



FOR YOUR HEALTH

U.S. ARMY ALASKA MEDICAL CARE

Bassett Army Community Hospital (BACH) at Fort Wainwright and the 3rd Group Medical Center at Elmendorf Air Force Base are the two primary medical treatment facilities for Soldiers, family members, and retirees and their families in Alaska. The military also uses a number of civilian hospitals and civilian specialties to provide complete medical care for personnel in Alaska.

Ground has been broken at Fort Wainwright on a new \$215 million hospital which should be completed in 2006. To augment the hospital's capabilities, the Army also operates a Family Practice and Troop Medical Clinic at Fort Wainwright. The Air Force maintains a medical clinic at Eielson Air Force Base. Patients needing care beyond the capabilities of these treatment facilities are referred to an appropriate civilian facility or practice in the Fairbanks area, are transferred to an appropriate facility south of the range or are sent to the Lower 48.

While the 3rd Group Medical Center serves Fort Richardson, the Medical Department Activity-Alaska (MEDDAC) operates a troop medical clinic on post. The city of Anchorage offers the largest number of civilian hospitals and private physicians in the state and is an excellent referral source for military health-care providers in Alaska.

Emergency ambulance service is available on a 24-hour

basis on all posts and bases in Alaska for those active duty members and their families residing on a post or base. For those active duty, dependents and retirees eligible for care living off post or off base in the cities of Anchorage and Fairbanks, dialing 911 can access this service. Callers should be prepared to provide their name and phone number, location of patient, number and sex of patients, and the nature of illness or injury. A parent must accompany dependent minors in order to receive treatment of any kind, unless a dire emergency exists. Parents who leave their children with friends while traveling out of the local area should always obtain a limited power of attorney from Legal Assistance authorizing a responsible person to consent to medical care for their children.

MEDDAC-AK is the headquarters for Bassett Army Community Hospital and operates out of Building 4066, right next to the hospital. MEDDAC-AK also operates the Fort Wainwright Community Mental Health Services and the Drug and Alcohol Counseling service. Services provided by this department include individual and family counseling in a wide range of social areas. These include stress management, alcohol and drug abuse therapy and family relations. Information on these services can be obtained by calling 353-6059.

Medical Care at Fort Wainwright

The hub of medical care for the more than 20,000 military beneficiaries north of the Alaska Range, BACH is in Building 4065, bordered by Gaffney Road, Neely Street, 9th Street and 602nd Street. BACH services personnel from Fort Wainwright, Eielson and Clear Air Force Bases, and all other eligible beneficiaries.

The hospital is staffed with a team of doctors, nurses, Soldiers and civilians to provide medical treatment to the eligible beneficiaries north of the range. Services provided at BACH include internal medicine, general surgery, obstetric-gynecological care, otolaryngology (ENT/audiology), orthopedics, anesthesia, optometry, physical therapy, respiratory therapy, radiology, laboratory services and pediatrics.

Another essential service provided by BACH personnel is Preventive Medicine. This service addresses community health issues, occupational health services, environmental health and industrial hygiene. Preventative Medicine medicine is responsible for all sanitary inspections and some safety inspections for child-care providers on Fort Wainwright. Information on these services can be obtained by calling 353-4148.

BACH also provides dietician/nutrition care services to the Fort Wainwright community and employs a staff dietician who can assist personnel with weight reduction information and dietetics counseling. The dietician can be reached at 353-5246.

Most active duty family members at Fort Wainwright use the Kamish Family Practice Clinic and are assigned a primary care manager (PCM) if they are enrolled in TRICARE Prime. Kamish clinic is located in Bldg. 3406 (next to Burger King) on Fort Wainwright.

Urgent medical care is available 24 hours a day, seven days a week at the emergency room at Bassett Army Community Hospital. Anyone who feels they need immediate medical attention will



Fort Wainwright's Bassett Army Community Hospital (BACH).
Photo: Sgt. Cecile Cromartie

be seen in the emergency room. Patients with minor medical problems or problems of a long-standing nature should be seen by their assigned primary care manager (PCM) during regular duty hours. Call 353-4000 for an appointment with your PCM. If you have questions concerning any medical problem, please call the Health Care Information Line (HCIL) at 1-800-822-2878.

Bassett Army Community Hospital operates on a centralized appointment system for the Family Practice and Optometry clinics. To make an appointment, call 353-4000. Once appointments have been made, it is important that you **arrive 15 minutes early**.

If you cannot keep your appointment, please call and cancel at least 24 hours prior to your appointment. This will help to assist clinics in meeting the demand for appointments. If you fail to cancel you will be considered a no-show. To cancel an appointment, call 353-4000.

NOTE: If your appointment is with a specialty clinic, such as Pediatrics (353-5151) or Internal Medicine (353-5286), please call them directly. The hospital information number is 353-5172. There is an information desk located in the main lobby. The Patient Representative Officer handles patient complaints. He is in Room 141, Building 4065, and can be reached at 353-5291.

Patient Appointments





3rd Group Medical Center, Elmendorf AFB, Anchorage
Photo: Brian Lepley

Medical Care at Fort Richardson

The Fort Richardson community receives its health care from the Troop Medical Clinic on post and the 3rd Group Medical Center at Elmendorf Air Force Base. Active duty Soldiers are members of the Troop Medical Clinic. The clinic is conveniently located in Building 604 on Richardson Drive and is open from 6:30 a.m. to 4:30 p.m., Monday through Friday, except Thursday mornings when it closes for training, reopening at 1 p.m.

Sick call is conducted by appointment only. An appointment can be obtained by calling 384-0600/6677/6678. Staff sergeants and below must bring a sick-call slip (DD Form 608).

Family members and retirees receive care at the 3rd Group Medical Center, located just inside Elmendorf's Muldoon Road gate, next to the Joint Military Mall. Appointments, including same-day appointments, can be made by calling 580-6260. Please turn your health records into the 3rd Group

Medical Center upon your arrival at Fort Richardson.

The clinic also provides Occupational Health Services to Fort Richardson civilian employees. Specialty clinic services and all in-patient services are provided by the 3rd Group Medical Center.

Preventive Medicine services include health-risk appraisals, smoking cessation and childbirth classes. Please call the clinic at 384-0600 and ask for the Health Risk Appraisal Nurse or call the Preventive Medicine Section at 384-1401 for information about the available services and classes.

The Community Mental Health Service, providing family advocacy and mental health counseling services, is located in Building 600, and can be reached by calling 384-0327.

After hours emergency care is only available at 3rd Group Medical Center's emergency room. Emergency ambulance service is available by calling 911.

DENTAL CARE IN U. S. ARMY ALASKA

In Alaska, comprehensive dental care is provided for all active duty personnel. Active-duty family members should be enrolled in the TRICARE Family Member Dental Plan (FMDP) administered by United Concordia Companies, Incorporated (UCCI).

Numerous local dentists are participating providers in the UCCI insurance program. A list of local providers can be obtained at your assigned post dental facility, or through the UCCI website at www.ucci.com, TRICARE TDP. Family members should be enrolled for at least 60 days prior to making an appointment to be eligible for coverage. Responsibility for FMDP enrollment falls on the Soldier and should be directly coordinated with UCCI via the website, toll-free 1-888-734-1944, or by mail.

Fort Wainwright's Troop Dental Clinic is co-located with the Kamish Medical Clinic in Bldg. 3406 on South Gate Road. The telephone number for the Troop Dental Clinic is 353-2917. Clinic hours for routine care are 7 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 12:30 to 4:30 p.m. on Thursdays. Dental sick call is from 7 a.m. to 9 a.m. Monday through Friday. The dental clinic is closed for routine appointments on Thursdays from 7:30 a.m. to 12:30 p.m. for military training.

The Hospital Dental Clinic offers general dentistry and oromaxillo-facial surgery services. The clinic is located on the North Wing, 2nd floor of Bassett Army Community Hospital. Clinic hours are 7:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 12:30 to 4:30 p.m. on Thursdays. Sick call hours are from 7:30 a.m. to 9 a.m. Examinations are conducted 7:30 a.m. to 11 a.m. and 1 p.m. to 3 p.m. daily. The clinic is closed for routine appointments on Thursdays from 7:30 a.m. to 12:30 p.m. for military training. The clinic phone number is 353-5135/5296.

Emergency dental care is available 24 hours a day. During normal duty hours, individuals should report to their assigned dental clinic and after duty hours to the Bassett Army Community Hospital Emergency Room for evaluation and treatment. Acute emergencies, such as uncontrolled, excessive bleeding following oral surgery, facial swellings, fever associated with dental infection, oral lacerations, facial trauma and sudden severe toothache will be evaluated at any time, day or night. A parent or guardian

must accompany minors when requesting emergency dental care (for persons younger than 18 years of age).

The *Fort Richardson Dental Clinic* is in Bldg. 634, at Second and B Streets. Clinic hours are from 7:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and 12:30 p.m. to 4:30 p.m. on Thursdays. The clinic is closed every Thursday morning for training. The clinic is staffed to provide a broad spectrum of modern dentistry. The dental staff at 3rd Group Medical Center located at Elmendorf Air Force Base is available for specialty referrals as necessary.

Dental sick call at the Fort Richardson Dental Clinic is 7:30 to 9 a.m. Monday, Tuesday, Wednesday and Friday. Sick call on Thursdays is from 12:30 p.m. to 2 p.m. Annual examinations for active-duty personnel are by appointment or walk-in basis. Inprocessing times are 12:30 to 2:30 p.m. Monday through Friday. The clinic is open Monday through Friday, with the exception of holidays. Emergency care is available after duty hours by contacting the CQ paging system at 257-4530. The dental clinic telephone number is 384-BITE (2483).



Photo: Sgt. Robyn Baer