

COCOM INFO

MED CASE MGMT (SRPC): GENERAL KEY POINTS

-Units should be conducting level one and level two SRP's at home station. The Fort Bliss SRP is a validation SRP, we are not here to fix your Soldiers. Your Soldiers should arrive to Fort Bliss Green and ready to deploy.

- Reminder to adhere to the PDHA (2795) completion timeline prior to MOB Station. All service member's need to complete their 2795s 30 days or less prior to arrival at Fort Bliss.

- Please note SMs must meet the standards in AR 40-501 first and foremost in order to deploy, if they don't meet these standards they're an automatic no go.

-Please make sure your SMs are current in DEERS and are not listed as dependents. If the SM is listed as a dependent and this is not fixed prior to arrival at the SRP site, it will take at least 72 hours to fix. This will hold up the SRP process.

-SMs have 25 days to clear Fort Bliss SRP, if they are not cleared by day 25 for ANY reason they will be a REFRAD. Please note day 25 starts the day your unit hits ground on Fort Bliss, not the day you process SRP.

-SMs need to hand carry ANY medical documentation that will help them clear, such as immunization records, EKG's, labs, etc.

- SRP Providers CAN see VA records.

- There will be 100% blood pressure checks at the SRP site. Blood pressure must be less or equal to 140/90 mmHg. Stay hydrated; Avoid energy drinks, and caffeinated drinks the day before and the day of SRP.

- All SMs who wear glasses need to WEAR them to the SRP Site as contacts are unauthorized in theatre.

- All medications SMs are prescribed need at least 60 days of stability, this includes no changes in the dosage for at least 60 days, except behavioral health medications. **All behavioral health medications need at least 90 days of stability, which includes no change in dose.**

- SMs on any type of injectable medications (except those specified in your COCOMS guidance), will need a waiver which are rarely approved. It is highly encouraged if they can be identified early and be switched over to a topical or oral form, they do so. SMs have a significantly higher chance of this type of waiver being approved if they are on topical or oral medications.

- SMs on controlled substances and behavioral health medications are **STRONGLY RECOMMENDED** to bring a "Letter of Stability" from their primary care provider and their EMR notes need to clearly state NO FOLLOW-UP NECESSARY.

- Be aware all SMs on controlled substance medication require waivers and many SMs on behavioral health medication also require waivers. Please refer to the COCOMS guidance for this.

BEHAVIORAL HEALTH STABILITY/MEDS - see med list

-If SM has ANY behavioral health diagnosis it's recommended the SM brings the long form Fit for Duty (DA 3822) from their provider at home and a letter of stability from their HOR provider. This will help the SM clear medical faster.

- BH REQUIRES LETTER OF STABILITY FOR UNSTABLE DIAGNOSIS/BH NON-COMPLIANCE WITH F/U.

AFRICOM requires waivers for all CURRENT mental or behavioral health related diagnoses, please refer to the AFRICOM guidance, as some conditions are a hard no go and will not be considered for a waiver.

-- **CENTCOM/AFRICOM** - BMI waivers are no longer required. It is the commanders' responsibility to ensure their Soldiers can appropriately wear work uniforms and PPE. Any issues that arise from Soldiers who do not meet AR 600-9 standards will be the sole responsibility of the unit commanders.

-- **EUCOM/SOUTHCOM** - Any SMs with a BMI >35 must have an approved waiver if they do not meet AR 600-9 standards. If SMs come to the SRP Site with approved BMI waivers and are found to have an inaccurate BMI (they currently weigh more than when the waiver was submitted) listed on the approved waiver, they will be taped and a new waiver will be submitted.

- All SMs over 40 years old will require a lipid panel within the last **five** years, please have these done before arriving at Fort Bliss; it will save the unit a large amount of time. Please have SMs hand carry copies of these documents to the SRP site. As sometimes LHI don't get these uploaded into the system properly and National Guard systems don't always communicate well with ours. (SRPC LABS-LIPID PANEL DONE WITH 4 HRS TURN AROUND).

- Any Soldiers 40 and up with a cardiovascular risk of 7.5% or greater will need cardiology clearance per AR 40-501, page 13 (Online calculator is available at <http://tools.acc.org/ASCVD-Risk-Estimator/>) **Please note we will not do cardiology work ups here.** If a Soldier is found to have a cardiovascular risk of 7.5% or greater and doesn't have a cardiology clearance, they will be a **REFRAD/RTU*******.

- SMs who are allergic to insects or any type of food should be evaluated prior to arriving at Fort Bliss. We will not do allergy work ups here. They need to be done prior to arrival at Fort Bliss; if they are not, your SM is in danger of being a **REFRAD/RTU**.

- All SMs with obstructive sleep apnea **MUST** deploy with a machine (CPAP/BIPAP) that has rechargeable battery back-up and sufficient supplies (air filters, tubing and interfaces/masks) for the duration of the deployment. SMs need to bring their original sleep study and a compliance report of 70% or above **(must show 30 DAYS COMPLIANCE - 70% compliance for 4 hours or more (21 DAYS 100%), under 4 hours are not accepted)**. SMs without this will be **REFRADED/RTU** immediately. We will not allow Soldiers to have time to become compliant during the SRP process. Please note OSA often also requires a waiver in order to deploy, please refer to COCOM guidance on this **(EUCOM)**.

-Women's Health: Routine pap smears will not be done at Fort Bliss. Any ongoing GYN issues are an automatic **REFRAD**. Birth control will not be started at Fort Bliss.

- We **HIGHLY** encourage any SMs who are identified by the unit as needing waivers have them submitted along with supporting documentation by their command prior to arriving to Fort Bliss. The units' medical rep, or your higher headquarters should be able to assist with this. Doing waivers in advance will save the unit a large choke point in the SRP process, it will also keep the command from having to replace **REFRAD/RTU** SMs at the last minute.

-Units should submit waivers no more than 3 months in advance but no less than 1 month before hitting ground at Fort Bliss.

- Waivers need to be typed, do NOT hand write them.

-Please make sure you are **READING** the COCOM GUIDANCE

-Waivers are not guaranteed to be approved

-Waivers can take up to 10 business days or more to come back, plan ahead

-Behavioral Health waivers can take up to 21 days or more to come back, plan ahead!

- *****EUCOM** almost never approves a waiver without an O5/O6 memo attached to the waiver request as supporting documentation***

- Command Memos can be included with waiver requests as supporting documentation (but not as the only supporting documentation). Sometimes these memos can make the difference between a waiver being approved or denied.

-- *****ALL WAIVERS** require a letter of stability from SM/CIVs providers (NOT SRPC provider).

- SM/CIV must bring hard copies of these completed waivers that have disposition signatures on them.

- If the unit has access to HAIMS, please go ahead and upload these waivers into the system. **Please note SMs NEED to handcarry hard copies of their waivers to the Fort Bliss SRP site. These waivers should be on your SM/RTU at all times!**

- Please contact SRPC Nurse Case Management with any questions regarding the above information.

CRC ISSUES

- REFRAD/RTU TO Cco within 24 hrs (AD that are PCS?)

- FLIGHTS-over 30 days delay on flight do not have to return to SRPC if CLEARED TO MOB

- CRC cycle timelines updates-25 days RULE

- SICK CALLS/RX REFILLS

- HEARING/APPROVED WAIVERS/APPTS follow ups