

## Health Services



### Appointments at DMAFB Clinic

If you would like information on clinic services or would like to make an appointment with your Primary Care Manager (PCM), please call Central Appointments at (520)228-2778. The appointment line is available Monday through Friday from 6:30 AM to 7:00 AM for active duty personnel and 7:00 AM to 4:00 PM for all other beneficiaries.

The Medical Group closes at 10:00 AM every third Thursday for training. Also, there may be occasions when the Medical Group is closed for military functions.

### TriCare Information

The TRICARE Service Center (TSC) offers guidance on your health care benefits. Additionally, this office will assist non active-duty beneficiaries in obtaining health care required outside of our military treatment facility. Health care for you and your family members is important. Don't wait until you are sick to find out how to obtain care. As soon as you arrive, stop by the TSC to discuss your plan options. If you elect to enroll in TRICARE Prime you can also complete the enrollment process at this time. Active duty personnel assigned to Davis-Monthan are enrolled in TRICARE Prime during their base in-processing briefing. All TRICARE eligible beneficiaries choosing to obtain your family's health care at the 355<sup>th</sup> Medical Group must be enrolled in TRICARE Prime and assigned a base primary care manager. Assignment to a base primary care manager (for active duty family members/retiree/retiree family members) will depend upon current enrollment guidelines/capacity. Enrollment to the 355<sup>th</sup> Medical Group is dependent upon the member's patient category, as well as driving distance from their home to the base. The TSC is located in Bldg 400, room 206. This office can provide literature and answer questions you may have regarding all your health care benefits, not just TRICARE. TriWest Regional Representatives can also be reached at (888) TRIWEST (874-9378).

[www.triwest.com/beneficiary](http://www.triwest.com/beneficiary)

## **Tobacco Cessation**

A tobacco cessation program is offered by contacting the HAWC to your options. Zyban and nicotine patches are available to TRICARE beneficiaries from the Davis-Monthan AFB clinic pharmacy. Appointments for tobacco cessation can be made by calling (520) 228-2294.

## **Fitness Programs**

### **Physical Fitness Education**

Ongoing education and supportive environment for all members not meeting fitness test standards is essential to maintain health and fitness of the force. All classes are open to everyone, even if not participating in the mandatory program.

### **Healthy Living Workshop (HLW). IAW AFI 10-248**

The Healthy Living Workshop (HLW) is for individuals who fall in the Marginal or Poor fitness categories according to the Air Force fitness standards. It is designed as a two-hour interactive class to provide information related to nutrition and exercise that is needed to improve fitness and to identify motivational factors and behavior change strategies needed to implement and maintain a fit lifestyle change. The workshop is intended as a collaborative effort among behavioral health providers, dieticians, and fitness experts. Behavioral health providers lead the first hour of the workshop, preparing participants for change through the use of behavioral change tools such as motivational interviewing/enhancement, establishing realistic goals, problem solving, and maintenance/relapse prevention. The second hour is split between nutritional medicine and fitness experts. The nutritional medicine professional provides information on the components of a healthy diet. The fitness expert provides information about the components of a healthy exercise program. Together, the behavioral health provider, nutritional medicine professional, and fitness expert help the workshop participants develop a comprehensive individualized plan for fitness. Those individuals who fall in the Poor fitness category (score below 70) will build on what is learned in the HLW when they attend the Fitness Improvement Program and if applicable, the Body Composition Improvement Program (abdominal circumference for women > 35 inches and men > 40 inches).