

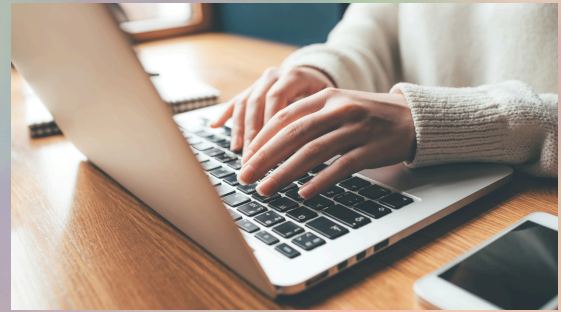


Kenner Army Health Clinic NEWSLETTER

October - December 2024

Visit Our New Virtual Education Center

Introducing the Defense Health Agency's Virtual Education Center! With over 50,000 resources covering 60 medical topics, it provides patients with validated health and medical information anytime, anywhere. Whether accessed from a mobile device or a computer, this platform empowers patients to research health issues before appointments, leading to improved quality of care and medical outcomes. To learn more visit <https://vec.health.mil>.



Pharmacy Prescriptions

Save some time using these helpful tips!

- New prescriptions use **Q-Anywhere** "Get in line" to 1-833-268-6587, hit send and follow the prompts.
- Refills call **804-734-9535**, select **option 2** and pick up your refill at the **ScriptCenter** in the **Main Exchange** with no waiting in line.
- **MHS Genesis Patient Portal** to order your medications

For more information visit <https://kenner.tricare.mil/>



Planned Closures

We're closed on weekends, federal holidays, and the 1st Thursdays (not including Pharmacy) and 3rd Thursdays (including Pharmacy) from 12:00 - 4:45 p.m for the month of October. Starting November we will be closed only on the 3rd Thursdays.

- **October 3**, noon - 4:45 p.m., not including Pharmacy.
- **October 14**, Columbus Day
- **October 17**, noon - 4:45 p.m., including Pharmacy.
- **October 24**, Director's Call, 11:00 a.m. - 4:45 p.m.
- **November 11**, Veterans Day
- **November 21**, noon - 4:45 p.m., including Pharmacy.
- **November 28**, Thanksgiving
- **December 19**, noon - 4:45 p.m., including Pharmacy
- **December 25**, Christmas Day

**** All dates are subject to change****

Doctor Appointments from Home

MHS Video Connect offers a convenient way to meet with healthcare providers through secure video appointments from your home. This service saves you time, reduces in-person visits, and keeps your care continuous and hassle-free. Ready to experience the benefits of virtual healthcare? Schedule your appointment today by **calling 1-866-533-5242**. Embrace a simpler way to stay healthy!

Navigate Your TRICARE Benefits with Ease

Maximize your TRICARE benefits by joining our Virtual TRICARE Briefs, every first Thursday from 10:15 - 11:15 a.m. It's your chance to ask questions, explore health coverage options, and ensure you're fully utilizing our services. Don't miss this opportunity for valuable insights from our expert team. You can join in the online conversation by logging in at <https://bit.ly/TricareBrief>.





Cold Weather Flu Prevention Strategies

During cold weather, it is important to prevent the flu by getting the flu vaccine, practicing good hygiene, and staying warm and well-hydrated. According to the Centers for Disease Control and Prevention (CDC), washing hands frequently with soap and water is one of the most effective ways to prevent the spread of germs. By following these recommendations, you can reduce your risk of getting the flu during cold weather.



Seasonal Depression

Seasonal depression, or seasonal affective disorder (SAD), is a type of depression that occurs during fall and winter months. Symptoms include low energy, oversleeping, changes in appetite, and feelings of sadness.

Treatments like light therapy, psychotherapy, and medication can be effective. Seeking support, developing coping strategies, and prioritizing self-care are important for managing seasonal depression. Visit our website for information on our services for mental (behavioral) health.



Healthy Holiday Eating

The holidays are approaching, which means indulging in delicious food. Despite the temptations, it's important to stay mindful of your health and fitness goals.

For assistance to help you stay on track, the Army Wellness Center provides essential programs, including Health assessment review, fitness, nutrition, and more! Book your appointment at **804-734-9925** to improve your fitness and well being.

Finding a balance between enjoyment and maintaining a healthy lifestyle is key during this festive season.



Leave your comment today!

Your Feedback Matters!

We're committed to enhancing your military health experience and value your feedback! Make your voice heard by leaving a Interactive Customer Evaluation comment or completing the Joint Outpatient Experience Survey (sent via U.S. mail, text or email after an appointment), among other surveys. Your insights help us improve and ensure we meet your needs. Share your thoughts and help us serve you better!



Need a CAC ID? Schedule your Appointment today!

ID Card Policy

For access to our services, children aged 10 and older requires a valid ID card.

Parents should carry a valid DoD ID card, while non-parent guardians must present power of attorney or guardianship papers. New Virginia residents with children must provide a physical and complete immunization records. To schedule an appointment, please call **1-866-533-5242**.