

MEDICAL GROUP KADENA AB

FAMILY HEALTH CLINIC



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www.kadena.af.mil

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Follow us at: '18mdg' on twitter



18TH MEDICAL GROUP KADENA AB FAMILY HEALTH CLINIC

*Delivering Safe, Seamless Health Care,
One Patient at a Time*



KADENA MEDICAL CLINIC
18th Medical Group



TIPS AND TOOLS

If you can not make an appointment: Please call in advance to cancel so another patient may be seen, "No-Shows" hurts other patient's ability to receive care.

Tricare Online features: Secure access to beneficiary appointments, prescriptions, and personal health data.
To register go to www.tricareonline.com

Click on the "Register Now on TOL" the link is located under the login area on the home on the home page. Fol-

Walk-in Services

The following services are available between the hours of **0800-1100 and 1300-1500:**

*Pregnancy Testing, Painful Urination Testing
Strep Throat Testing, Follow-up Wart Treatments
Multi-Day Blood Pressure Checks
(All other services are by appointment only)*

Internal Medicine Team, left to right: Maj (Dr.) Lau and SrA Sousa (Tech)

Medical Management Team, front row (left to right): Maj Gonzalez (HCI), Mr. Keith (DM), Ms. Opal (CM), Ms. Rene'e (CM) Back row (left to right): Capt Tuff (DM), Lt Col (SGH) Helmkamp, Ms. Dawn (CM), SSgt Wilkins (Admin)

Army Clinic, front row (left to right): front row: SPC Jones, SGT Suguitan, PFC Lewis, back row (left to right): SGT Anderson, CPT (PA) Sharp



Hours of Operations

Monday-Friday

0715-1600

(Appointment Line 0700-1630)

Please Call to Make or Cancel

DSN: 630-4817

Cellular Calls: 098-960-4817

*Closed for Training the 3rd
Thursday of Each Month From
1200-1630*



WELCOME TO THE 18TH MEDICAL GROUP KADENA AB OKINAWA FAMILY HEALTH CLINIC

Team A



Team B



Team C



Admin Team



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Patient Centered Medical Home— The patient centered medical home focuses on the patient being the center of healthcare and driver of care rather than the passive recipient. Care that is truly patient-centered considers patients’ cultural traditions, personal preferences and values, family situations, and lifestyles. It makes the patient and their loved ones an integral part of the care team who collaborate with healthcare professionals in making clinical decisions. Patient-centered care puts responsibility for important aspects of self-care and monitoring in the patient’s hands — along with the tools and support they need to carry out that responsibility. Patient-centered care ensures that transitions between providers and healthcare settings are respectful, coordinated, and efficient.

All Appointments— Provider visits are scheduled by appointment only, arrive 15-20 min prior to time scheduled and check in with admin team.

Acute Illness Appointments- These are visits to diagnose and manage urgent sickness.

Routine/Follow-up Appointments- These are for evaluation and management of a non-urgent, and long standing problem.

Telephone Advice— Your PCM nurse is available to answer questions, and provide same day medical advice. All T-Cons (telephone consultation) left for your team will be answer within 24-72 hours and every effort is made to reach you ASAP.

On-Call Answer Services— Available for only URGENT care after normal business hours for home care instructions.

Emergency Services— All EMERGENCY care should go to the U.S. Naval Hospital on Camp Foster. Call 911 on (DSN), others and cell calls 098- 934-5911 (Kadena Dispatch) 098-911-1911

Behavioral Health Optimization Program (BHOP) focuses on individual consultative services to improving your health and functioning. Your primary care provider works collaboratively with the Behavioral Health Clinic to nurture open, interconnected communication to develop a customized program to target:

- ⇒ Insomnia
- ⇒ Headaches (Migraine/Tension)
- ⇒ Obesity/Weight Management
- ⇒ Irritable Bowel Syndrome
- ⇒ Acid Reflux
- ⇒ Hypertension
- ⇒ Diabetes
- ⇒ Stress Management
- ⇒ Chronic Pain
- ⇒ Temporomandibular Joint Disease
- ⇒ ADHD (Pediatric Clinic)
- ⇒ Encopresis/Enuresis (Pediatric Clinic)

MiCare- MiCARE/Relay Health allows you to communicate via secured email with your Health Care team. Your information is confidential. You may also request prescription refills or ask your team, health related questions without the need of an appointment. Please visit any clinic in the 18th Medical Group to fill out an enrollment form.

Check us out online for information about our services, events, and other concerns. Our online-based resources are also an effective way to ask us questions and have your voice heard.

<https://app.relayhealth.com>
www.kadena.af.mil/
www.facebook.com/kadenamedicalclinic
www.med.navy.mil/sites/nhoki
www.tricare-overseas.com/

Family Health Team A, front row (left to right): Ms. Leia (Tech), Ms. Tess (Tech), Capt (PA) Colon, A1C Pfflner (Tech), Lt Belle-Isle (RN), back row (left to right): SrA Smith (Tech), Capt Haag (RN), Capt (Dr.) Gapinski, Capt (Dr.) Cassleman, A1C Hargrove (Tech), SSgt Paredes (Tech)

Family Health Team B, front row (left to right): Ms. Eri (Tech), Capt Shah (RN), Maj (PA) Dativas, A1C Pelton (Tech), Maj Danley (NP), back row (left to right): A1C Silvers (Tech), Capt (Dr.) Middleton, A1C Vanderploeg

Family Health Team C, front row (left to right): SrA Villarreal (Tech), SSgt Tenebruso, back row (left to right): Maj (Dr.) Caldwell, A1C Stiverson (Tech), Ms. Laura (RN), Maj (PA) McDougal

Admin Team, left to right: TSgt Hansen, A1C Campbell, A1C Gebhart, A1C Quihuis, Ms. Daena, Ms. Baylee, and Ms. Asuka