



Medical Readiness Cheat Sheet



Verify your **MEDICAL & DENTAL READINESS**

Go through AKO <https://www.us.army.mil/> or at <https://medpros.mods.army.mil/portal/>

1. DENTAL READINESS: *Due every 12 months*

Open 0700-1530. Make an appointment at 410-278-1795 or 1796.

2. HEARING READINESS: *Due every 12 months*

Open 0730-1100, 1300-1500. Make an appointment at 410-278-1913.

We update MEDPROS within 72 hours of your exam. You will be notified at the time of the exam if you require a follow-up.

3. HIV ANTIBODY TEST: *Due every 2 years*

Open 0730-1600. Call the Lab at 410-278-1714 to verify ability to schedule or walk-in.

4. IMMUNIZATIONS: *Routine Adult immunizations include HEP A, HEP B, Polio, TDP, Varicella*

Open 0730-1600. Call 410-278-1960 to verify ability to schedule or to walk-in.

5. VISION READINESS: *Due every 12 months*

Open 0730-1630. Call FHP at 410-278-1746 to verify ability to walk-in.

If you see 20/20 without or without glasses, a walk-in visual screening is all that is required to be GREEN in MEDPROS.

If you have medical issues with your eyes or know your vision has changed, call the main appointment line at 410-278-KIRK (5475).

6. PERIODIC HEALTH ASSESSMENT: *Due every 12 months*

1) Complete Part 1 at <https://medpros.mods.army.mil/portal/>

2) Complete Part 2 by one of three ways.

a) Kirk Army Health Clinic FHP open 0730-1200, 1300-1530. Call FHP at 410-278-1746 or email usarmy.apg.medcom-kirk.mbx.kirkwarriorreadiness@mail.mil to verify ability to schedule or to walk-in.

b) Virtually Integrated Patient Readiness & Remote Care (VIPRR) Clinic. Call 1-844-VMEDCEN (1-844-863-3236) or DSN 312-429-1125 to make an appointment.

c) Kirk Army Health Clinic Readiness Rodeo will be held on the 1st Thursday of the 2nd month of each quarter at APG-N & S. The next Readiness Rodeo is 05 November 2020. Exact times pending.

INFLUENZA VACCINE: *Annual*

The annual influenza vaccine campaign will start no earlier than 15 November 2020. More information on the flu vaccine can be found at <https://tricare.mil/CoveredServices/IsItCovered/FluVaccine>

Active Duty or Guard/Reserve can get the flu vaccine at a retail pharmacy such as Rite Aid, Walgreens, Patient First, and Walmart. To confirm a participating pharmacy, search online at [Express Scripts](#) or call 1-877-363-1303. You must get the vaccine from a pharmacist, or you will have to pay the entire cost of the medication.

In order to update MEDPROS, you will need to provide the following information to our FHP: a) date the vaccine was given, b) vaccine name or code, c) manufacturer, d) lot number.

PHA: every 12 months, with a 3 month "grace period"

- 1) Log into <https://medpros.mods.army.mil/portal/> from a CAC-enabled computer
- 2) Scroll down to "Self Service" and click on "Periodic Health Assessments"
- 3) Click on "start New Survey"; complete questionnaire
- 4) When complete, call **1-844-VMEDCEN** (1-844-863-3236)
- 5) A VIPRR MSA verify information and set an appointment for a "virtual" telephonic assessment; Follow any additional instructions the provider gives you at that time
- 6) Questions? You can call 301-677-8704, but email to usarmy.meade.medcom-kacc.mbx.force-health-army@mail.mil is preferred

VISION READINESS: every 12 months

- 1) Most Soldiers see 20/20 WITH OR WITHOUT glasses, and therefore do NOT need a comprehensive exam, and therefore do NOT need an appointment.
- 2) VISION SCREENINGS are walk-in basis between 0900-1600 every day; if you read 20/20 WITH OR WITHOUT glasses we will make you GREEN on the spot!
- 3) If you need to order glasses, we can usually order for you over the phone, or you can visit <https://srtswb.amedd.army.mil/WebForms/GEyes/Forms/GEyesHomePage.aspx>
- 4) If you have a medical issue with your eyes, or you know your vision has changed, we can make you an appointment by calling 301-677-8813.

We are available for unit screenings at the location of your choice; call for more details

HEARING READINESS: every 12 months

- 1) We cannot offer walk-in hearing exams at this time; all hearing exams are by appointment only
- 2) Call 301-677-8800 (Central Appointments) to book your exam
- 3) We will update MEDPROS within 72 hours of your exam
- 4) You will be notified at the time of the exam if you require a follow up
- 5) Personnel with previous hearing exam failures, hearing aids, and/or hearing profiles should contact the clinic directly at 301-677-8813

IMMUNIZATIONS: variable

The Immunizations clinic is open from 0800-1530 almost every day. If you have any questions please call 301-677-8522.

LABORATORY: variable

- 1) Lab is open for walk-in blood draw and sample drop-off 0700-1630 every weekday
- 2) Some testing requires overnight fasting – call the lab at 301-677-8830 for more details

DENTAL READINESS: every 12 months

Direct all questions to 301-677-6078 / 6983

**MEDICAL READINESS
IS TOO EASY!**

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301-677-8813 / 8376
2480 Llewellyn Ave
Fort Meade, MD 20755

Information current as of **01 August 2020**

Virtual Health (VH) is being recognized as the future of medicine across the military enterprise. VH capabilities include the use of electronic information and communication technologies to enable health care despite the distance that might exist between provider and patient. It not only enables cross leveraging of medical capabilities and specialty services throughout the military health system, but it achieves this objective while increasing military readiness, patient access, quality and patient safety and at the same time decreasing cost and need for TDY.



Above, VIPRR Clinic FNP Yvette Brooks engages in a virtual health appointment.

**1-844-863-3236 (VMEDCEN)
Option #1, then Option #1**

DSN 312-429-1125

**VIPRR Clinic
3551 Roger Brooke Drive
JBSA Fort Sam Houston, Texas 78234**



5. Once you have an account, Login, click on “PROVIDERS” and then click on “Add Provider or Facility”. In the Search box, Enter “**VMC**” and click search. Select the “**VMC Viper, PHA, MD**” option. Submit the request to add this clinic to your profile.
6. Once you receive an approval notification in TOLSM to connect to this clinic, login and click on “MESSAGES” and then on the blue “COMPOSE” button to send a message to “PHA VMC Viper MD” and select “Message Office Staff”. Attach all documents that you want reviewed prior to your PHA appointment and click on “SEND”
7. Once the VIPRR Clinic staff receives the documents, they will respond to verify.

What Kind of Documents Can Be Sent Thru the TOLSM System?

The Service Member can send all medical records, including lab work, dental, vision, and hearing exam results, to the VIPRR clinic utilizing the steps shown under ‘Steps For Sending Files Thru the TOLSM System’.

This must be completed prior to your appointment to validate profile requirements! and update profiles!

VIPRR Clinic

VIPRR Clinic
3551 Roger Brooke Drive
JBSA Fort Sam Houston, Texas 78264

Phone: 1-844-VMEDCEN (863-3236)
DSN: 312-429-1125
Fax: (210) 539-2130

What is the Virtually Integrated Patient Readiness & Remote Care (VIPRR) Clinic?

The VIPRR clinic is a virtually integrated patient readiness and remote care clinic aimed at providing support for Service Members (SMs) in need of completing the annual Periodic Health Assessment (PHA), Post Deployment Health Assessments (PDHA), and Post Deployment Health Reassessments (PDHRA).

The annual PHA requirement is sometimes challenging to complete for SMs due to access-to-care or physical distance from a Military Treatment Facility (MTF). Thousands of soldiers and beneficiaries are located remotely, enrolled in Tricare Prime Remote and have no organic military medical providers in their geographic location. These Soldiers are not enrolled in a Primary Care Medical Home (PCMH), making it difficult to complete required readiness requirements without traveling great distances or requesting support through the Reserve Health Readiness Program .

The VIPRR clinic was initially created in 2016 by the Regional Health Command – Europe, and it was later adapted for CONUS support at the Virtual Medical Center in 2019 with the mission to provide virtual readiness exams for remotely located service members as well as local patients wishing to complete their PHA using virtual health. These telehealth encounters can be conducted telephonically or, if available, via virtual video visits (V3).

Steps For Service Member to Complete PHA:

- ⇒ The Service Member (SM) must first complete Part 1 of the PHA online through their service specific medical readiness portal.
- ⇒ Next, the Service Member will ensure vision, dental and hearing are all up-to-date if possible, but this is NOT a requirement to complete the PHA. This may not be applicable to SMs in geographically displaced locations (e.g. USAREC, USACC, First Army, etc.)
- ⇒ Then, the Service Member will contact the Virtual Appointment Management Office (VAMO) to make an appointment at 1-844-VMEDCEN.
- ⇒ Lastly, he/she will be ready to complete the virtual appointment as instructed on the day of the appointment. Additional instructions are provided by the VAMO staff.

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Steps For Sending Files Thru the TOLSM System:

1. Go to www.TRICAREOnline.com and click “Log In”.
2. Log in with your DS Logon Premium (Level 2), DoD CAC or DFAS myPay credentials.
3. Click the “Secure Messaging” icon.
4. Enter your Username and Password to access TOL Secure Messaging, or sign into TOL Secure Messaging directly at <https://tolsecuremessaging.com>. ***If you already have a TOLSM account, DO NOT create another account!***
5. If you don’t have a TOLSM account, click on “Register” and establish an account.