

August Updates

Hohenfels Health Clinic



August is National Immunization Awareness Month

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Did you know that immunizations are the safest and most cost-effective action to protect children and adults from many life-threatening diseases? Vaccines protect not only those who get immunized, but also protect the people around them because they aren't spreading disease. The effectiveness of vaccines has been proved time and time again.

Historically, vaccines eradicated smallpox, eliminated wild poliovirus in the United States and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases that once ravaged the earth. Despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases each year.

Don't fall victim to a disease that could've been prevented with the appropriate immunization. Do your part and stay up-to-date on recommended vaccines in order to protect

yourself and your family from serious, life-threatening infections. One vaccine you should get annually is the flu vaccine.

On average, five to 20 percent of the U.S. population is affected by the flu each year. The flu vaccine is formulated to protect against three influenza viruses that research shows will be the most common forms of the flu during the upcoming season. This is why it is so important to get the flu vaccination yearly. The Centers for Disease Control and Prevention recommends people get their seasonal flu vaccine as soon as vaccine becomes available in your community. When the flu vaccine is available at your local Army health clinic, announcements will be sent out to the community through newsletters, Armed Forces Network television and radio and at town hall events.

The CDC also recommends patients follow the "Take Three" approach to protect themselves and others from the flu: **Take the time to get vaccinated.** The CDC recom-

mends people receive a yearly flu vaccine as the most important step in protecting against flu viruses.

Take everyday personal preventive actions to stop the spread of germs. Remember the lessons learned from childhood. Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash after you use it. Wash your hands, wash your hands and wash your hands. Do this often with soap and water. It is important to avoid touching your eyes, nose and mouth as germs are spread this way. Try and stay away from close contact with sick people and if you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone - without the use of fever-reducing medications - except to get medical care or for other necessities. **Take antiviral medicines as prescribed by your doctor. If you are affected by the flu virus, antiviral medication can treat your illness by making the symptoms milder and shortening the time you are**

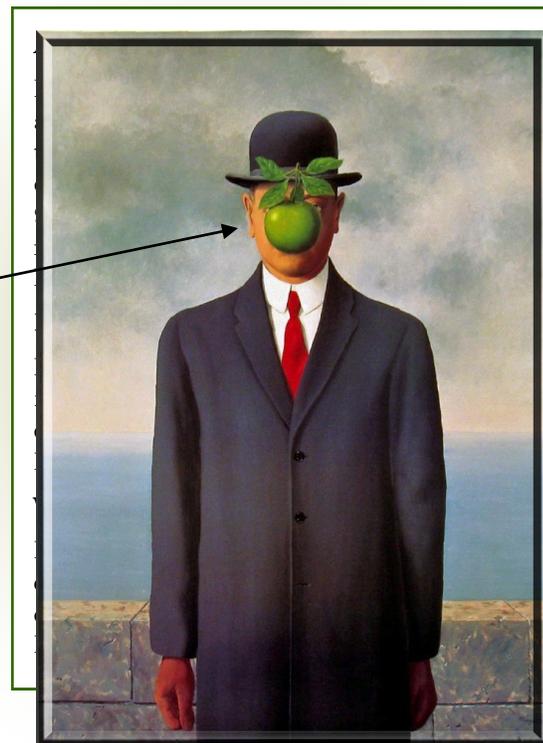
sick. These medicines are different than antibiotics and may work to prevent serious flu complications. It is very important that antiviral medicines be started within the first two days of symptoms.

By getting the appropriate vaccines and following the preventive steps listed above, you increase your chances of staying healthy. Protect yourself and your family – get immunized.

Information for this article was taken from the Centers for Disease Control and Prevention. Visit their website at www.cdc.gov.

Army Provider-Level Satisfaction Survey

(APLSS)



Army Provider Level Satisfaction Surveys (APLSS) are sent to beneficiaries after they receive care in the Clinic. The survey helps assess the **quality of care** you, the beneficiary, received, as well as assess the **customer service** you experienced from our corresponding staff. If you receive an APLSS in the mail, help us help you by simply returning the completed survey (either on-line or by mail).

Every survey we receive with **90%** or greater for “**Overall Satisfaction**” (Q 21), directly gives **your** Hohenfels Health Clinic resources to **improve** our services for **you**. So the bottom line is that by filling out your **APLSS**, our team can better serve your needs.

3 Ways to Logon to Tri-Care On-Line

1

DOD Common Access Card (CAC)

The DoD CAC is a smartcard issued as standard identification for active duty military personnel, reserve personnel, civilian employees, and eligible contractor personnel. The CAC is used as a general identification card as well as for authentication to enable access to DoD computers, networks, and certain DoD facilities.



2

DoD Self-Service Logon

The DoD Self-Service Logon (DS Logon) allows beneficiaries to access features on TRICARE Online, e.g. the Personal Health Record, as well as other DoD websites. DS Logon accounts are available to all DoD sponsors who do not have a Common Access Card (CAC), spouses of sponsors, and other dependents at least 18 years old that are eligible for DoD benefits. Visit www.tricare.mil for a DS Logon.

3

MHS iAS User Account (Current and New TOL Users)

Identity Authentication Services (iAS) provides a Single Sign-on (SSO) capability that allows you to easily create and manage one user account (one username and one password) at the enterprise level. Once the iAS user account is created, you can access multiple applications through this account. Currently the only participating application is TRICARE Online (TOL). Visit www.tricare.mil for an iAS Logon.

Logon to www.tricareonline.com to make appointments now!