



# Munson Notes



## MUNSON ARMY HEALTH CENTER

Volume 7, Issue 12

**Special Holiday Edition**

December 2023 January 2024

**Joyful holiday wishes  
to all our service  
members and their  
families.**

**COVID-19 & Flu  
Vaccines are now  
available at Munson!  
Walk-in only on  
the 3rd floor MAHC!  
Starting 4 Dec.**



- Walk-ins available from 0800-1200 and 1300-1530.
- Go to 3rd floor front desk and ask for a walk-in Flu or COVID-19 vaccine.
- Wait times may vary depending on patient care demands.
- A physician's appointment is necessary for scheduled child and adolescent immunizations, including the Respiratory Syncytial Virus (RSV) vaccination.



**There's still time to get a flu vaccine if  
you haven't yet this season. You can get  
a flu vaccine at the same time as a  
COVID-19 vaccine.**

**Staff Training Day!**  
MAHC has staff training the second  
Wednesday of each month.

**Munson is closed at 12 p.m.  
on training days!**  
**Smith Dental Clinic is closed  
at 12:30 p.m.**

**This includes  
ALL services!**

**With our OPTEMPO, our staff  
must complete all Medical and  
Military required trainings.**

**Please plan ahead so you are  
not inconvenienced by the  
change in operating hours.**



*Mark your Calendar!*

**HOLIDAY HOURS**

**December**

**CLOSED AT 12 P.M.  
FRIDAY 15TH**

**CLOSED MONDAY DEC 25**

**January 2024**

**CLOSED MONDAY 1ST**

**THIS INCLUDES OUR  
PHARMACY!**

*Mark your Calendar!*

## Do you have an On-Line TRICARE Account?

Create an online Tricare account at [Tricare-west.com](https://Tricare-west.com) so you can monitor referrals and bills paid by TRICARE. You will not receive an authorization letter through the mail.

Go to the Secure Login/Register>Beneficiary>You may create a new account if you do not have one. Follow prompts.

<https://Tricare-west.com>

## Appointment Feature Patient Portal Important Information

Effective 1 Dec 2023, appointment booking through the patient portal will be temporarily discontinued as we revise our provider templates, schedules, and booking protocols. Appointments can be booked via our appointment line at 913-684-6250 from 7 a.m.-4 p.m. daily. During this time, we will surge support to our call center to account for increased call volume.

**The MHS GENESIS  
Patient Portal  
Appointment Option will be  
temporarily unavailable for  
reorganization.**

**This is so we  
can make your  
experience better!**



**Starting 1 December 2023**

## OPEN Enrollment for TRICARE



- TRICARE Open Season begins Monday, Nov. 14, and ends Tuesday, Dec. 13.
- Enrollment changes made during TRICARE Open Season will go into effect on Jan. 1, 2023.
- **If you're eligible to take part in TRICARE Open Season, you have three choices:**
- **Stay in your plan:** If you want to stay in your current TRICARE health plan, you don't have to take any action. You'll continue in your current health plan through 2023—or as long as you're eligible.
- **Enroll in a plan:** If you're eligible for TRICARE Prime or **TRICARE Select**. TRICARE Select is a self-managed, preferred provider network plan. TRICARE

Select is a fee-for-service option in the United States that allows you to get care from any TRICARE-authorized provider. Enrollment is required to participate. **TRICARE Select** but not enrolled, you can enroll in a plan now.

- **Change plans:** If you're already enrolled in a TRICARE Prime option or TRICARE Select, you can switch health plans and switch between individual and family enrollment.

[www.tricare.mil/openseason](http://www.tricare.mil/openseason).

## Mental Health Outpatient Services

Everyone reacts to stress and traumatic experiences differently, and while some have reactions that can be seen as normal responses to life events, others may experience signs or symptoms of more serious conditions.

Mental health and substance use disorders can affect anyone; you are not alone. The Military Health System has many resources available to help those who need it.

For more information about TRICARE's mental health coverage, visit: TRICARE covered Services.

For Suicide Hotline call or text 9-8-8.

For Munson Mental Health Clinic  
Appointments call (913) 684-6771.



# Holiday Safety Tips

## Trees

Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection.

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember:

- A fresh tree is green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk butt of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards.

Cut off about two inches of the trunk to expose fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy, water-holding stand with wide spread feet. Keep the stand filled with water while the tree is indoors.

Place the tree out of the way of traffic and do not block doorways. Use thin guy-wires to secure a large tree to walls or ceiling. These wires are almost invisible.

## "Snow"

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

## Lights

Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.

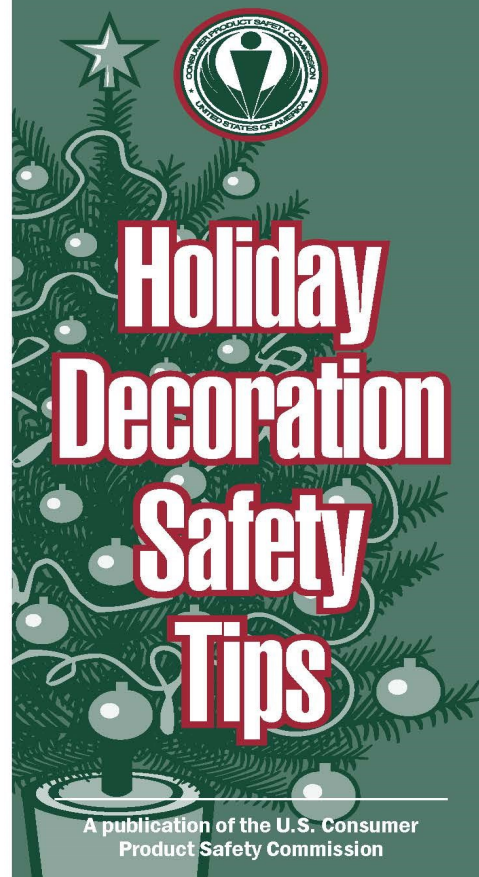
Use no more than three standard-size sets of lights per single extension cord.

Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.

Never use electric lights on a metallic tree.

The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

Keep "bubbling" lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.



CPSC-611

## Candles

Never use lighted candles on a tree or near other evergreens.

Always use non-flammable holders.

Keep candles away from other decorations and wrapping paper.

Place candles where they cannot be knocked down or blown over.

## Trimming

Use only non-combustible or flame-resistant materials.

Wear gloves while decorating with spun glass "angel hair" to avoid irritation to eyes and skin.

Choose tinsel or artificial icicles or plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.

In homes with small children, take special care to:

- Avoid decorations that are sharp or breakable.
- Keep trimmings with small removable parts out of the reach of children. Pieces could be swallowed or inhaled.
- Avoid trimmings that resemble candy or food. A child could eat them!

## Fires

Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that flue is open.

Keep a screen before the fireplace all the time a fire is burning.

Use care with "fire salts" which produce colored flames when thrown on wood fires. They contain heavy metals which can cause intense gastrointestinal irritation or vomiting if eaten. Keep away from children.

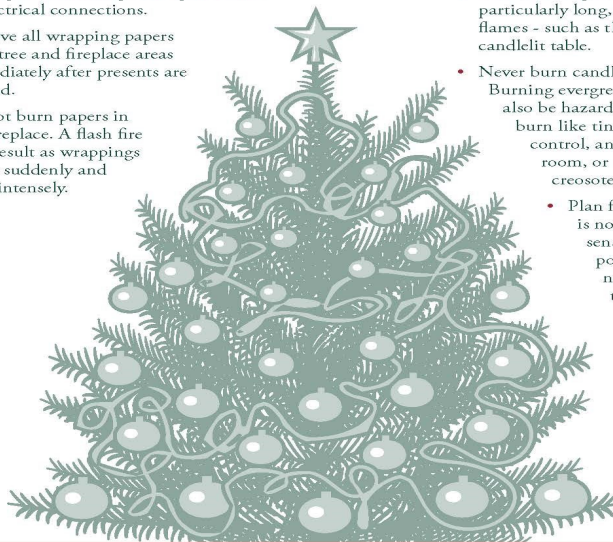
## Paper

When making paper decorations, look for materials labeled non-combustible or flame-resistant.

Never place trimming near open flames or electrical connections.

Remove all wrapping papers from tree and fireplace areas immediately after presents are opened.

Do not burn papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



## General Rules for Holiday Safety

- Keep matches, lighters, and candles out of the reach of children.
- Avoid smoking near flammable decorations.
- Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. PRACTICE THE PLAN!
- Avoid wearing loose flowing clothes—particularly long, open sleeves—near open flames - such as those of a fireplace, stove, or candlelit table.
- Never burn candles near evergreens. Burning evergreens in the fireplace can also be hazardous. When dry, greens burn like tinder. Flames can flare out of control, and send sparks flying into a room, or up the chimney to ignite creosote deposits.
- Plan for safety. Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and/or electrical connections.



# Sign up for EFMP...Don't Wait!



**Do you have a Family Member that is enrolled in EFMP?** Medical and/or educational documentation must be kept current as the condition changes or every three years, whichever comes first. Updates can be completed every 90 days. The EFM is enrolled permanently in the program unless medical and/or educational needs warrant case closure or the sponsor is separated from the military. You can find the expiration date for EFMP by logging into [efmp.army.mil](https://efmp.army.mil).



**EXCEPTIONAL FAMILY MEMBER PROGRAM**  
NOVEMBER 2023

The Exceptional Family Member Program is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical services to families with special needs. Additionally, these special needs are considered when the Army assigns them a new post.

### WHO IS CONSIDERED AN EXCEPTIONAL FAMILY MEMBER

An exceptional family member is a someone with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling, and meets the eligibility criteria.

- Someone that has a potentially life-threatening condition(s) and/or chronic medical/physical condition, a current and/or chronic mental health condition, a diagnosis of asthma or another respiratory-related diagnosis, a diagnosis of attention deficit disorder and/or attention deficit hyperactivity disorder
- A Family member that requires adaptive equipment, assistive technology devices, and/or architectural considerations.
- A Family member that requires special education and related services.

If someone in your Family fits into the above criteria, you should make an appointment at your local Medical Treatment Facility EFMP office for a family medical screening and enrollment.

Enrollment in the EFMP also ensures that Family members' documented medical and educational needs receive consideration during assignment coordination. The program has three components: identification and enrollment of a family member with special medical or educational needs; assignment coordination to determine the availability of services at a Soldier's projected duty station; and support to help Families identify and access programs and services.

Enrollment for Soldiers is mandatory. Although Department of the Army civilian employees are not required to enroll in the program, they must identify dependent children with special education and medically related service needs and Family members with medical needs each time they process for an assignment to a location outside the U.S. where Family member travel is authorized at government expense.

#### DID YOU KNOW?

Enterprise EFMP (E-EFMP) is more than a system of record for EFMP enrollment and associated requirements. It also connects EFMP families to a network of resources providing valuable information, tools, and community support ensuring families stay well and thrive. Visit <https://efmp.army.mil> to learn more.

#### EFMP TIP OF THE MONTH

Parents can "Meaningfully Participate" in Individualized Education Program and 504 Plan meetings by utilizing the 5 W Questions to help guide the conversations.

- Who: Who will be responsible for providing the services and supports.
- What: What actions, proposals and/or recommendations the school is requesting you to consent to.
- When: Inquire as to time and frequency of proposed actions.
- Where: Where will the services and supports take place i.e., general education classroom, resource classroom, school environment etc.
- Why: Why a particular proposal, action and/or recommendation is needed.
- How: What type of support, service or personnel will be used to accomplish the action, proposal and/or recommendation

#### CONTACT US

Your concerns, suggestions, and compliments are important to improving the EFMP and the E-EFMP system. Drop us a note at [usarmy.pentagon.hqdc-dcs-g-9.mbx.efmp@army.mil](mailto:usarmy.pentagon.hqdc-dcs-g-9.mbx.efmp@army.mil)

#### SENIOR LEADER DASHBOARD ACCESS

Garrison Commanders and CSMs now have access to the E-EFMP senior leader dashboard. The dashboard allows Garrison Commanders and CSMs to have a macro view of pending/approved EFMP enrollments and overseas Family Member Travel Screenings (FMTS) packets at any Army command/installation. <https://efmp.army.mil> (The dashboard does not include HIPAA or PII information).

At this time dashboard access is limited to Garrison Commanders and CSMs. To request access to the dashboard, Commanders and CSMs submit their name, rank, position, and DOD ID# to the EFMP mailbox at: [usarmy.pentagon.hqdc-dcs-g-9.mbx.efmp@army.mil](mailto:usarmy.pentagon.hqdc-dcs-g-9.mbx.efmp@army.mil)

**THIS IS OUR ARMY.**

[www.armyresilience.army.mil](https://www.armyresilience.army.mil) @ArmyResilience

**EXCEPTIONAL FAMILY MEMBER PROGRAM**  
NOVEMBER 2023

### NEWS HIGHLIGHTS

Bringing the Experts to the Soldiers and Family Members: HODA G-9 EFMP Central Office hosts online training sessions for Soldiers and Family Members. Topics include Special Education and How to Navigate the Enterprise EFMP system. These interactive sessions allow the Soldiers and Family Members access to the subject matter experts.

**E-EFMP Training**

**Education**

To join the sessions cut and paste the training link into your browser. Training videos and education resources are also available on the E-EFMP site at <https://efmp.army.mil>. DS Logon is not required to access the training.

### FREQUENTLY ASKED QUESTIONS

**Q: How long does it take to complete an EFMP enrollment?**  
**A:** A family member may be enrolled in EFMP for medical and/or educational special needs. Therefore, processing times will vary depending on the complexity of the enrollment. The below process map provides a step by step visual map for the enrollment process. As a reminder all enrollments must be completed in the Enterprise EFMP (E-EFMP) system at <https://efmp.army.mil>.

#### EFMP MEDICAL/EDUCATIONAL ENROLLMENT

### METRICS

EFMP Enrollment (as of 19 Oct 23)	
Service Member	48,700
Family Member	60,963
EFMP Enrollment Type	
Medical	44,440
Educational	4,858
Both	11,866
EFMP Enrollment Times	
Average Enrollment Time	47 days
Average Medical Enrollment	51 days
Average Educational Enrollment	41 days
Average (Medical/Educational)	63 days

### RESOURCES

Army Enterprise EFMP (E-EFMP) <https://efmp.army.mil>  
 Army MWR Exceptional Family Member Program Overview: <https://www.army.mil/mwr/programs-and-services/personal-assistance/exceptional-family-member-program>  
 Military OneSource Exceptional Family Member Program Overview: <https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member/>  
 Army Regulation (AR) 608-75 Exceptional Family Member Program <https://armypubs.army.mil/pubs/AR/AR608-75.Web.FINAL.pdf>  
 Exceptional Family Member Program Overview - Human Resource Command <https://www.hrc.army.mil/efmp/efmp-overview/2023/2023-2024>  
 For the location of the Exceptional Family Member Program office on local Army Installations: [Military INSTALLATIONS](https://www.militaryonesource.mil/military-installations/) U.S. DOD Military Base & Installation Info <https://militaryonesource.mil>

#### Join E-EFMP Soldier and Family Member Training

Join E-EFMP Training on Tuesdays  
 7:00-8:30 a.m. ET, [E-EFMP Training Link](https://efmp.army.mil) and 3:00-4:00 p.m. ET, [E-EFMP Training Link](https://efmp.army.mil)  
 Join E-EFMP Training on Thursdays  
 9:00-10:30 a.m. ET, [E-EFMP Training Link](https://efmp.army.mil) and 2:00-3:30 p.m. ET, [E-EFMP Training Link](https://efmp.army.mil)

#### EFMP Central Office and West Point EFMP Family Support and School Liaison Program presents:

15 Nov 23-10:00 a.m. ET, When Does a Child Qualify for Special Education, A Roadmap for Parents  
 16 Nov 23-10:00 a.m. ET, When Does a Child Qualify for Special Education, A Roadmap for Professionals  
 Education training meeting link: [West Point Collaboration](https://westpointcollaboration.com)

#### EFMP Central Office, Stuttgart Law Center and School Liaison Program presents:

17 Nov 23-7:00 a.m. ET, (1pm Germany and Italy, 8pm Korea and Japan)  
 How to navigate an IEP meeting - Understanding Your Parent Rights in the Special Education Process - The 3 Cs of Special Education  
 Education training meeting link: [Stuttgart Collaboration](https://stuttgartcollaboration.com)

**THIS IS OUR ARMY.**

[www.armyresilience.army.mil](https://www.armyresilience.army.mil) @ArmyResilience

# Wellness For Life... Sign Up Today!

## WHAT IS WELLNESS FOR LIFE?

Obesity is a contributing factor to over 40 diseases: diabetes, stroke, heart disease, joint pain, etc.

Wellness for Life is a 12 month evidenced- based program to help achieve weight loss safely and effectively while incorporating a healthy lifestyle approach.

At Munson Army Health Center, we take a holistic approach and are committed to help you "Take Control" of your health by providing services to make long term changes.

Wellness for Life incorporates:

Army Wellness Center  
Nutrition  
Physical Therapy  
Psychology  
Pharmacy  
Nursing  
Primary Care Providers



## WELLNESS IS A CONNECTION OF KNOWLEDGE AND ACTION!

**Call Today!**



## Meet the Wellness for Life Team!



## Munson Army Health Center

## WELLNESS FOR LIFE



Where you take control of your health...for LIFE!



CALL TO SIGN UP FOR THE PROGRAM TODAY!

**Tel: 913-684-6250**

### Psychology

Encouraging you to talk about your goals and address barriers can lead to long-term positive change. We do that through a technique called Motivational Interviewing.

Motivational Interviewing: a collaborative conversation style that can strengthen your own motivation and commitment to change.

Getting to the root of your emotions can help you make the behavior change needed for long-term success!



### Pharmacy

A clinical pharmacist can help:

- Review medication lists and identify any that could cause weight gain.
- Provide an educational overview of weight loss medications.
- Make recommendations for weight

### Nutrition

Learn how to choose foods that will keep you healthy and help lose weight without feeling deprived.

Attend nutrition counseling throughout your time with the program, where a registered dietitian can provide individualized meal plans and medical nutrition therapy.

Our nutrition staff can teach you how to choose foods that provide energy, taste delicious, and are quick to prepare!

For more information on healthy eating, visit:

[www.fruitsandveggies.org](http://www.fruitsandveggies.org)

[www.myplate.gov](http://www.myplate.gov)



### Physical Therapy

We offer individualized assessments of injuries or physical barriers that prevent you from exercising. We provide a plan to help increase movement and decrease pain.

No referral needed! Come by the desk on the first floor or call the appointment line to schedule an initial evaluation with a physical therapist.



### Army Wellness Center

The AWC provides programs and services that improve and sustain the health, performance, and readiness of the Total Army, delivered by highly trained professionals.

Services offered:

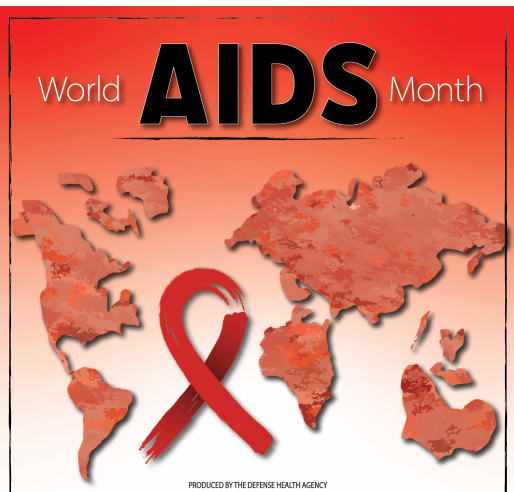
- Body Composition Analysis
- Resting Metabolic Rate Assessment
- Fitness Testing
- Program Design
- Health Coaching
- Stress Management
- Sleep Education



**Next Class is in January 2024  
Call (913) 684-6250 to sign up!**



# Monthly Information



During World #AIDS Month, help stop the spread of #HIV. Learn how DOD's HIV/AIDS Prevention Program assists foreign military partners with implementation of culturally focused, military-specific HIV/AIDS prevention, care, and treatment programs in more than 55 countries around the globe. [Health.mil/DHAPP](https://www.health.mil/DHAPP)



**Fort Leavenworth**  
**Thursday, December 7<sup>th</sup>**  
**9:00 AM - 2:00 PM**

Frontier Chapel  
 625 Thomas Avenue

Appointments are preferred. Book your appointment today at [savealifenow.org/group](https://www.savealifenow.org/group), enter **Group Code: BK**. For additional details, please contact Wendy Eisele at (816) 351-1128 or [weisele@cbckc.org](mailto:weisele@cbckc.org).  
**Medical eligibility questions? Please call 800.688.0900.**



Appointments are preferred however walk-ins will be welcomed if space permits. Please remember to eat, drink, and bring your ID with your name and photo. Visit [savealifenow.org/coronavirus](https://www.savealifenow.org/coronavirus) for COVID-19 safety protocols.



877.468.6844 • [savealifenow.org](https://www.savealifenow.org) #cbckc



This year, Resolve to be Ready! Create a plan, make a kit, and get all the information and resources you need to be ready for emergencies at: <https://www.ready.gov/> #ResolveToBeReady



Nearing 30 people per day die in vehicle accidents involving alcohol-impaired drivers. Help reduce this number by raising awareness of the risk of impaired driving. <https://www.cdc.gov/transportationsafety/>



**#DidYouKnow** the number one way to prevent the spread of infection is by washing your hands? Prevent the spread of diseases by following these tips from the CDC: [cdc.gov/handwashing](https://www.cdc.gov/handwashing) #NationalHandWashingWeek #KeepHandsClean

# Pharmacy News

## Express Scripts Mobile App:

**\*Please note\*** This app is not used for the intent to “order” medications from the MTF. Please continue to use your MHS Genesis Patient Portal for MTF medication requests. Also continue to call in your medication refills using the 913-684-6500 or 1-888-745-6435 numbers.

The ExpressScripts app DOES allow you see a list of your medications as well as information about refill status, providers, and fill dates across all the TRICARE delivery options.

[The Express Scripts Pharmacy Mobile App | TRICARE Pharmacy Program | Express Scripts \(express-scripts.com\)](#)

## Express Scripts/Tricare – Tier III, Non-formulary medications:

Tier 3 agents are “non-formulary.” If Prior Authorization and/or Medical Necessity criteria are met and the claim adjudicates in the electronic healthcare record, MHS-GENESIS, then Tier 3 agents will be dispensed to **all beneficiaries eligible for TRICARE prescription benefits, regardless of empanelment/referral status or prescriber source (e.g., civilian or military).**

How do you know if you what class your medication falls under?

The TRICARE pharmacy contractor, Express Scripts, hosts the TRICARE Formulary Search Tool. You don’t need to log in to your Express Scripts account to use the tool, so you can use it on a computer or smartphone. Just go to [www.express-scripts.com/tform](http://www.express-scripts.com/tform) goes to the FST to start a search.

- o General information about the drug, including what it’s used for, possible side effects, FAQs, and an image of the drug
- o The formulary status of the drug
- o Coverage details and limitations

Whether you can fill your prescription at [military pharmacies](#), through [home delivery](#), or at [retail network pharmacies](#)

- o Copayments

Remember, copayments apply if you aren’t an active duty service member, as outlined in the [TRICARE Pharmacy Program Overview Fact Sheet](#). Copayments also vary based on [where you get your prescription filled](#) and if the drug is [generic](#), [brand name](#), or [non-formulary](#).

[DVIDS - Video - TRICARE Formulary Search Tool \(dvidshub.net\)](#)

**For Your Information** – The FDA has recently issued a statement that **oral** phenylephrine products were not effective in treating nasal congestion and stuffiness. This does not mean that phenylephrine is unsafe, only that it does not work as well as advertised. The FDA is yet to determine if this medication will be removed from the market which could dramatically disrupt the cold and flu OTC market. Please know that Munson Army Health Center Pharmacy will do everything to reasonably accommodate patients seeking relief from congestion or allergies.

[FDA clarifies results of recent advisory committee meeting on oral phenylephrine | FDA](#)



**January 2024**

**MUNSON ARMY HEALTH CENTER IS  
HIRING NOW!**

**Go to USA Jobs  
Type in Munson Army  
Health Center for a listing  
of current Job  
Opportunities!**



**Apply Today!**

**Retiring?**



**Don't wait to get your  
medical needs addressed!**

Your Health is our Priority



**Book Now**

**Contact us :  
(913) 684-6250**

“ Life's most persistent  
and urgent question is,  
'What are you doing for others?'

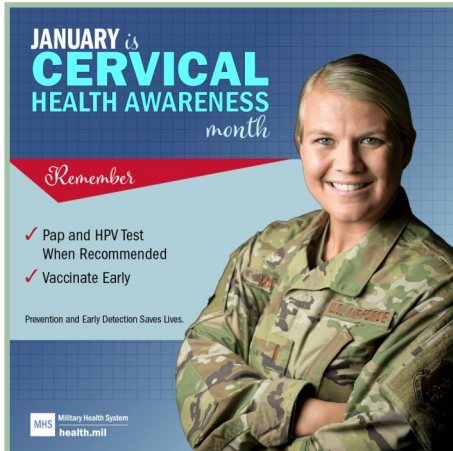
– Martin Luther King, Jr. ”

**Martin Luther King, Jr. Day**

MHS Military Health System  
health.mil

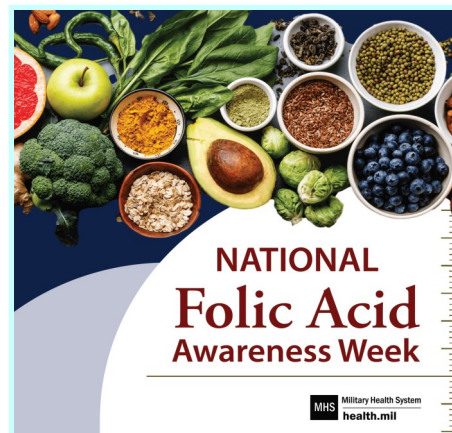
**Today we celebrate the  
honorable life and work of  
Martin Luther King Jr. His  
significant contributions to  
the civil rights movement in  
the United States will never  
be forgotten. #MLKDay  
We are CLOSED for the  
Federal Holiday  
January 15, 2024.**

# January Monthly Observances 2024

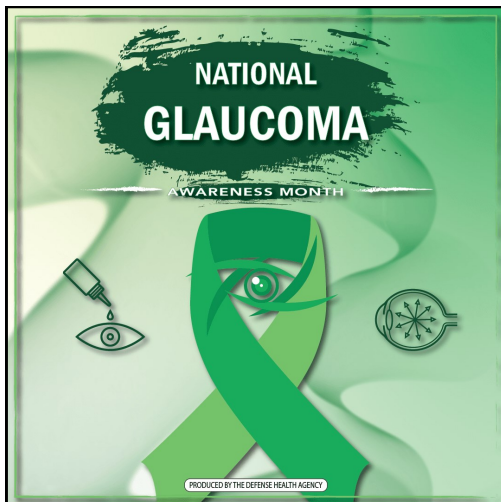


January is the month to raise awareness about #CervicalCancer and how it is the leading cause of cancer death for women in the U.S. Learn more about the human papillomavirus vaccine with your doctor and be sure to get screened. Check out [cdc.gov](https://cdc.gov) to understand how cervical cancer can be preventable.

If you are pregnant or may become pregnant, folic acid is a crucial vitamin and can prevent up to 70% of serious birth defects of the brain and spine in infants.



There's no cure for glaucoma, but early detection and treatment can protect your vision.



This year over 4.5 million people will need a blood transfusion. You can help make that life-saving resource available.





## Constant Dedicated Care

Information about Munson Army Health Center is available on the Web.

Visit our **website** at <https://munson.tricare.mil/>.

Become a **Facebook** fan and follow our page by visiting  
<https://www.facebook.com/munsonhealth/>



Munson Address  
550 Pope Ave,  
Fort Leavenworth , KS 66027

Information: (913) 684-6000  
Call Center: (913) 684-6250

**Mission: Munson Army Health Center supports Fort Leavenworth and the Combined Arms Center through readiness, wellness and healthcare for service members, retirees, and their families.**

**Thank you for  
choosing Munson for  
your Healthcare needs!**

**Vision: Dedicated and trusted partner in your readiness, wellness, and healthcare.**

Munson Notes are created by the Public Affairs Officer (684-6343) at Munson Army Health Center. If you know anyone who would like to receive the monthly Munson Notes link, e-mail the PAO at: [usarmy.leavenworth.medcom-mahc.mbx.pao@health.mil](mailto:usarmy.leavenworth.medcom-mahc.mbx.pao@health.mil) with the word 'subscribe' in the subject line. The Munson Notes are usually published the last or first working day of the month depending on holidays. Our events and closures are also published in the local LAMP.

**This is the last issue of the Munson Notes Newsletter until the NEW Public Affairs Officer comes on board. The Public Affairs e-mail box will be monitored by the Deputy Commander of Administration. Please check out our Facebook Page and Website for all new information.**