, adapted over the years in order to remain relevant to the crisis the nation faced. However, the function of the Army has not. The business of the Army is to win America's wars and project national power globally. At the end of the day, the United States Army is a business. The financial environment of shrinking budgets demands that the Army's leaders must be proactive in their goals to ensure that they make financially astute decisions, as the impact on the Army is exponential. Relevant institutions competing in such environments will either adapt and become high-performers or die and waste into a life of irrelevancy. These trends have dramatically increased the degree of complexity in all aspects of hospital operations. The professional leader must be able to understand the vision of the Army, anticipate the demands that meeting the vision would place on the overall health of the Army, allocate competing resources of running a value-added organization, and then act to meet those demands.



I said all of that to say this, Moncrief has and always will be a value added organization to the Army Medical Command and with the staff that is in place I am certain that the future is brighter than the past. I am humbled to be a part of this team and I look forward to serving you as we become the premier place of patient care and employment that the Army has to offer.

One Team...One Purpose!

CSM Antwone T. Jones
Command Sergeant Major

Open enrollment and the health insurance marketplace

Tricare

It's the time of year when people can enroll in or change their health insurance plan. The open enrollment period for HealthCare.gov is November 1, 2016 to January 31, 2017 for 2017 coverage. How does this affect you? Most TRICARE beneficiaries don't need to worry about open enrollment. However, for beneficiaries who are not eligible for TRICARE coverage, have lost or are losing coverage, or may qualify to purchase a TRICARE premium-based health plan (TYA, TRR, TRS or CHCBP) you can use this open enrollment period to see if there are other health coverage options that work best for you and your family.

Go to HealthCare.gov to explore your coverage options outside of TRICARE. Specify that you don't currently have coverage when using the portal to find out if you qualify for financial assistance and review coverage plans offered in your area without submitting an application.

On HealthCare.gov, go to the 'Individual and Families' tab, and click 'Get Coverage'. From there, click the '\$ See Plans and Prices' section near the middle of the web page. Follow the directions to enter your ZIP code, family size, and income, to get an estimate of available coverage and costs, including available plans, premiums, and cost shares. If you are under 30, you can get personalized health coverage options on HealthCare.gov here.

After exploring the health insurance marketplace options, you can use TRICARE.mil to compare TRICARE premium based coverage and costs to the marketplace plans. You can also compare TRICARE plans online with our 'Compare Plans' tool. If you need additional help, call the HealthCare.gov toll free line (1-800-318-2596 or TTY: 1-855-889-4324) or contact a local person or group in your area for assistance. Visit their

'Contact Us' page to enter a zip code to find contact information for individuals and organizations in your area.

If you are currently enrolled in a premium based TRICARE plan and decide to use a non-TRICARE option, you need to submit a disenrollment request to your TRICARE regional contractor. Be sure not to disenroll from your current TRICARE coverage until you confirm the start date of your new coverage so that there is no gap in coverage and you aren't penalized for each month that you and the other individuals listed on your tax form do not have coverage. Once the Defense Enrollment Eligibility Reporting System (DEERS) records your disenrollment date, the Defense Manpower Data Center responds to queries from the Federal Hub that you do not have minimum essential coverage (MEC) from the Department of Defense.

Beneficiaries losing TRICARE coverage due to separation or discharge, divorce, aging out, etc., may qualify to enroll for alternate coverage during a special enrollment period. They must apply for marketplace coverage within 60 days of losing their TRICARE coverage. You can find more information online at HealthCare.gov.

Don't forget that the Affordable Care Act requires most Americans, including TRICARE beneficiaries and DoD employees, have MEC. Most TRICARE plans meet this requirement, but if you want to explore health care options outside of TRICARE, make sure to visit HealthCare.gov during open enrollment.



Missing appointments hurts other beneficiaries, clinic services

Nick Spinelli
MEDDAC Public Affairs

While it may not seem like too big of a deal, skipping or missing a medical appointment without advance notice could have a severe impact on future services provided by Moncrief Army Health Clinic. According to Brian Simms, Moncrief Workflow Analyst, no-shows affect both the availability of future appointments and the clinic's financial stability.

"Every time someone no-shows for an appointment, it actually costs three appointment slots," he said. "The one that was missed, the one that gets rescheduled, and the open spot someone else could have had if the appointment was canceled in advance. So by not showing up for a scheduled appointment, you're hurting someone else."

On any given day, Moncrief has an average of 40 appointments that are not kept or canceled at the last minute. That potentially results in a loss of 120 appointment times.

"The bottom line is that anybody can be affected by someone not showing up for an appointment," Simms said.

Appointments that are not kept nor cancelled in advance affect appointment availability for sick patients and the facility as a whole. Cancelled appointments are immediately made available to other patients to utilize. When an appointment is lost to a no-show it results in providers and clinic staff losing valuable patient-provider clinic time.

Additionally, Army medical facilities are partially funded by the workload that is generated through kept appointments. Missed or

skipped appointments can result in money being taken away from Moncrief's overall funding which can, in turn, can result in reduced services or staff. So far this year, more than \$600,000 has been lost due to no-shows or last minute cancellations.

"We ask that if you know that you will not be able to keep your scheduled appointment, simply take the time to call or go online at www.tricareonline.com and reschedule or cancel your appointment," COL Eric Edwards, Moncrief commander, said. "By doing this, you will help us sustain services and make appointments available for your friends and family."

To cancel an appointment, please visit www.tricareonline.com or call 751-CARE (2273) at least 24 hours in advance.

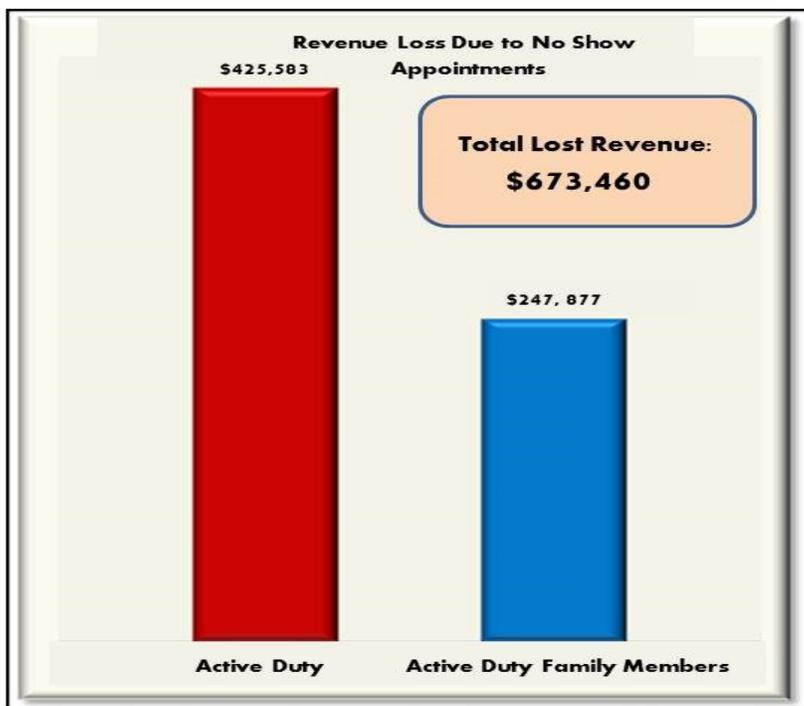
The true cost of skipping an appointment

Our clinic is partially funded by the workload that is generated through kept appointments.

Scheduled appointments that are missed and not cancelled prior to the appointment time often results in money being taken away from the medical activity's overall funding.

Reduced funding can result in reduced services or staff.

Do your part by showing up on time or cancelling more than 24 hours in advance by visiting www.tricareonline.com or calling 751-CARE (2273).



MEDDAC hosts Breast Cancer Awareness 5K

Nick Spinelli

US ARMY MEDDAC Fort Jackson

More than 600 people came out to show their support for the Fort Jackson Breast Cancer Awareness 5K Run/Walk last month.

The event, which was coordinated by US Army Medical Activity (MEDDAC) Fort Jackson, was held Oct. 1 and also included a mini-health fair with information on a variety of medical services available to the Fort Jackson community and annual flu shots for all attendees.

“We’re very happy with how this event turned out,” said CPT Everline Atandi, the event organizer. “A lot of people came out to help us bring awareness to the truly important cause of breast cancer awareness.”

The event began with remarks from MEDDAC Commander COL Eric Edwards who highlighted the importance of Breast Cancer Awareness.

“Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options,” he said. “As of this moment, there are over 2.8 million breast cancer survivors alive in the United States.”

One of those survivors is Linda Campbell, a retired MEDDAC employee, who attended the event to share her testimony and story of survival.

Immediately before the run began, the Fort Jackson Command Sergeant Major, CSM Lamont Christian, took the stage to thank everyone for participating. He said the event had special significance for him as his family has struggled in the fight against cancer.

“I’m so grateful for the support of the medical command and the entire Fort Jackson community for making this a success,” Atandi said.



Participants included service members, GS civilians, retirees, and Family members of all ages. (Photo by Nick Spinelli.)

Have done your JOES survey?

Patients at US Army Medical Command Fort Jackson can now report their experiences and satisfaction with their healthcare in a new survey. This outpatient survey program, launched by the Army on June 20, is called the Joint Outpatient Experience Survey, or JOES. This survey is standardized across all services, and will enable the Department of Health Affairs to get an accurate picture of the state of military healthcare.

Approximately 72 hours after an appointment, a patient will receive a survey to complete and should respond within a month by mail or electronically. The survey takes five minutes to complete. It will give healthcare providers and MEDDAC leadership the feedback necessary to improve quality of care, patient experience and satisfaction. MEDDAC takes all comments and ratings seriously, and the surveys will be confidential.

Providing feedback helps MEDDAC foster a partnership between patients and their primary care managers that enables MEDDAC to continually improve and achieve excellent healthcare and patient satisfaction.



Fort Jackson AMEDD Holiday Ball *“A Winter Wonderland”*

Friday Evening, December 9, 2016
6:30- 7:30 PM Social Hour, 7:30 - Midnight Dinner/Ball

DoubleTree by Hilton Hotel
2100 Bush River Road
Columbia, SC 29016

Lodging Reservations: 803-731-0300
or www.doubletree.hilton.com

Attire: Formal. ASU's highly recommended

Ticket sales: Nov 3-30

E-7/O-4/GS-08 and above: \$45

E5-6/O1-3/GS-7 and below: \$35

E-4 and below: \$25

* All tickets after 25 Nov: \$45

Purchase your tickets from:

SSG Gilbert Ariza, gilbert.g.ariza3.mil@mail.mil, (334) 400-2700

Angelia Leach, angelia.k.leach.civ@mail.mil, (803) 751-3049