

Welcome Aboard!



Welcome to Tidewater, Virginia!

If you are new to this area, please familiarize yourself with the many health care resources available for you and your family. Tidewater is home to more than 400,000 TRICARE-eligible beneficiaries who are all served by the many military treatment facilities conveniently located throughout the region, including the Air Force 633rd Medical Group at Joint Base Langley, Naval Medical Center Portsmouth, McDonald Army Health Center at Joint Base Eustis, and several Branch Health Clinics, TRICARE Prime Clinics and Dental Clinics. Together, these military treatment facilities offer a comprehensive array of clinical health care and medical support services.

633rd Medical Group

Joint Base Langley-Eustis
77 Nealy Avenue
Hampton, Virginia
(757) 225-7630
<http://www.jble.af.mil/633dmedicalgrouphealthcare/>



McDonald Army Health Center

Joint Base Langley-Eustis
576 Jefferson Avenue
Newport News, Virginia
(757) 878-7500
<http://mcdonald.narmc.amedd.army.mil/default.aspx>



Naval Medical Center Portsmouth

Naval Support Activity
620 John Paul Jones Circle
Portsmouth, Virginia
(757) 953-5000
<http://www.med.navy.mil/sites/NMCP>



Health Care and Support Services

- Behavioral Health
- Case Management
- Exceptional Family Member Program
- Extended Care Health Option
- Emergency/Urgent Care
- Family Practice/Medical Home
- Heart and Vascular Care
- Hematology/Oncology
- Immunizations
- Inpatient Care
- Internal Medicine
- Laboratory/Blood Bank
- Maternity Care
- Medical Specialties
- MWR and Retail Sales
- Nutrition
- Pediatrics/Pediatric Specialties
- Pharmacy
- Physical/Occupational Therapy
- Radiology/Nuclear Medicine
- Surgical Specialties
- Wellness Programs
- Women's Health
- Wounded Warrior Programs



Scan the code to view Naval Medical Center Portsmouth videos on YouTube

Military Health Care Services in Tidewater

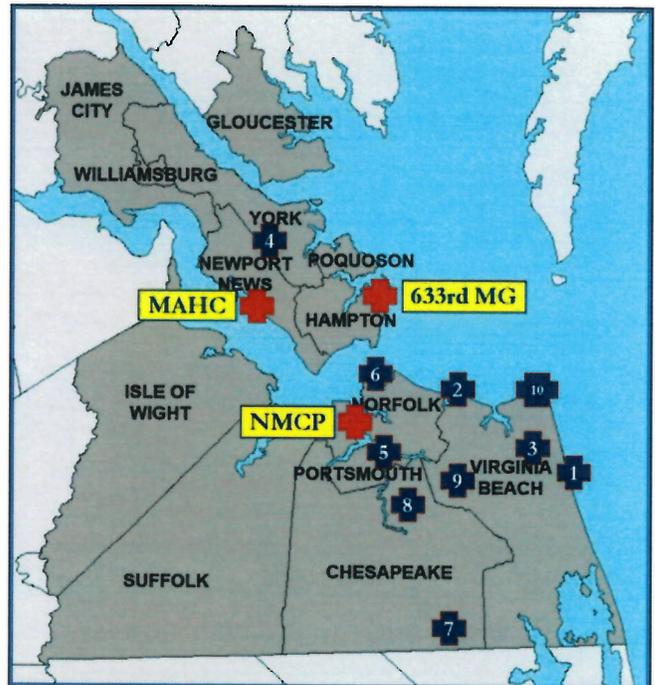
Tidewater is an Enhanced Multi-Service Market area, which means that all military health care facilities and services in Tidewater are available as a resource for all TRICARE-eligible beneficiaries, regardless of military service branch affiliation.

When Checking Into Your New Duty Station:

- Update DEERS (Defense Enrollment Eligibility Reporting System) for yourself and your family members with your new duty station, home address, telephone numbers and email addresses. Call (800) 538-9552, visit an ID card office, or go to www.tricare.mil/DEERS. To locate an ID card office near you, go to www.dmdc.osd.mil/rsl.
- Update your TRICARE Prime enrollment to the assigned military treatment facility (MTF) or medical department for your new duty station. This can be done at a TRICARE Service Center (TSC) or Beneficiary Counseling and Assistance Coordinator (BCAC) office.
- If your family members are enrolled in TRICARE Prime, update their enrollment to a new primary care manager (PCM) at an MTF or with a civilian provider close to your home. This can be done at a TSC or by calling Health Net Federal Services (HNFS) at (877) 874-2273. *Please note: if an MTF within the access standard (30-minute drive time from your home) has space available, it will take precedence over enrollment to a civilian PCM.*
- If your family members are not enrolled in TRICARE Prime, you can find doctors who accept TRICARE Extra (network providers) or TRICARE Standard (non-network providers) by visiting a TSC, calling HNFS, or searching the HNFS online provider directory at www.hnfs.net.

Military Treatment Facilities in Tidewater

- 633rd Medical Group (633rd MG)
- McDonald Army Health Center (MAHC)
 - JEB Fort Story Health Clinic (10)
- Naval Medical Center Portsmouth (NMCP)
 - Branch Health Clinic (BHC), Dam Neck Annex (1)
 - BHC, JEB Little Creek (Boone Clinic) (2)
 - BHC, Naval Air Station Oceana (3)
 - BHC, Naval Weapons Station Yorktown (4)
 - BHC, Norfolk Naval Shipyard (5)
 - BHC, Norfolk Naval Station (Sewells Point) (6)
 - BHC, Northwest Annex (7)
 - TRICARE Prime Clinic (TPC) Chesapeake (8)
 - TPC Virginia Beach (9)



For information about Relay Health and Medical Home, scan this code with your Smart Phone



Tidewater Beneficiary Counseling and Assistance Coordinators

633rd Medical Group, Building 266, (757) 225-5111

McDonald Army Health Center, Building 576, (757) 314-7748/7766/7777

Naval Medical Center Portsmouth, Building 3, (757) 953-2610/2611

Tidewater TRICARE Service Centers

Health Net Federal Services, LLC, (877) 874-2273, www.hnfs.net

633rd Medical Group, Building 266

McDonald Army Health Center, Building 576

Naval Medical Center Portsmouth, Building 249

MTF Appointments - Hampton Roads Appointment Center

(866) 645-4584

USA4MilitaryFamilies

Department of Defense and States, Partnering to Support Military Families

THE INTERSTATE COMPACT

Making the school transition easier for your school-age children!



When you receive orders to relocate, you may wonder: Will my children be able to graduate on time? Will my child have to be retested in our new state before receiving comparable services or accommodations? To ease your worries, find out if your state is a member of the Interstate Compact on Educational Opportunity for Military Children.

The compact provides states with common guidelines to follow in handling issues that impact children of military families as they transition between school systems, such as enrollment, eligibility, course and program placement, and graduation.

Highlights

- 1 Where services/classes are available, schools must initially honor your student's placement based on their current enrollment, including special education services and accommodations and Advanced Placement classes.
- 2 Schools must facilitate giving your child a chance to participate in extracurricular activities.
- 3 Schools can waive specific courses required for graduation if similar coursework has been completed.

46 STATES AND THE DISTRICT OF COLUMBIA
HAVE ALREADY JOINED THE COMPACT!

For more information or to learn which states have adopted the compact, visit www.MIC3.net.