USNH Yokosuka pharmacy refills easy as one, two, three

By Lt. Cmdr. Randy Martinez, USNH Yokosuka

Did you know that you can call to refill your medication prescriptions 24 hours a day, seven days a week using the automated phone-in system at U.S. Naval Hospital (USNH) Yokosuka? This service allows the pharmacy staff to prepare your prescriptions in advance, saving you waiting time and assisting us to improve pharmacy services for everyone.

Using the automated telephone service is as easy as one, two, three. When you call, follow the easy to understand voice prompts and have the following information ready:

• Your sponsor's Social Security number

• Your numeric prescription number. This number will contain three letters and seven numbers and is on your prescription bottle.

Step 1: Dial 243-4689 (on base) or 046-816-4689 (off base).

Step 2: Select one of the following pharmacy locations:

1- Yokosuka Pharmacy
2- Atsugi Pharmacy
3- Iwakuni Pharmacy
4- Sasebo Pharmacy
5- Negishi Clinic
6- Hario Annex
7- Camp Zama Pharmacy

Step 3: Pick an option for the pharmacy selected:

1- Refill or inquire on a prescription
2- Hours of operation
3- Instructions on using the system
9- Select a different pickup location

Press the star (*) key to repeat any of these options or the pound (#) key to go back to the previous menu.

When refilling a prescription, you will also need to do the following:

Step 4: Enter the last four digits of your sponsor's Social Security number, followed by the # key.

Step 5: Enter the numeric portion of your prescription number only, followed by the # key.

When you select option 1 "refill or inquire on the status of a prescription" in step 3 after entering your Social Security and prescription numbers, you will be given the following options:

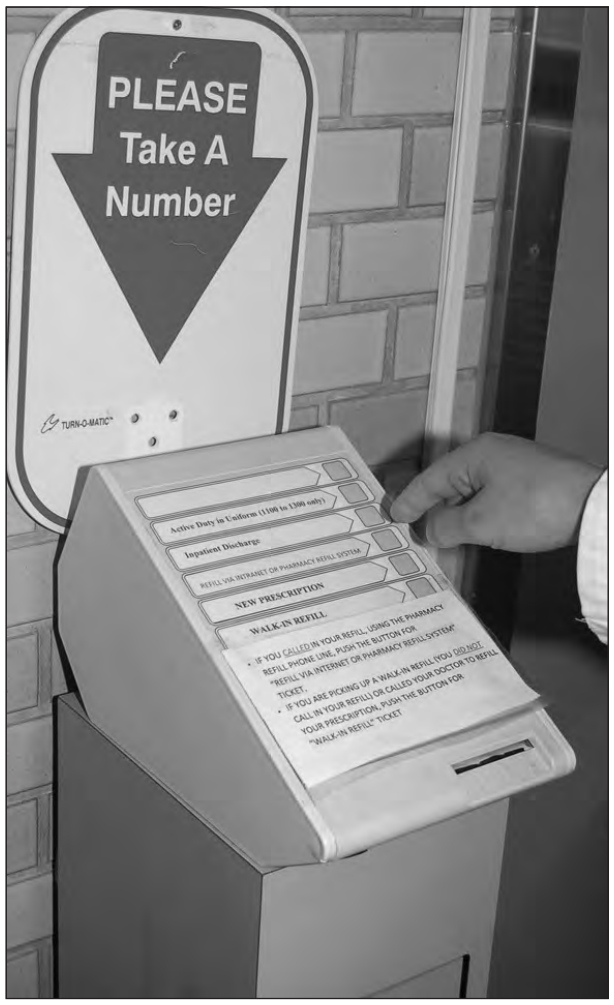
1- Order a refill
2- Check on the status of a prescription

If you check on the status of a prescription, you will return to this same menu and have the option to refill the prescription.

Refills requested via the automated phone-in system at USNH Yokosuka will be ready for pick up 24 hours after they are requested and may be picked up between 8 a.m. and 11 p.m., Monday through Friday by taking a "refill via Internet or pharmacy refill system" ticket at the pharmacy check-in counter at the USNH Yokosuka pharmacy.

By ordering prescriptions via telephone ahead of time and selecting "refill via Internet or pharmacy refill system" at the pharmacy check in counter, USNH Yokosuka beneficiaries can greatly reduce the amount of waiting time it takes to fill their prescriptions.

Photo by Richard McManus



Navy signs agreement encouraging renewable energy development

By Navy Office of Information

The United States Department of Agriculture (USDA) and the Department of the Navy (DoN) announced Jan. 21 that leadership from the two departments have signed a Memorandum of Understanding (MOU) to encourage the development of advanced biofuels and other renewable energy systems.

"This agreement is part of President [Barack] Obama's vision of a coordinated federal effort to build a clean energy economy, create new jobs and reduce our dependence on foreign oil," said Agriculture Secretary Tom Vilsack. "USDA looks forward to working with the Navy and other public and private partners to advance the production of renewable energy by sharing technical, program management and financial expertise."

Secretary of the Navy Ray Mabus emphasized how partnering with USDA supports his vision for energy reform. Mabus' overarching goal is to increase warfighting capability.

"In order to secure the strategic energy future of the United States, create a more nimble and effective fighting force and protect our planet from destabilizing climate changes, I have committed the Navy and Marine Corps to meet aggressive energy targets that go far beyond previous measures," Mabus said.

From a strategic perspective the objective is to reduce reliance on fossil fuels from volatile areas of the world. Tactically, on the battlefield, the costs of transporting fuel has exponentially increased; in extreme cases, a gallon of gasoline could cost up to $400.

"Even more serious and sobering, we are putting our Sailors and Marines in harms way as fuel convoys often meet a lethal enemy," Mabus continued.

To address this reality, Mabus recently announced five ambitious energy targets for the Navy and Marine Corps and biofuels are a major component of four of those goals. Those targets are summarized below:

• When awarding contracts, appropriately consider energy efficiency and the energy footprint as additional factors in acquisition decisions.

• By 2012, demonstrate a Green Strike Group composed of nuclear vessels and ships powered by biofuel. By 2016, sail the Strike Group as a Great Green Fleet composed of nuclear ships, surface combatants equipped with hybrid electric alternative power systems running on biofuel, and aircraft running on biofuel.

• By 2015, cut petroleum use in its 50,000 non-tactical commercial fleet in half, by phasing in hybrid, flex fuel and electric vehicles.

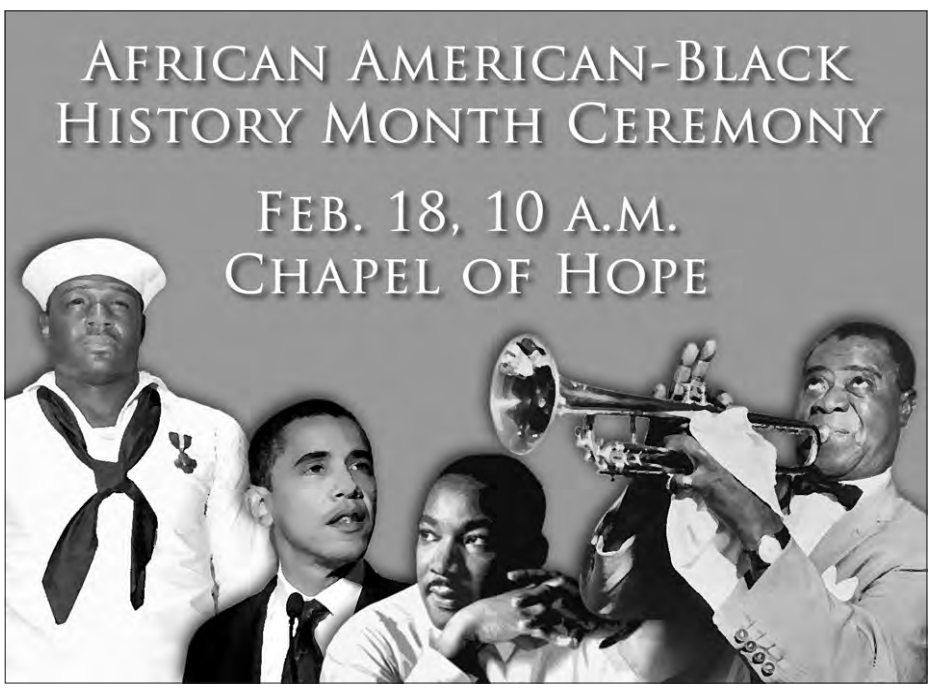
• By 2020, produce at least half of shore based installations' energy requirements from alternative sources. Also, 50 percent of all shore installations will be net zero energy consumers.

• By 2020, half of the DoN total energy consumption for ships, aircraft, tanks, vehicles and shore installations will come from alternative sources.

The MOU complements USDA and the Navy and Marine Corps' existing renewable energy programs and efforts.

The DoN recently established a Naval Energy Office to develop and employ proven business models and investment strategies that leverage public and private investment to achieve naval, defense and national energy goals.

The parties will work together to support the President's initiative to make the United States a global leader in developing a renewable energy economy, reducing energy consumption derived from fossil fuels and increasing energy production from renewable energy sources. The United States has abundant natural resources – including wind, solar, hydrokinetic, ocean, geothermal and land for biomass energy crops – that can be refined into biofuels to meet commercial, military transportation and other energy needs.



TRICARE dental care in the Pacific for retirees, family members

By Lora Sanders-VanNoy, TRICARE Pacific Marketing Representative

It is important for retires to have dental insurance while residing in the Pacific. Retirees and their eligible family members residing here are eligible to be seen at USNH Yokosuka Dental Clinic on a same day or next day basis. When that is not available or the dental treatment needs cannot be met, retirees and their eligible family members may be referred to host nation dentists.

If enrolled in the TRICARE Retiree Dental Program (TRDP), retirees will be able to seek reimbursement after dental treatment is rendered through Delta Dental. Without TRDP coverage, 100 percent of host nation dental care will be the retiree's responsibility.

There has been an increase in cases involving orthodontic and implant services where proper procedure was not followed, resulting in out-of-pocket non-reimbursable expenses for the retiree. For orthodontic and implant services, approval must be obtained first before any care is received in order to be eligible for reimbursement and payment for services. Orthodontic or implant care that is rendered without prior approval will not be considered for payment or reimbursement.

Once care is approved by Delta Dental, a dentist from the Pacific Host Nation Provider Listing (HNPL) must be used. The providers on this listing have been found to have met certain minimum standards by the Department of Defense. There are currently more than 200 dentists on the Pacific HNPL and there are seven dentists in the Yokosuka-Yokohama-Tokyo area.

The TRICARE Retiree Dental Plan (TRDP) has been the premier dental benefits plan available to uniformed services retirees and their family members. It is available worldwide and is administered by the Federal Services Division of Delta Dental of California.

To download the Pacific HNLP, visit the Web site www.trdp.org. Retirees are encouraged to call the TRICARE dental representative at 243-5509 for more information.