

Women's Readiness

Attention female Soldiers! As you know, MEDPROS has new women's readiness requirements to include PAP, Chlamydia screening, and mammograms (only women over 40 are required, however all are recommended). All female Soldiers are encouraged to check their MEDPROS on AKO, and stop by the Force Health Protection office in the clinic to get their record updated and/or make appropriate appointments.

Health and Wellness

Be active participants in your health care. Males 51 and older should be screened for early detection of colon cancer. And we recommend females get an annual mammogram starting at age of 40. Mammograms are a vital tool to screen for breast cancer. Please call Ms. Mittag, our Population Health and Wellness Nurse, for more information @ DSN 466-3630 or off post- 09472-83-3630.

Did You Know...

...that in the last year we had a total of 791 appointment "No-Shows". This resulted in a loss of \$56,952, but more importantly it robbed you of available primary care appointments! A 5% loss to you, our beneficiaries. The US Army Health Clinic-Hohenfels is dedicated to improving your access to our facility and the services that they provide. By decreasing "No-Shows" and using established programs, we as a team can win in the battle to increase your access to health care! Please call the appointments line as soon as possible if you want to cancel your appointment.

Nurse Advice Line

Need medical assistance after hours? You can speak with a live Registered Nurse, access the Audio Help Library, and even make an appointment! The Nurse Advise line operates 24 hours a day 7 days a week. Call toll-free @ 00800-4759-2330.

Tri-Care Online

Log on to www.TricareOnline.com to make appointments right from your home.

HOHENFELS HEALTH CLINIC

Quality Health Care is our Mission!

May Updates

FRONT DESK

DSN 466-4565

CIVILIAN 09472-83-4565

Clinic Hours

Monday-Thursday	0700-0730 AD Sick Call
	0800-1700 Full Service
Friday	0700-0730 AD Sick Call
	0800-1200 Full Service
	1300-1700 Staff Training Time
Training Holidays	0700-1200 Ancillary on-recall service
Federal Holidays and Weekends	Closed

Stress: It's Toxic

Are you experiencing the signs of stress?

- Feeling angry, irritable or easily frustrated
- Feeling overwhelmed
- Change in eating habits
- Problems concentrating
- Feeling nervous or anxious
- Trouble sleeping
- Problems with memory
- Feeling burned out from work
- Feeling that you can't overcome difficulties in your life
- Having trouble functioning in your job or personal life

If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active. Visit www.LiveYourLifeWell.org for more information.

If you feel overwhelmed, unable to cope and feel as though your stress is affecting how you function every day, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your local health clinic.

Information for this fact sheet was taken from Mental Health America. Visit their site at www.mentalhealthamerica.net.

