



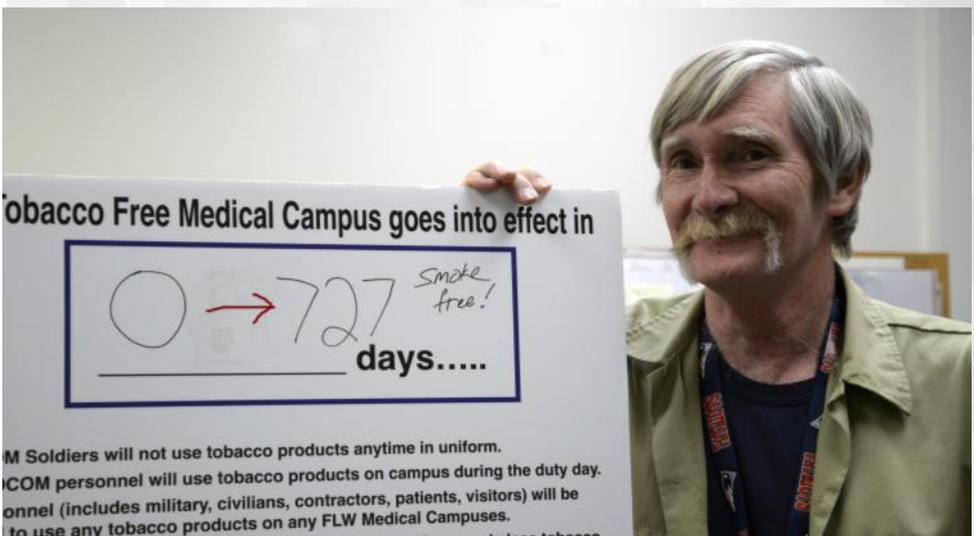
May—June 2016

**Leonard Wood Medical Home
Ozark Family-Centered Medical Home
Richard Wilson Soldier-Centered Medical Home**

WELCOME TO OUR **TOBACCO FREE** CAMPUS



Campus policy **prohibits** the use of **all tobacco products** and **electronic nicotine devices** everywhere on this property.



GLWACH has had a tobacco-free campus since Sunday, May 8!

John Bryant has been a non-smoker for 727 days in this photo. Have you seen the MEDCOM video featuring him? If not, visit www.Facebook.com/GLWACH and click on the word, "Videos."



Thank a nurse during Nurse's Week, May 6-12!

Guidon Staff, Fort Leonard Wood



Nurses will have their caring moments this month, as Fort Leonard Wood's General Leonard Wood Army Community Hospital recognizes National Nurses Week.

The recognition week began Monday in the hospital's main lobby where nurses were treated to free raffles, popcorn and prizes. A ceremony was scheduled 11 a.m. to 1 p.m. today in the Medical Activity classroom.

Both events were open to the public. "It would be greatly appreciated for everyone to come out and show our community how much we love our nurses," said Capt. Angela Coleman.

National Nurses Week begins each year on the Friday before Florence Nightingale's birthday May 12. These permanent dates enhance planning and position National Nurses Week as an established recognition event.

As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week each year.



The nursing profession has been supported and promoted by the American Nurses Association since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities and independent health care companies and institutions.

For more than 115 years, the Army Nurse Corps has cared for the men and women serving during war and peace. In February, the corps celebrated its anniversary and the nurses who serve. The theme for this year's observation is "Leading from where you are."

Men and women have served as Army nurses since 1775. The history of the Army Nurse Corps however, dates back to 1901 when Army nurses became a part of the Army Medical Department.

Today, more than 9,000 Army nurses are on active duty, in the U.S. Army Reserve or National Guard in support of military and humanitarian missions in the U.S. and overseas.



New Healthcare Consortium meeting time/date

Due to our new Regional Health Command Central battle rhythm, we've changed our regular Healthcare Consortium meeting date and time to the second Monday of each month at 3 p.m. in the hospital's MEDDAC Classroom, located in the south west corner on the hospital's main floor.

The Healthcare Consortium meeting is YOUR monthly chance to affect positive change by talking directly to the Hospital Commander and his deputies!

We want and need your feedback! Everyone is invited to attend the Healthcare Consortium meeting.

The Healthcare Consortium serves as a consumer advocate board in which the unit and community representatives have direct feedback to the Hospital Commander, Col. (Dr.) Peter Nielsen and his staff, concerning the type and quality of care provided at the General Leonard Wood Army Community Hospital. It is a forum for beneficiaries to provide input to healthcare delivery policy and to promote communication between the medical treatment facility and its beneficiaries.

Col. Nielsen also speaks and answers questions at the installation Community Information Forum meeting, which is the post's monthly town-hall-type community information meeting held at the Pershing Community Center on the last Tuesday of each quarter at 10:30 a.m. Please check the Fort Leonard Wood website for possible location and time changes.

If you can provide input to healthcare delivery policy or process improvements, please consider attending these meetings. Hope to see you there!



Are you ready to Quit Tobacco?

It's never too late to take control of your health, and this is the perfect time to declare your freedom from Tobacco use.

What's next?

Call the Public Health Nursing Clinic to get scheduled for Tobacco Cessation Class. Classes are offered 9-11 a.m. every 1st & 3rd Tuesdays of each month starting May 3, 2016. Our team of nurses will partner with you to offer counseling and support along your journey. You will also have an opportunity to meet with the Pharmacist to discuss medication assistance. Call (573)596-0518 or 596-0491 to schedule now!

Fort Leonard Wood Blood Donor Center Monthly Unit Blood Drive Statistics Report

GLWACH / Apr 16

The Fort Leonard Wood Blood Donor Center thanks everyone at General Leonard Wood Army Community Hospital for participating in the Armed Services Blood Program Blood Drive listed in the table below. Take pride in knowing that your donations saved lives in Afghanistan and at military treatment facilities around the world. Thank you!

Please note a couple of things from the table below:

The donors presented column represents the total number of people we recorded as coming out to donate in April.

The units shipped column represents the total units of blood we collected from the individuals who presented. The difference between that number and the donors presented is due to a large number of deferral factors. It's not, necessarily, a reflection on your unit's desire to support the ASBP.

Date	Unit	Assigned Strength	Donors Presented	Units Shipped
20 Apr 16	GLWACH	Varies	35	28

Thanks to the GLWACH staff donating in April, 56 people can receive life-saving blood products. Additionally, they saved the government an estimated \$8,400 by not having to purchase this blood from a commercial agency. Thank you!

Cumulative total for 2016

(Includes drives listed above and ranking as of 30 Apr 16)

Unit	# Drives Held	Units Shipped	People Helped	Dollars Saved	Ranking (Among other FLW units)
GLWACH	2	61	122	\$18,300	8 th of 35

Again, we thank you for your participation this month and look forward to seeing you at future drives. If you have any questions, give me a call at 6-5385.



Contact Carl A. Norman, Fort Leonard Wood Blood Donor Center Recruiting/Public Affairs, for more information.



American Red Cross Resilience Workshop training

General Leonard Wood Army Community Hospital



The American Red Cross on Fort Leonard Wood will be hosting a Reconnection Workshop Facilitator training. This training will most likely be held in St. Louis, Missouri, or Peoria Illinois.

As of right now we have two facilitators in our Region, Dave Daly and Rachael Philippone, who have conducted several workshops. We have also had to reach outside our region to bring in additional facilitators when Dave or Rachael were not available, so we are looking for additional facilitators to assist with Dave and Rachael, and to be able to have additional workshops.

If you come from a military family or you know active military or veterans you will enjoy being a facilitator and seeing how these workshops can really give everyday tools for these men and women to cope with everyday life.

If you are interested in becoming a facilitator please read the information below on requirements and the more detailed description. You may also reach out to Dave Daly, Rachael Philippone, Courtney Hinton, or Sandy Vaughn for additional information. Any one of us are more than happy to give you more information.

All Reconnection Workshop modules are led by specially trained Red Cross volunteers who are also licensed mental health professionals.

Facilitator requirements:

- Hold a Master's level or higher mental health professional degree with independent, unencumbered license in one of the following disciplines: Psychiatry, Psychology, Social Work, Counseling, Marriage and Family Therapy, School Counseling/Psychology, Nursing (APN or CS in Mental Health area), or RN's who are board certified in Psychiatry/Mental Health.
- Apply and attend a Resiliency Facilitator Pre-Service Training

Interested and qualified volunteers must make contact with Sandy Vaughn no later than May 15 so we can make sure you will be able to attend the next Facilitators Workshop as this training is offered infrequently.





GLWACH eICU launches new era of virtual Army Medicine

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- A connection between General Leonard Wood Army Community Hospital's Intensive Care Unit and the electronic ICU at Arkansas' Baptist Health hospital continues to virtually change the course of Army Medicine.

VIPs from Baptist Health hospital in Little Rock, Arkansas, battled the final throws of a bitterly cold winter storm, driving through snow and ice on winding, isolated back roads for hours to attend the initial virtual connection ceremony of GLWACH's eICU with their eICU.

As flurries swirled outside, the touch of a button spun up a warm, high-resolution smile from Jack Griebel, MD, Baptist Health's eICU medical director, who greeted the team of GLWACH and Baptist Health's staff in GLWACH's ICU.

Since then, GLWACH's ICU staff has simply pushed the big red button in each eICU-equipped room here to meet with Baptist Health's board certified physicians and critical care nurses. No more battling dangerous storms--and this first-of-its-kind military-civilian eICU partnership pilot program just simply continues to save lives here as the days pass.

"The eICU has definitely increased our capability for retaining higher acuity patients within our hospital system. It has definitely increased the ability of our staff to care for those patients by providing collaboration with additional board certified physicians and critical care nurses located at Baptist Health in Little Rock," said Shawn Matherly, officer in charge of GLWACH's ICU.

High-speed data lines connect experienced critical care physicians and nurses over 200 miles away using real-time video sent by cameras that can zoom in and out with high-definition clarity. Computer monitors at both locations display patients' vital signs, medications, blood test results, X-rays and other diagnostic information.

"The eICU provides a constant patient monitoring safety net, additional provider and nurse rounding, plus expert second medical opinion consultation," said John Ingersoll, GLWACH's chief of Clinical Operations. "The Baptist Health eICU care team can speak directly into our ICU rooms with nurses and physicians here."

"The eICU is a very safe, highly integrated and choreographed system that establishes a long-distance, high-functioning and secure telemedicine connection with our critical care partners at Baptist Health," Ingersoll said.

In addition to its value to patients and staff here, the e-ICU demonstrates highly effective healthcare at a great value to the taxpayer, Ingersoll said.

In fact, the GLWACH eICU's ever-increasing success has resulted in an upcoming Telehealth Summit here.

"This service is truly value added for our patients and in line with Army Medicine's patient-centered care and team-based protocols," Ingersoll said.

Family members and patients in an ICU want to be together and GLWACH's eICU capability allows family members to go home at night and sleep in their own bed. If something happens they can drive back to the hospital in just a few minutes instead of making a two-and-a-half hour drive to Columbia, Missouri, for example.

This cutting edge technology translates new meaning from Army Medicine's "System for Health" and "patient-centered" care concepts. It brings new life and understanding to terms like "Army Medical Home," "Community-Based Medical Home," and "Soldier-Centered Medical Home."

Army Medicine's team-based System for Health is understandable in a more tangible way here at GLWACH thanks to our eICU capability.

For more information on virtual Army Medicine see the video overview of the e-ICU system at www.Facebook.com/GLWACH —and check out this story on the Official Homepage of the US Army at:

<https://www.army.mil/article/167398/>.



Sonja Lawson, a registered nurse at Baptist Health hospital in Little Rock Arkansas, waves from the monitor to Kristen Davis and Thomas Hedrick, registered nurses in General Leonard Wood Army Community Hospital's Intensive Care Unit, as they initiate an Electronic ICU system test. The success of GLWACH's eICU pilot program that went live in 2014, has the potential to change the course of Army Medicine. An upcoming Telehealth Summit here planned for

ASBP April Blood Drive!

Save lives when General Leonard Wood Army Community Hospital and Balfour Beatty Communities host Armed Services Blood Program blood drives.

General Leonard Wood Army Community Hospital's ASBP drives take place each month at the hospital's MEDDAC Classroom on the first floor. ASBP drives take place monthly at the Balfour Beatty Community's Stonegate Community Center, 235 Ellis Street on Fort Leonard Wood.

Both drives are open to everyone 17 years old and older – military or civilian. Everyone who comes out to donate will receive a free ASBP t-shirt along with some juice and cookies.

The Armed Services Blood Program is the official blood collection agency for the Department of Defense. Collected blood goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense. The military healthcare system requires about 400 units of blood every day. It's the ASBP's mission to ensure that blood is available, but we can't do that without volunteer donors like you. So, if you have your health, celebrate it by giving blood to those who help protect our freedom every day.

Potential blood donors must weigh at least 110 pounds and be at least 17 years old and feeling well for the last three days; be well hydrated; and have eaten something before donating. Those wanting to donate should bring a list of medications they're taking, a list of foreign countries traveled to -- be sure to include when, where and for how long -- and a photo ID (military ID, driver's license, etc.).

For more information about these two blood drives or the Fort Leonard Wood Blood Donor Center, call Carl Norman at (573) 596-5385. For more information about the ASBP visit www.militaryblood.dod.mil.



Blood collected by the ASBP goes directly to medical facilities in Afghanistan and other Overseas Contingency areas around the world and to military hospitals throughout the Department of Defense.



Dispose of unwanted medications with Main Pharmacy's "medsafe"

GLWACH *Pharmacy*

Accepted Items

- Prescription Medications
- Controlled Substance Medication
- Over-The-Counter Medications
- Vitamins
- Medicated Lotions/Ointments
- Liquid in Leak-Proof Containers
- Transdermal Skin Patches



Items Not Accepted

- Needles (Sharps)
- Thermometers
- Contraband Drugs
- Infectious, Medical or Business Waste
- Personal Care Products
- Hydrogen Peroxide
- Aerosol Cans or Inhalers



You can stop mosquitoes from breeding!

By Capt. Jacob C. Pinion, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- As the weather gets warmer and mosquito season draws near, it's important to think prevention.

Mosquitoes can be a bothersome pest during backyard barbecues, yard work, or lounging around outside so don't let mosquitoes ruin your ability to enjoy the outdoors this summer.

Since you can prevent mosquitoes from breeding, you can help create a healthier environment to enjoy the outdoors.

Mosquitoes breed in standing water. Some mosquitoes such as the *Culex* species, which can carry West Nile virus (WNV), lay rafts of eggs on still water in both natural and manmade containers.

"Our on-post residents can significantly reduce the number of mosquitoes in their backyards just by dumping out anything that collects rainwater," said CPT Reema R. Sikka, GLWACH's chief of Preventive Medicine.

The *Aedes* species, some of which can carry Zika Virus, are capable of breeding in less than an ounce of water. Such locations that may accumulate these small amounts of water include gutters, pet water bowls, and non-chlorinated swimming pools.

Take these easy steps to help prevent these pests from breeding in your neighborhood.

1. Keep your gutters clean so water doesn't sit stagnant between rains. If you believe your gutters are clogged, contact your maintenance contractor to submit a work order.
2. Feed and water your pets indoors.
3. Empty small outside water reservoirs such as flower pot drainage trays daily.

If you follow these simple tips and educate your neighbors you can prevent mosquitoes from becoming bothersome pests in your neighborhood and enjoy the outdoors with fewer mosquitoes throughout the summer.



Pfc. Alexandra Campau, an environmental health technician at General Leonard Wood Army Community hospital, pours water out of a container left outside. Mosquitoes can lay eggs in anything that collects rainwater but emptying these reservoirs reduces the mosquito population. (Photo credit: John Brooks)



Where can you find hospital news and info?

 [facebook.com/GLWACH](https://www.facebook.com/GLWACH)

Facebook!

Facebook remains the best place to find recent hospital news and information—all in one place—simply because it can display all types of products (video, text, audio, photos and graphics).

Hospital website:

Visit <http://glwach.amedd.army.mil>.

Newspaper:

Check The Guidon and other local newspapers for our locally written articles.

Radio:

Several timely topic discussions are broadcast each month on 1390 AM, 97.9 FM and 102.3 FM.

Video Loop:

Our hospital video loop can be seen in our waiting rooms, at the Maneuver Support Center of Excellence, on the installation's internal cable channel 59, and video segments are also on our Facebook page.

Ambassador Program:

Army Medicine's new Ambassador Program identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others.

If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at john.d.brooks12.civ@mail.mil.



How do I contact...

Quick help reference:

- **TRICARE Nurse Advice Line** (24/7/365): 1-800-TRICARE (874-2273), option 1
- **Appointment Line:** 1-866-299-4234, open 7 a.m. to 4:30 p.m., M-F
- **Visit our Guest and Healthcare Relations Contact Representatives** located in room 123 near the information desk: 573-596-7414
- **Enroll for healthcare at GLWACH:** 1-877-988-WEST (988-9378)
- **TRICARE Online** <http://tricareonline.com> and
 - ⇒ Book an appointment online with your PCM using "calendar view"
 - ⇒ Order prescription refills online
 - ⇒ Online Lab and biopsy test results
- **RelayHealth:** <https://app.relayhealth.com>
 - ⇒ Use Secure Messaging to communicate with your PCM
- **Call the Western Region UHC toll-free** at 1-877-988-WEST (1-877-988-9378)
- **Visit** <http://facebook.com/glwach> and <http://glwach.amedd.army.mil> for recent local and worldwide Army Medicine news and information



Capt. (Dr.) Norman J. Arbelo-Cruz, MD

Diagnostic Radiology Department

General Leonard Wood Army Community Hospital

Accepting
New
Patients

Medical School:

University of Puerto Rico, Medical Sciences
Campus, San Juan, Puerto Rico

Internship:

Brooke Army Medical Center, Fort Sam Houston,
Texas

Residency:

Brooke Army Medical Center, Fort Sam Houston,
Texas

Office Location:

General Leonard Wood Army Community Hospital
Radiology

Reasons to see Dr. Arbelo-Cruz:

- Nine years of medical training and recently graduated from the only DoD Level 1 trauma center
- Special interest in Musculoskeletal Radiology and women's imaging
- Fully bilingual in Spanish
- Understands unique needs of military members and families

What do you like most about your job?

Dr. Arbelo-Cruz: "Serving Soldiers and their families is inherently rewarding—having the ability to help heal those who fight to keep us safe. The interaction I have with all other medical specialties in continuing patient medical care is very wide and quite interesting to me. Radiologists are practically involved on all levels of patient care from prevention such as breast imaging, diagnosis as in evaluating fractures in the Emergency Room, therapeutic procedures such as steroid injections, and oncologic evaluation. As we see patients from most every area of medicine, opportunities for acquiring more and more knowledge about the human body are endless. If you enjoy soaking up information like a sponge, you may have a future in Radiology!"

Where did you grow up?

Dr. Arbelo-Cruz: "I grew up in Quebradillas, Puerto Rico, located on the northwest side of the island. Puerto Rico is a beautiful, magical place. The weather is almost perfect year round. If it weren't for those pesky hurricanes, Puerto Rico would truly be paradise on earth. And the food... Puerto Rican food is absolutely amazing!"

Why did you choose to come to Fort Leonard Wood?

Dr. Arbelo-Cruz: "This unique hospital offers a complex and wide array of radiological services ranging from Nuclear Medicine, fluoroscopy, ultrasound, to computed tomography and magnetic resonance imaging which places it in a competitive and advantageous position to neighboring hospitals—and unique to Army Medicine. We recently received one of most advanced CT scanners in the state of Missouri—and the most advanced machine of its kind in the world. Exciting news for all of us in the radiology department—and a technology which will allow us to better diagnose and provide treatment for our patients."

How do you spend your time when you're not working?

Dr. Arbelo-Cruz: "I spend most of my free time with my family exploring the local areas around Fort Leonard Wood. The vistas and hardwood forests of Missouri provide endless opportunity for adventuring and photography. At home I keep myself busy working in the garden and listening to music on a new sound system that I just built. Technology is so amazing these days and with the Internet it is relatively easy to take up new and interesting hobbies like this. Music is a passion of mine and today's technology allows for perfect, flawless sound."



Capt. (Dr.) Norman J. Arbelo-Cruz

Diagnostic Radiologist

General Leonard Wood Army Community Hospital





Valuable base for TBI study at Fort Leonard Wood

By John Brooks, General Leonard Wood Army Community Hospital



FORT LEONARD WOOD, Mo. -- Scores of Traumatic Brain Injury professionals travelled to Fort Leonard Wood for two days of collaboration during the Traumatic Brain Injury Summit held here April 1.

"These researchers and clinicians all seek to build an infrastructure for TBI-related research to occur--and this is happening right here on Fort Leonard Wood," said Dr. Thomas A. Van Dillen, General Leonard Wood Army Community Hospital's former chief of TBI & Neuropsychology.

"Concussion management is a big deal," Van Dillen said. "The vision of the General Leonard Wood Army Community Hospital Commander, Col. Peter Nielsen, is something that's really coming together. People are starting to see Fort Leonard Wood as a valuable base for TBI study."

X2 Biosystems, a Seattle Washington-based company that develops head injury monitoring systems, is a member of Fort Leonard Wood's own Research and Clinical Care Consortium, known as "RC3." The consortium is working to develop impact sensors to actively measure and report, in real time, the impact levels of forces sustained during training and military operations that can result in TBI, Van Dillen said.

"It's a big deal because we're going to be studying TBI for years to come and there's going to be a lot of data collected from that here," Van Dillen said. "This base

represents a lot to researchers not only because they're able to study those who suffer the effects of concussion here, but because of the progressive procedures and methods of TBI study under development here by RC3."



Thomas A. Van Dillen, Ph.D., Clinical Neuropsychologist, Traumatologist, and Chief of General Leonard Wood Army Community Hospital's Traumatic Brain Injury Program, discusses the value and advantages of TBI study at Fort Leonard Wood. (Photo credit John Brooks)

"Our population is a much desired population for the study of concussion for many reasons," Van Dillen said. "This is a training installation where

training involves breaching exercises and explosive ordinances, for example. We have the direct opportunity--to indirectly decrease--through study--the impact of future concussive injuries and improve the lives of those who suffer these injuries.

"This age group here and the clinical care conducted for this age group is most desired for study and helps us advance procedures and methods of study. So, this is a highly sought-after environment for these reasons. This science is of interest not only to people in the military, but also in the Government, civilian enterprise and academia at all levels," Van Dillen said.

1st Lt. Jake Pinion, B.S.

Chief of Environmental Health

General Leonard Wood Army Community Hospital

Accepting
New Service
Requests

Education:

University of Dubuque Bachelors of Science
in Environmental Science



Previous Experience:

- Various research projects with the Iowa Department of Natural Resources
- Four years Active Duty with Air Force Security Forces

Office Location:

General Leonard Wood Army Community Hospital, room 124

Services Provided:

- Field Sanitation Team training
- Food Handlers Course training
- Medical threat briefings
- Sanitary inspections of all installation dining facilities/eateries
- Sanitary inspections of all child and youth services facilities, to include food preparation areas
- Sanitary inspections of all training areas and ranges (annual and as needed/ requested)
- Pest surveys on all training areas prior to spraying of insecticides
- Recreational water testing
- Drinking water testing



1st Lt. Jake Pinion

Chief of Environmental Health

General Leonard Wood Army Community Hospital

What do you like most about your job?

1st Lt. Pinion: "I enjoy working with the community to ensure our Soldiers and civilians are able to live in a healthy environment where they don't have to worry that the food they eat or the pool they swim in on post are going to make them sick. My top priority is to make recommendations that will benefit the entire community and mitigate risks associated with environmental hazards to a miniscule level."

Where did you grow up?

1st Lt. Pinion: "I grew up in Andrew, Iowa, a small town near the Mississippi river in eastern Iowa. I worked on my neighbor's farm growing up and enjoyed trekking through the woods to the nearest trout stream as a kid. This is how I gained my appreciation for science and nature."

Why did you choose to come to Fort Leonard Wood?

1st Lt. Pinion: "I was enlisted in the Air Force and spent four years at Whiteman Air Force Base, Missouri. When I left active duty I discovered that small town Missouri life is hard to beat. That's why Fort Leonard Wood was my first choice for a duty assignment when I chose to come back on active duty in the Army."

How do you spend your time when you're not working?

1st Lt. Pinion: "Spending time with my wife and children is my passion. We currently have five kids and a young golden retriever in our household. I enjoy taking the family fishing on local Missouri rivers, lakes and ponds. I also enjoy archery and dream about having a freezer full of venison each year."

How can someone request services provided by Environmental Health?

1st Lt. Pinion: "From the hospital homepage (<http://glwach.amedd.army.mil>) select "Environmental Health" from the "Clinics" drop down menu. The services we provide are located there and the forms to request these services are easy to fill out. Make sure you leave good contact information so we can get back with you."



Sign up for RelayHealth!

The secure messaging system, also known as "RelayHealth," is a powerful tool for us to expand patient care for you here at General Leonard Wood Army Community Hospital.

Sign up for RelayHealth: <https://app.relayhealth.com>

As a patient, you can be physically present with a valid photo ID to sign up for RelayHealth at any Army Medical Home clinic front desk, or call (573) 596-1765/1600.

If you are a DoD Common Access Card (CAC) holder eligible for services at GLWACH, you may send an encrypted and digitally signed email to adam.s.takayama.mil@mail.mil requesting a RelayHealth account with your Primary Care Manager (PCM).

What you need to know about RelayHealth:

Once enrolled you will receive an invitation in your email inbox (check your email junk folder—sometimes email filters are not as smart as we would like).

After responding to the email, you can use RelayHealth almost as if you have access to an electronic health clinic.

Using RelayHealth, you access YOUR OWN Army Medical Home team and PCM assigned to a General Leonard Wood Army Community Hospital Medical Home facility, not some contracted service team you have never met.

Access is expanding soon to more than just access to our primary care clinics here. Some ancillary services such as Nutrition, Radiology, OB/GYN, the Lab, and others will be available to you through RelayHealth soon.

RelayHealth decreases your need to make routine appointments. You can schedule Wellness Checks from the comfort of your home, for example. You can also access RelayHealth anywhere, anytime, with your smart phone.

RelayHealth is a great time saver for you. Please consider taking full advantage of it!

If you have already initiated a RelayHealth account online and are experiencing difficulties accessing services, please visit your Army Medical Home front desk clerks for assistance—and be sure to bring your Government ID. Your care team is looking forward to assisting you in expanding your access to the outstanding care we provide.



Visit our Facebook page for recent GLWACH news!

Visit your favorite smart phone app site and download a QR code reader—then all you have to do is take a photo of any QR code and your phone will open its browser with the website represented by the QR code. Oh—that's how it works! :-D

like us on
facebook



FORT LEONARD WOOD, Mo. – Veterans assigned to all five Missouri Veterans Administration Medical Centers and hospitals may now receive specialty care at General Leonard Wood Army Community Hospital according to an agreement signed Wednesday, Jan. 27.

“The highly successful partnership with Harry S. Truman Memorial Veterans Hospital signed Sept. 8, 2014 led in large part to these new partnerships with the Kansas City VA Medical Center, the John J. Pershing VA Hospital in Poplar Bluff, and both the Jefferson Barracks and John Cochran Divisions of the VA St. Louis Health Care System,” said John Ingersoll, GLWACH’s chief of Clinical Operations.

Signed DoD-VA agreements between with GLWACH and VA medical facilities allow VA primary care teams to authorize Veterans located within their facility’s catchment area to receive specialty inpatient and outpatient services at GLWACH.

Specialty inpatient and outpatient services available at GLWACH for Veterans include inpatient care such as medical/surgical, intensive care and acute psychiatric care. Outpatient services include Obstetrics and Gynecology, Optometry, Ophthalmology, Otolaryngology (ear, nose and throat), Orthopedics, Physical and Occupational Therapy Rehabilitation, Cardiology, and robust radiology and laboratory services, said Ingersoll.

Veterans interested in receiving care at GLWACH should contact their VA primary care teams. VA primary care teams are the approval authorities for specialty inpatient and outpatient services for Veterans who live within their VA facility’s catchment areas according to the agreements.

“The agreements encourage increased use of the Fort Leonard Wood Health Readiness Platform,” said Ingersoll. “Increased use enhances the clinical skills needed on the battlefield for GLWACH staff and its deployable medical team.”



Veterans interested in receiving care at GLWACH should contact their VA primary care teams. VA primary care teams are the approval authorities for specialty inpatient and outpatient services for Veterans who live within their VA facility's catchment areas according to the agreements

To date, GLWACH has provided care to Veterans in the form of 1007 referrals for care here, 700 outpatient visits, 59 outpatient procedures, 51 admissions, and two babies delivered to Veterans here as a result of partnership with Truman VA.

“While primary care enrollment is fundamental, our goal is to fully engage the hospital’s capability and capacity, including specialty and inpatient services, to effectively improve the health of all beneficiaries,” said Col. Peter Nielsen, GLWACH commander.

Army Medicine’s “2020 plan” goals include creating capacity, improving the Army’s System for Health, influencing overall health, and making Army Medicine a strategic enabler for the Army of the future.

“So, through working hard to maximize our efficiency, identify and launch new process improvements, and invest in our service lines, we’re able to provide closer, more convenient care for VA patients and savings to taxpayers as well as improve care for all beneficiaries” Ingersoll said.



Meleena Littlejohn B.S., Health Promotion Technician

Army Wellness Center

General Leonard Wood Army Community Hospital



Meleena Littlejohn
Army Wellness Center
General Leonard Wood Army Community Hospital

Education:

- Bachelors Social Science with Minor in Sociology from Troy University, Troy, AL
- Masters of Science in Sports & Fitness Management from Troy
- University, Troy, AL (currently pursuing)

Certifications:

- Aerobics & Fitness Association of America Certified Personal Trainer
- AFAA Diet Free Life Nutrition Coach
- TRX RIP Trainer Instructor (lever bar/resistance cord fitness device)
- Group Fitness Instructor
- Tabata Bootcamp Instructor
- Cardio Pulmonary Resuscitation Instructor

Previous Experience:

- Personal trainer and group fitness instructor for four years at MWR
- Served as Program Manager, MWR Fitness & Personal Training department
- Organized many fitness events on Fort Leonard Wood including the 107-participant "Lose to Win Weight Loss Challenge"

Office Location:

Army Wellness Center, Fort Leonard Wood, 199 E. 4th Street, Building 2081, Fort Leonard Wood, Missouri

Reasons to visit the AWC:

- Premier health and wellness programs for individuals to live healthy, sustainable lifestyles
- Accurate analysis of body composition, metabolism and fitness
- Highly trained and experienced wellness professionals dedicated to supporting and providing the best comprehensive care plans for clients



What do you like most about your job?

Mrs. Littlejohn: "The ability to help others achieve their wellness goals and feel better about themselves is why this line of work is so rewarding to me. I LOVE WHAT I DO! I love to learn new things and being in the Fitness/Wellness field allows me to broaden my education because of it's ever changing and new innovative technology and practices."

Where did you grow up?

Mrs. Littlejohn: "I grew up in the most southern part of Alabama in a city named Mobile. I have not lived there in many years and I really miss the southern culture there. I also love animals and have a beautiful white Pomeranian named Sugar that I believe understands me better than my children do at certain times!"

How do you spend your time when you're not working?

Mrs. Littlejohn: "First and foremost, I am a wife and mother. My children are very active in sports such as soccer and basketball as well as the Young Marines Program here on Fort Leonard Wood. I am an NPC Physique Bodybuilding Competitor and recently placed in each of my three competition categories which qualified me to compete in Nationals during the summer of 2016. I love working out and improving my total wellness daily. I am constantly researching the latest fitness and nutrition trends to better educate myself and my clients. I am always striving to be better than the person I was yesterday. I also love to dance and enjoy life to the fullest. I never go a day without smiling."