

Munson Notes



MUNSON ARMY HEALTH CENTER

Volume 5, Issue 9

New Campaigns, Events and Health News September 2021



Bring your Vaccine Card To Your Unit or to Munson!

SOLDIERS!! DID YOU GET YOUR COVID-19 VACCINE OFF POST?

IF SO, IT IS IMPORTANT THAT YOU BRING IN YOUR VACCINE CARD TO BE TRANSCRIBED INTO MEDPROS.



YOU MAY BRING IT TO YOUR UNIT OR TO OUR MULTI SERVICE SPECIALTY CLINIC. LOCATED ON THE FIRST FLOOR OF MAHC.



MAHC Change in Operating Hours and services! Mark your calendar!

Munson will be open Friday September 3, with minimal staffing from 12 p.m. through the rest of the day. Remember that Monday, September 6, Munson is Closed due to the Federal Holiday! This includes our Pharmacy!



ATTENTION!! Pharmacy Change

MAHC Pharmacy will have a change in operating hours on Friday, Sept. 24, 2021.

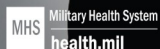
The Pharmacy including the drive-thru will remain open only until 3p.m. Please mark you calendar for this Important change.

Pharmacy Change Friday, Sept. 24 will remain open only until 3 p.m.

Sept. 6, 2021

Munson is CLOSED for the Federal Holiday.

HAPPY LABOR DAY



Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers.

**Munson Notes Important Information
Looking Ahead to October**

**Mark Your Calendar for this
Change in Operating Hours!**

MUNSON ARMY HEALTH CENTER

WILL BE OPEN UNTIL

1000 THURSDAY

7 OCTOBER

FOR

**ORGANIZATIONAL
DAY**

*THIS INCLUDES PHARMACY DRIVE-THRU



September Observances

PREVENT CHILDHOOD OBESITY



Encourage healthy eating habits early.

MHS Military Health System
health.mil

September is Childhood Obesity Awareness Month. Encourage healthy eating habits early.



We can all help prevent suicide. Every year, the Military Health System and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.



Pain management means getting the right treatment for physical and emotional pain, whether it is sharp, dull, aching, burning, strong or mild.



September is Prostate Cancer Awareness Month. Be sure to schedule your routine health screenings to maintain your overall health and wellness.

September is Ovarian Cancer Awareness Month



Munson Notes Important Information

Q: What is the difference between an additional COVID dose and a booster COVID shot?

A: Great question. Many people think they are the same.

Here is the difference between an additional dose and a booster shot.

An additional dose is for people who may not have had a strong enough immune response from the first 2 doses. These are people that are immunocompromised.

A booster shot is for people whose immune response may have weakened over time.

Munson is distributing an additional COVID vaccine to only immunocompromised individuals. We are not currently giving booster vaccines at this time to other individuals.



COVID-19 Testing Protocols MAHC
Must call the appointment line at (913) 684-6250

- Due to CDC guidelines, MAHC will test beneficiaries that have the following need for COVID-19 testing.
- *****
- Close Contacts of symptomatic COVID patients
 - Military Personnel traveling TDY
 - Leisure travel for military and civilian beneficiaries
 - College students returning to school or students needing test to go to camp
 - Medical Staff who are close contacts, but who are not beneficiaries

WE ARE DISTRIBUTING THE MODERNA VACCINE 18+ THURSDAYS, 8-11 A.M. AT THE FRONTIER CONFERENCE CENTER. THIS IS A FIRST AND SECOND DOSE EVENT. WALK-IN ONLY. PLEASE BRING ID.

WE ARE DISTRIBUTING THE PFIZER VACCINE TO AGES 12+ THURSDAYS, 12-3P.M. AT THE FRONTIER CONFERENCE CENTER. THIS IS FIRST AND SECOND DOSE EVENT. WALK-IN ONLY. PLEASE BRING ID

ADDITIONAL DOSE COVID VACCINES STARTING 19 AUGUST 2021

THIS IS NOT FOR EVERYONE AT THIS TIME!

WHO NEEDS AN ADDITIONAL COVID-19 VACCINE?

***CURRENTLY, CDC IS RECOMMENDING THAT MODERATELY TO SEVERELY IMMUNOCOMPROMISED PEOPLE RECEIVE AN ADDITIONAL DOSE. STARTING 19 AUGUST 2021, WE WILL BE OFFERING THE ADDITIONAL COVID-19 DOSE GIVEN TO PEOPLE WHO ARE IMMUNOCOMPROMISED. THE LISTING OF DISEASES ARE ON THE CDC WEBSITE. HERE IS THE INFORMATION THAT OUR COMMUNITY NEEDS TO KNOW.**

1. MUST BRING YOUR VACCINE CARD OR RECORD IF YOU ARE NOT A TRICARE BENEFICIARY.
2. YOU MUST BE 28 DAY POST COMPLETION OF THE SECOND VACCINE.
3. WE WILL NOT MIX DOSES OF VACCINES.
4. ALL ADDITIONAL DOSES ARE GIVEN AT THE FRONTIER CONFERENCE CENTER 350 BIDDLE BLVD. FORT LEAVENWORTH ON THURSDAYS. MODERNA FROM 8-11 A.M. AND PFIZER FROM 12-3 P.M.

PEOPLE SHOULD TALK TO THEIR HEALTHCARE PROVIDER ABOUT THEIR MEDICAL CONDITION, AND WHETHER GETTING AN ADDITIONAL DOSE IS APPROPRIATE FOR THEM.

***FOR LISTING OF DISEASES AND MEDICATIONS THAT ARE CONSIDERED IMMUNE COMPROMISING, GO TO THE CDC WEBSITE.**



From our Registered Dietitian



Banana Berry Oatmeal Recipe

Looking to soothe your soul? This delicious homemade oatmeal feels like a warm hug wrapped in layers of natural sweetness thanks to fresh fruit.

- 1 small banana, rinsed and peeled
 - ½ cup Old Fashioned Oats
 - 1 teaspoon ground cinnamon
 - Sprinkle of ground nutmeg and/or clove
 - 1 cup milk (cow's milk or soy milk preferred for protein content)
 - 1-2 Tablespoons nuts (such as pecans, walnuts, slivered almonds, pistachios, hazelnuts or peanuts)
- ¼ cup fresh berries, whole or sliced (such as blueberries, blackberries, raspberries or strawberries)

Instructions

1. Mash banana in a medium-size, microwave-safe bowl.
2. Add oats, spices and milk. Mix well.
3. Fold in nuts.
4. Microwave 2 to 3 minutes, stirring half-way through. Time varies depending on microwave strength— keep a watchful eye so nothing boils out of the bowl.
5. Stir in berries and let sit for 1 to 2 minutes. Enjoy!

Create a Challenge on Social Media

www.fruitsandveggies.org

Create a fruit- and veggie-inspired challenge for your friends and family.

Here are some idea starters...

It's challenge time! Create and share a recipe via blog, post, or video that has more than 5, but less than 10 different fruits and/or vegetables. Want to take it one step further? Get the little ones involved in the fun. Bonus points go to the youngest chef!

Try a new plant today! Share your experience with a new fruit or vegetable that you found at a store or market and prepared or had at a restaurant.

Real plate challenge! Share a non-staged or unedited photo of your plant-forward dish meal or snack and challenge your followers to share theirs too. Make sure to tag every fruit or vegetable in the photo!

How many different plants? Challenge followers to share how many different fruits and vegetables they have eaten in a day. Share your list every day for a week or the whole month of September. Anything counts!

Ask your friends and followers how they get their fruits and veggies in during the day. What works best for them? Their family?

Inspire friends and followers to [take the Have A Plant® Pledge](#) to add one more fruit and/or vegetable every day this month—and share why they're glad they did!



Constant Dedicated Care

MUNSON ARMY HEALTH CENTER PHARMACY NEWS

Activate NEW or RENEWAL Prescriptions
(For the safety of our staff and beneficiaries, you must wear a mask picking up your prescriptions in the pharmacy drive-Thru)

Call. Contact the Pharmacy at 913-684-6059 Monday through Friday from 8 a.m. to 4 p.m.

Drop Off. Paper copies of prescriptions given to you by your provider may be dropped off to the Pharmacy using the drop box located at the front entrance (weekdays until 10 a.m.) or via the drive-thru (weekdays from 10 a.m. to 4:30 p.m.). Patients must fill out a **“Prescription Drop-Off Request”** form and place this, along with their prescriptions, in the drop box.




Receiving a Prescription?

See below for a **NEW** option to activate your prescription.

Is this a new prescription that you need today?
Try our new activation solution:
Q-Anywhere

SCAN ME **OR** **TEXT**



“Get in line” to
1-833-851-1505

You will be prompted to enter the patient’s DoD ID number when checking-in. If you do not know the patient’s DoD ID#, you may visit MilConnect at <https://milconnect.dmdc.osd.mil/milconnect/>, log-in and select **“My Profile”** → **“Update and View My Profile”** and then locate the patient’s DoD ID#.

Once you submit your request, the Pharmacy will begin processing your prescription(s) and will contact you if we have any questions. **The Pharmacy will only process prescriptions submitted to the Pharmacy within the past 14 days.** If you have prescriptions outside of this timeframe, please call the Pharmacy at (913-684-6059) to activate your prescriptions. Patients will receive a notification when their prescription(s) are processed and ready for pick-up. When returning for pick-up, please proceed to the Pharmacy Drive-Thru Monday through Friday from 8:00 a.m. to 4:30 p.m. Thank you for trusting us with your care!

NOTE: If you have requests for multiple family members or do not know the patient’s DoD ID number, please call the Pharmacy at 913-684-6059 to activate these prescriptions.

For more information go to: <https://munson.tricare.mil/Health-Services/>

8/24/021

Please note – providers may now electronically prescribe all medications to the MAHC Pharmacy, including controlled substances. This is often a much faster process for both your provider and the Pharmacy and it helps reduce the chances for medication errors. Review the section above on **“Electronic Prescriptions”** or click here for a flyer you can download on electronic prescriptions and bring to your provider at your next appointment. Your prescription still needs to be activated.

Q-Anywhere to Activate Prescriptions (See Flyer)

Constant Dedicated Care

ABOUT US

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

Visit our **website** at <https://www.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

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

Mission:

Generate readiness through patient-focused care to those we serve.

Vision:

A dedicated Family caring for Family.

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@mail.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.

Java Café Special Cold Brew all Flavors

10% off if you mention you saw this in
the September 2021

Munson Notes Newsletter.

Handcrafted in small batches daily, slow-steeped in cool water for 20 hours, without touching heat and finished with a splash of milk— Starbucks® Cold Brew is made from our custom blend of beans grown to steep long and cold for a super-smooth flavor.



**The Java Café is
located on the
first floor of
Munson Army
Health Center.
The Java Café is
open from
7 a.m.-2 p.m.
Monday through
Friday.**