



U.S. ARMY

Suwon Hwaseong Fortress

# USAG Humphreys Community Town Hall

12 February 2025  
Morning Calm Conference Center  
Facebook Live @ <https://www.facebook.com/usaghumphreys>





U.S. ARMY

# Agenda

- Opening Remarks
- PAO
- DFMWR
- DES
- Housing
- AFSBn-K
- RSO
- BDAACH / AFWC / Dental / Vet Services
- DoDEA
- Exchange
- DeCA
- USO
- Private Organization
- Open Discussion / Questions
- Closing Remarks





## Garrison Commander's Opening Remarks







U.S. ARMY

# Public Affairs Office

# My Army Post

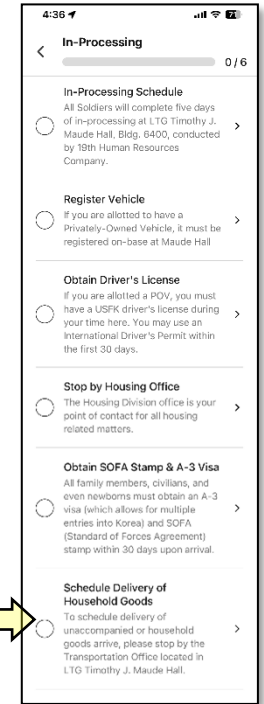
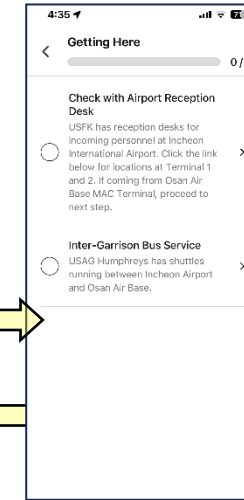
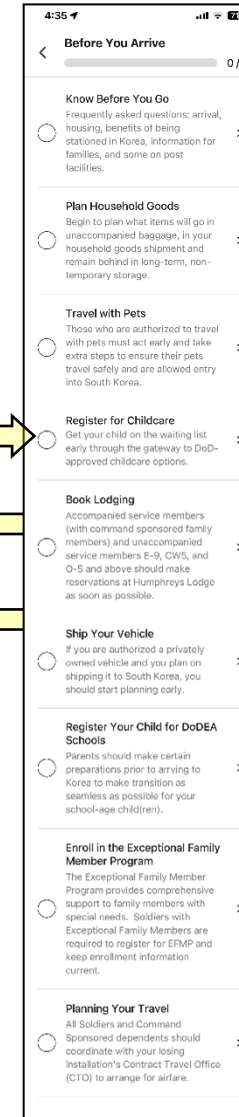
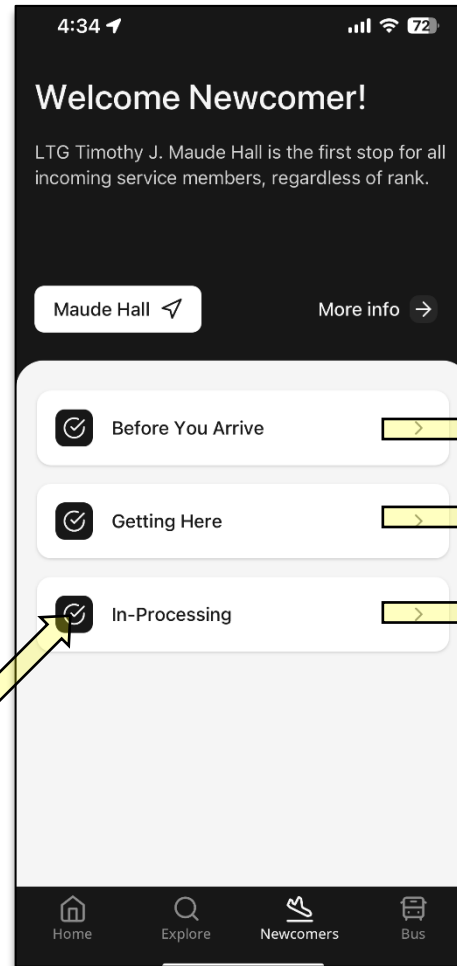
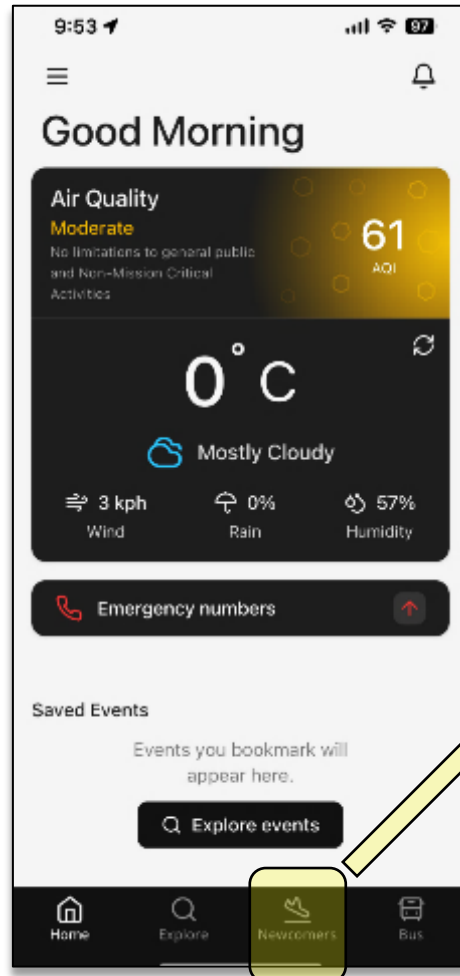
## MyArmyPost



Try the Army's Newest  
Mobile Application!

FIND THE MY ARMY POST APP  
IN THE APP STORE

DOWNLOAD IT TODAY



## Consider

- Adding the My Army Post App to Reporting Instructions
- Adding the My Army Post App to Welcome Letters
- Ensuring Sponsors provide incoming Soldiers & Families My Army Post App







USAG  
HUMPHREYS

# WINTER THINGS



scan for our winter  
programs & activities

  @HumphreysMWR  
[Humphreys.ArmyMWR.com](https://www.humphreys.armymwr.com)





## 2025 VOLUNTEER OF THE YEAR

An opportunity to recognize USAG Humphreys' Volunteers for their efforts!

### Important Dates

- **14 February 2025**
  - Nominations close
- **8 April 2025 (1100, Morning Calm Center)**
  - Volunteer of the Year Reception

### Volunteer Nomination Categories

- Active Duty
- Family Member
- Military Retiree
- Civilian/Contractor
- Youth (18 and Under)
- Korean National



### How to nominate

1. Download the packet from:  
<https://humphreys.armymwr.com/programs/army-community-service/army-volunteer-corps>
2. Make sure your nominee is registered, and recorded hours, in the Volunteer Management Information System (VMIS)
3. Submit to the POC (Debbie Herald, [deborah.a.herald.civ@army.mil](mailto:deborah.a.herald.civ@army.mil) DSN: 757-2363)





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# DFMWR - ACS: Army Emergency Relief



## **AER PCS Assistance**

- **Initial Rent:**
  - Initial rent related to a PCS move is a loan: 50% loan/50% grant
  - Security deposit assistance can also be requested as a 0% interest loan
- **Temporary Lodging:**
  - AER can provide a 0% interest loan for up to 14 of temporary lodging during a PCS move
  - Quick Assist Program eligible\*
- **Pet Transportation:**
  - Assistance up to \$5,500 in the form of a 0% interest loan for costs related to shipping pets due to PCS
  - Quick Assist Program eligible\*

**POC: Matthew Diehls, 757-2364 or Katharine Christy, 757-2371**

## **Pet Transportation Assistance**

Army Emergency Relief offers zero-interest loans to help the *whole* Family stay together.

### **WHAT**

Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS. To help alleviate this, AER created the Pet Transportation Assistance Program.

### **WHO**

- Active Duty and their eligible Family members
- Reserve and National Guard on Active Reserve and Guard tours
- Reserve and National Guard activated with PCS Entitlements

### **HOW**

Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit [www.aerhq.org/news/petassistance](http://www.aerhq.org/news/petassistance)



Are you an AER Officer? Download the official guide here:  
[www.aerhq.org/resource/official-pet-transportation-assistance-guidance](http://www.aerhq.org/resource/official-pet-transportation-assistance-guidance)







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# DFMWR - ACS: Army Emergency Relief



## AER Scholarships 2025

<https://www.armyemergencyrelief.org/scholarships/>

### • Mrs. Patty Shinseki Scholarship:

- Eligible spouses
- First undergraduate degree/technical certification
- Up to four academic years
- Apply year-round; must re-apply every year

### • Maj. Gen. James Ursano Scholarship:

- Dependent children
- First undergraduate degree/technical certification
- Up to four academic years
- Apply 1 January- 1 April; must re-apply every year



**SCHOLARSHIP**  
PROGRAM FOR DEPENDENT CHILDREN

**Applications accepted January 1  
to April 1 for following academic year**

The Maj. Gen. James Ursano Scholarship Program is based on applicants' financial needs and was established to assist dependent children of Soldiers in obtaining their first undergraduate degrees.

"I'm so grateful for this opportunity that I've been able to receive all four years; it's definitely been a great help. They have helped me out so much, and I'm so grateful that I want to donate back to Army Emergency Relief."

**Aidan  
Ursano scholarship recipient**

Go to [aerhq.org/scholarships/child](https://aerhq.org/scholarships/child) or scan the QR code for more information about this program.



## URSANO SCHOLARSHIP OVERVIEW

### ELIGIBILITY

In the last 16 years, more than 70,000 scholarships totaling over \$137 million have been awarded to Army children.

- ★ Dependent children of active duty, retired or National Guard and Reserve Soldiers on Title 10 Orders for the full academic year.
- ★ Children must be enrolled full-time for the entire academic year and be under the age of 24.
- ★ Recipients may receive scholarship funds for up to four years of full-time enrollment but must reapply each academic year.
- ★ Student must remain unmarried for the entire academic year.

AERHQ.org ★ 866-878-6378  
2530 Crystal Dr., Suite 13161  
Arlington, VA 22202



**POC: Matthew Diehls, 757-2364 or Katharine Christy, 757-2371**



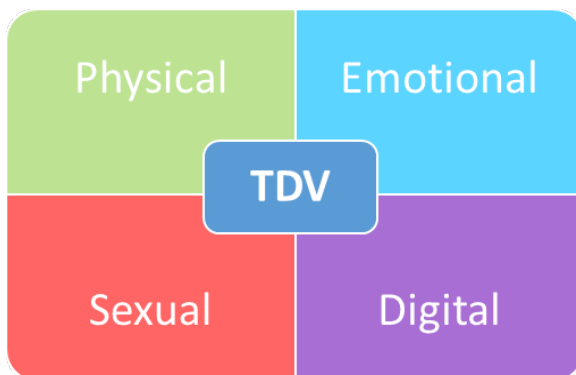


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# DFMWR - ACS: Family Advocacy Program (FAP)



## Teen Dating Violence Awareness Month



**Family Advocacy Program**

- Prevention and Education of Family Violence
- Safety, Support & Treatment for Victim
- Treatment Offenders (Accountability and Rehabilitation)

**Parents.** If you are aware of teen dating violence occurring, call **Domestic Victim Advocate 24/7 Hotline** 0503-364-5997 (Option 3 for Humphreys) and/or call: **Humphreys Military Police** at 0503-355-9917

**CONTACT US**

**SAFE NUMBER**

**Teens.** If you are experiencing teen dating violence please tell an adult you trust or call: **Humphreys Military Police** at 0503-355-9917 or **National Teen Dating Violence Helpline** @ 1 (800) 799-7233

### TDVAM/FAP Activities:

- **Navigating Parent & Youth Conflict\*\*:** 04 February, 1200-1300, Humphreys High School
- **Healthy Partner Communication\*\***
  - Humphreys: 05 February, 1130-1330, Bldg. 501
  - K-16: 11 February, 1130-1330, CAC Fellowship Room
- **Strengthening Family Ties- Ceramic Heart Mugs:** 07 & 08 February, 1100-1730, Arts & Crafts
- **Love & Communication Info Table:** 13 February, 1100-1300, Main PX by Starbucks
- **TDVAM Healthy Boundaries Outreach:** 20 & 21 February, 1100-1200, Humphreys High School
- **123 Magic- Teens\*\*:** 26 February, 1000-1200, ACS







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# DFMWR - ACS: Family Advocacy Program (FAP)



## Emergency Placement Care (EPC)



CONTACT US



SAVE NUMBER

### EPC

#### EMERGENCY PLACEMENT CARE (EPC)

Family Advocacy Program is in search of caring individuals who are willing to open their hearts and homes to at-risk military children. These children require a little extra love and attention because their natural parents or guardians are temporarily unable to care for them. The program is designed to provide short-term care for children of families in crisis. It is immensely rewarding to make a difference in a child's life by offering unconditional love and support during a difficult period of their life





### Contact Us

One Stop, MaudeHall, Bldg.6400  
ACS Annex, Bldg.501

Email  
Vanessa.g.mendez2.civ@army.mil

Phone  
0503-357-2363



FAP Office

### ELIGIBILITY

EPC families are currently limited to Families and AD Soldiers and DOD civilians.

- Must be 21 years of age and be in good physical health
- Individuals residing on and off-post government-owned, government lease housing and private rentals.
- Must have adequate income to meet the needs of their own family as well as those of the children placed in their care
- All individuals in the home must be able to pass a childcare background check
- Must be able to pass home safety inspection

### HOME REQUIREMENTS

- The home should not present any hazards to the safety of children.
- Separate bedrooms for the children are not required.
- Each child will be required to have his/her own bed.
- Children of the opposite sex cannot share the same bedroom.

#### APPLY

Please contact your local ACS Family Advocacy Program for an application and complete details.







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# DFMWR - ACS: Financial Readiness Program (FRP)



## MilTax Resources

### Free Income Tax Preparation Services

**MilTax (Military OneSource):** Self service tax preparation, no income limits, unlimited state returns, with tax consultants available 24/7 to answer questions. Available to servicemembers, their qualifying family members, and retirees within 1-year of retirement.

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>

**IRS Free File:** Guided tax preparation for Taxpayers with an adjusted gross income (AGI) of \$84,000 or less. *Some state returns are filed for free;* others may charge a fee. All federal income tax filing within the AGI of \$84,000 is 100% free. <https://www.irs.gov/filing/irs-free-file-do-your-taxes-for-free>

### Extra time to file for military members serving overseas

Members of the military stationed overseas have more time to file their tax returns (*2 months with written statement*). Additional extensions are available for those serving in combat zones. However, those with spouses and families may choose to file as soon as they can to claim any tax benefits. If only one spouse is present to file a joint return, they must have proper authorization to file a joint tax return on behalf of their spouse.

<https://www.irs.gov/individuals/international-taxpayers/us-citizens-and-resident-aliens-abroad-automatic-2-month-extension-of-time-to-file>

**Documents Needed:** Full name, social security number, and dates of birth for yourself, spouse and any dependents. W2 from employers. Financial statements (1099 forms). Copy of the previous years tax return.

## PCS Milestone

**Personal Financial Readiness Specialists** can help you better understand and prepare for a Permanent Change of Station (PCS) move by discussing financial planning and PCS considerations before, during, and after your move.

Training satisfies the common military training requirement for PCS for Soldiers in pay grade E-4 or below, or in pay grade O-3 or below.

Discussion topics include

- **Spending Plans**
- **Changes to Income/Expenses**
- **Credit Protection**
- **PCS Pay Resources**
- **and MORE!**





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# DFMWR - ACS: Relocation Readiness Program (RRP)



5, 12, 19, & 26 March:  
1500-1600  
13 & 27 March: 1330-1430



Mon-Wed, Fri: 0800-1700  
Thu: 1200-1700



3 March: 0900-1200  
Family Theater







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# DFMWR - ACS: Military Family Life Counselors (MFLCs)



	<u>Name</u>	<u>*Unit</u>	<u>Phone Number</u>	<u>Email</u>
1	Jocelyn Gamble-Mitchell	CYS	010-8455-9520	<a href="mailto:Jocelyn.Mitchell@leidos.com">Jocelyn.Mitchell@leidos.com</a>
2	Lisa Lee	CYS	010-8497-6895	<a href="mailto:Lisa.S.Lee@leidos.com">Lisa.S.Lee@leidos.com</a>
3	Coronda Wilms	DoDEA/MS	010-3981-4175	<a href="mailto:Coronda.Wilms@leidos.com">Coronda.Wilms@leidos.com</a>
4	Clara Miller	DoDEA/Central	010-7906-4014	<a href="mailto:Clara.L.Miller@leidos.com">Clara.L.Miller@leidos.com</a>
5	Kathleen McKinney	DoDEA/HHS	010-2399-1672	<a href="mailto:Kathleen.D.McKinney@leidos.com">Kathleen.D.McKinney@leidos.com</a>
6	Nefertiti Rowlette	2 CAB	010-8327-1776	<a href="mailto:Nefertiti.L.Rowlette@leidos.com">Nefertiti.L.Rowlette@leidos.com</a>
7	Leah Josiah	2 CAB	010-8307-7320	<a href="mailto:Leah.M.Josiah@leidos.com">Leah.M.Josiah@leidos.com</a>
8	LaTasha Becton	65th MED	010-8401-4975	<a href="mailto:Latasha.Y.Becton@leidos.com">Latasha.Y.Becton@leidos.com</a>
9	Catherine Little	1ABCT	010-8410-7430	<a href="mailto:Catherine.Little@leidos.com">Catherine.Little@leidos.com</a>
10	Jackson Edwards	1 SIG	010-5681-5304	<a href="mailto:Jackson.K.Edwards@leidos.com">Jackson.K.Edwards@leidos.com</a>
11	Wilmise Gowins	2ID Warrior Clinic	010-2496-6179	<a href="mailto:Wilmise.M.Goins@leidos.com">Wilmise.M.Goins@leidos.com</a>
12	LaDonna Holmes	2ID Warrior Clinic	010-5680-5271	<a href="mailto:LaDonna.P.Holmes@leidos.com">LaDonna.P.Holmes@leidos.com</a>
13	SooHyun Kim	2ID Warrior Clinic	010-9825-4610	<a href="mailto:SooHyun.Kim@leidos.com">SooHyun.Kim@leidos.com</a>
14	Dalsem Yang	2ID Warrior Clinic	010-5885-5915	<a href="mailto:Dalsem.Yang@leidos.com">Dalsem.Yang@leidos.com</a>
15	Angelia Stafford-Harvey	501st MI	010-8324-7215	<a href="mailto:Angelia.StaffordHarvey@leidos.com">Angelia.StaffordHarvey@leidos.com</a>
16	Celeslie Valcourt-Hall	8th Army	010-5782-4219	<a href="mailto:Celeslie.O.Valcourthall@leidos.com">Celeslie.O.Valcourthall@leidos.com</a>
17	Erica Dinwiddie	94th MP BN	010-8061-7591	<a href="mailto:Erica.Dinwiddie@leidos.com">Erica.Dinwiddie@leidos.com</a>
18	Angeline Toussaint-Gunn	Adult Rotational	010-7597-4904	<a href="mailto:Angeline.ToussaintGunn@leidos.com">Angeline.ToussaintGunn@leidos.com</a>
19	Hoson Naputi	Adult Rotational	010-5813-6076	<a href="mailto:Hoson.Naputi@leidos.com">Hoson.Naputi@leidos.com</a>
20	Erin Maguire	Adult Rotational	010-5799-8901	<a href="mailto:Erin.A.Maguire@leidos.com">Erin.A.Maguire@leidos.com</a>
21	Chadwick Lyon	35th ADA	010-2414-1857	<a href="mailto:Chadwick.Lyon@leidos.com">Chadwick.Lyon@leidos.com</a>
22	Smita Kapoor	K16	010-2338-3099	<a href="mailto:Smita.Kapoor@leidos.com">Smita.Kapoor@leidos.com</a>







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# DFMWR - Business Operations







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# DFMWR - Child & Youth Services



UNITED STATES ARMY  
CHILD & YOUTH SERVICES

LOOKING FOR A BABYSITTER?

## CYS TEEN BABYSITTER REFERRAL LIST

VISIT PARENT CENTRAL SERVICES  
TO SIGN OUT THE REFERRAL LIST

ALL TEENS ON THE LIST COMPLETED THE CYS BABYSITTER COURSE  
AND THE AMERICAN RED CROSS PEDIATRIC CPR, FIRST AID, AND AED

RATES ARE DETERMINED BY INDIVIDUAL  
BABYSITTERS AND THEIR GUARDIANS

SOME RESTRICTIONS MAY APPLY PENDING AGE OF INDIVIDUAL BABYSITTER IAW  
THE CURRENT COMMAND POLICY #28 STANDARDS OF CHILD SUPERVISION

SCAN FOR PARENT CENTRAL SERVICES  
HOURS OF OPERATION

PARENT CENTRAL SERVICES  
MAUDE HALL BLDG 6400  
2ND FLOOR, ROOM L207

# PARENT DAY OUT

(Sat) 22 March 2025  
11:00am – 3:00pm  
*(Registration Period: 21 Feb – 7 Mar)*  
COL Hess Child Development Center (BLDG 5410)

*For CYS-Registered Families with Children Enrolled in Infant-School Age.*





USAG HUMPHREYS

# YOUTH SPORTS

**ARMY** Youth SPORTS & FITNESS

**YOUTH COACHES NEEDED**

Scan here for more info! →







# DFMWR - Child & Youth Services



## STEP 1 1 CREATE ACCOUNT

Go to [MilitaryChildCare.com](https://MilitaryChildCare.com) to create an account containing information about your family, or to login using an existing username and password.

This simple step establishes your user ID for the child care system, allowing you to take advantage of its many benefits for your family.

## STEP 2 2 SEARCH and REQUEST CARE

Search the system for the child care options that best fit your needs and submit your requests for care.

[MilitaryChildCare.com](https://MilitaryChildCare.com) gives you access to a powerful search engine to locate facility-based or in-home child care options. Enter the search criteria that pertain to your family's needs, and refine your search at any time. Select one or more options and then submit your requests for care. The program will contact you when space becomes available.

## STEP 3 3 MANAGE MY REQUESTS

You can manage your requests for care from anywhere in the world.

You can always log onto [MilitaryChildCare.com](https://MilitaryChildCare.com) to review the status of your requests, change information related to your requests, and cancel requests that are no longer needed.

## STEP 4 4 UPDATE MY PROFILE

Keep your *My Profile* page up-to-date with important information.

*My Profile* stores information entered during the create account process, including sponsor name, contact information, and child name and date of birth. Log onto [MilitaryChildCare.com](https://MilitaryChildCare.com) to update your profile at any time. It is important to keep your email and phone number current, so when an offer is made programs can reach you.

It's that easy!





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# DFMWR - Community Recreation



USAG HUMPHREYS

# FITNESS EXPO25

*FITNESS FOR ALL*

**SAT, FEB 15 • 8:15 AM – 1:00 PM**  
COLLIER FITNESS CENTER BLDG 1949  
NO ENTRANCE FEE

**SAMPLE OUR FITNESS CLASSES**  
VINYASA FLOW YOGA • ZUMBA • CYCLE  
HIGH FITNESS & MORE

**VISIT WELLNESS INFO BOOTHS**

**MEET OUR PERSONAL TRAINERS & FITNESS INSTRUCTORS**

**@HumphreysMWR**  
**Humphreys.ArmyMWR.com**







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# DFMWR - Community Recreation



## OPENING SOON!

**Downtown  
Recreation Center  
& McGinnis  
Warrior Zone**

LOADING...





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# DFMWR - Community Recreation



## NEW HOURS OF OPERATION



**Wednesday-Sunday**  
**11:00am - 7:00pm**



## Garden Gala

11 April, 3:30 - 5:30PM  
SFC Ray E. Duke Memorial Library

Enjoy garden themed stories, activities, games, and crafts as we welcome the springtime with flower blooms and fresh beginnings.







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# DFMWR - Community Recreation



## CAR SHOW

29 March @ Auto Skills Center

### EVENT SCHEDULE

1200: Welcome Announcements

1215: 8th Army Band

1315: Jin Song and Nabin (Pop/R&B)

1415: 8 Army Band

1515: Kadenza Rock Band

1600: Winners Presentation

1616: Live DJ Hyen

1700: Event Concludes

### Activities:

- Food and Drink

### Vendors

- Games
- Photo Zone
- RC Cars
- Bumper Cars
- Car Competition
- Car Lift Competition & more!



## Eggsperience & Month of the Military Child (MOMC)

19 April @ Downtown Plaza/Marne Ave

### EVENT SCHEDULE

1130: Welcome Announcements

- Music, Games, & Activities Begin

1140: Photo Session with Eggsperience Bunny

1145: Egg Hunt Begins

1145 – 1200: 2 thru 5 years Old

1210 to 1225: 6 thru 8 years Old

1235 to 1250: 9 thru 12 years Old

1300: SKIES Performances (Dance & Martial Arts)

1330: Humphreys Youth Orchestra

1400: Certificates of Appreciation

1400: Music, Games, and Activities Continue

1530: Event Ends





# USAG Humphreys HOME BASED BUSINESS

Humphreys.ArmyMWR.com



## HBB TRAINING

Learn the **NEW** changes making it easier and quicker to gain approval to operate an on-post Home Based Business.

For more information on how to request On-Demand training, scan here:





# DPW - Winter Weather Support

## SNOW & ICE REMOVAL RESPONSIBILITIES

- Building occupants are responsible for cleaning within 50 feet of their building.
- Yellow Sand Boxes are located throughout USAG-H for individual use
- Snow Removal Request
  - DPW Service Order Desk: 756-6068
- Self help store (S1019): 755-1892, 1893
- Self –Help Hours of Operation: 0730-1630 Mon-Fri.



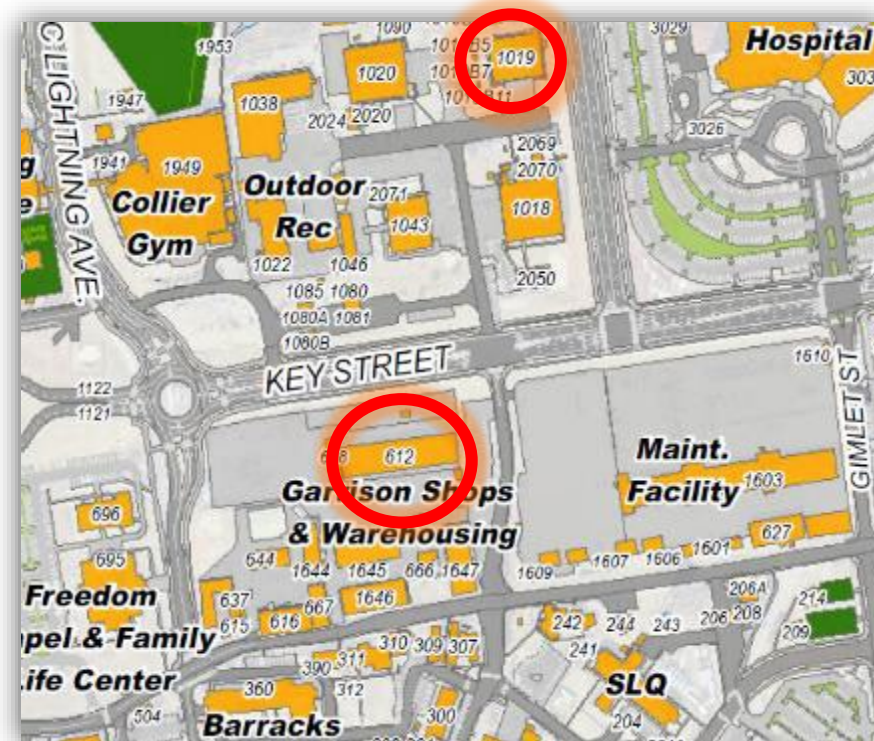


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# DPW - Winter Weather Support

## Self-Help Store

- Snow Shovels 50 ea.
- Brooms 50 ea.
- Stored at Self-Help
  - ICE Melt (50lb/bags) ; 700 Bags
  - DANOX (25kg/Bag) ; 100 Bags
- Snow Blowers; 10ea (Portable 3Hp)
- ICE Melt Spreader : 13ea.
- Sandbags; 2,000ea.
- Fill out sand at B612 - [Unit Responsibility](#)



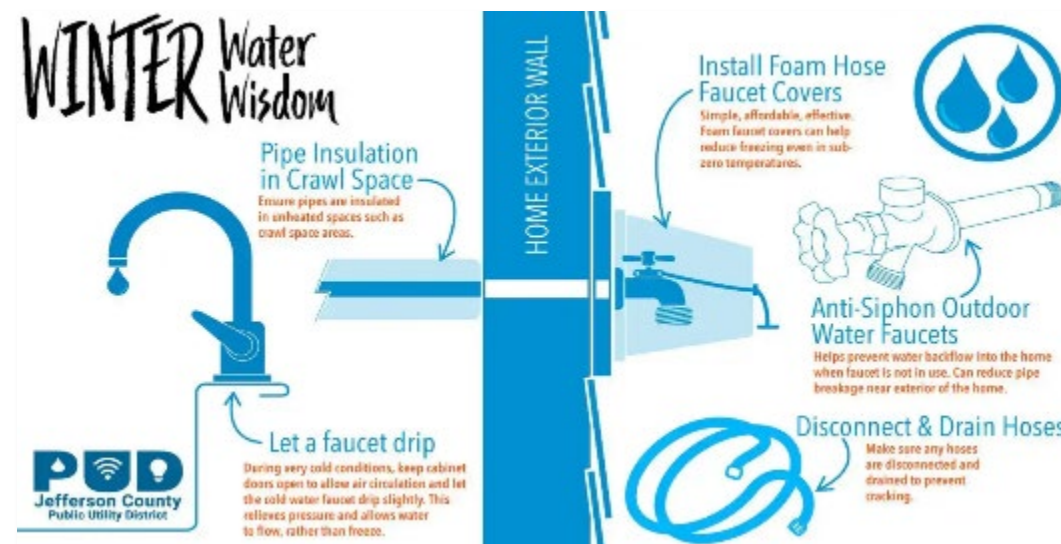


# DPW - Winter Weather Support

- If a heating or hot water issue arises, please contact DPW:
  - Service Order Desk: 756-6068
  - ArMA: [armymaintenance.com](http://armymaintenance.com)

## AVOID Frozen Pipes

- **Drain Everything:**
  - Empty outdoor water supplies like pools, sprinkler lines, and hoses.
  - Close indoor valves that direct water to outdoor sources.
- **Insulate Pipes:**
  - Protect and insulate pipes in areas like basements, crawlspaces, attics, and garages.
  - Insulation prevents pipes from freezing and reduces potential damage.
- **Let Faucets Drip:**
  - Allow faucets to drip slightly to keep water flowing and prevent freezing.
  - Especially effective during sudden temperature drops.



ArMA: [armymaintenance](http://armymaintenance.com)



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# DES - Pass Application/Request & Sponsorship

## IAW USFKI 5200.08 Installation Access Control:

When submitting sponsorship requests, please ensure you use updated forms –  
USFK Form 81  
(Individual Sponsored)  
or  
USFK Form 82 (Organization Sponsored)

APPLICATION FOR INDIVIDUAL-SPONSORED INSTALLATION ACCESS PASS										TRACKING #	
For use this form, see USFKI 5200.08 and the proponent agency is USFK Provost Marshal Office. SEE PRIVACY ACT STATEMENT BELOW										RECEIVED DATE	
SECTION I - TO BE FILLED OUT BY SPONSOR AND APPLICANT (TYPE OR PRINT)											
1. NAME (LAST, FIRST, MIDDLE)			2. SEX <input type="checkbox"/> FEMALE <input type="checkbox"/> MALE		3. a. KID/SSN OR PASSPORT			3. b. NATIONALITY			
4. DOB (YYYYMMDD)		5. HEIGHT (INCHES)		6. WEIGHT (POUNDS)		7. HAIR		8. EYES		9. GLASSES <input type="checkbox"/> YES <input type="checkbox"/> NO	
11. CURRENT ADDRESS & PHONE NO. (ST NO., CITY & PROVINCE)					12. RELATIONSHIP TO SPONSOR (NOT APPLICABLE FOR PERSONAL SERVICE HIRE PASS APPLICANT)						
13. ACCESS REQUIREMENTS (If USFK or BA-wide, special processing required; submit 60 days in advance)											
13. a. ACCESS AREA		13. b. FPCON		13. c. HPCON		13. d. ESCORT PRIVILEGE (for 13c and 13d only)		13. e. HOURS		13. f. DAYS	
14. SPONSOR INFORMATION											
14. a. SPONSOR (FULL NAME/RANK or GRADE)				14. b. SPONSOR FULL SSN or DODID#				14. c. SPONSOR ORG & PHONE NUMBER			
15. PASS TYPE AND JUSTIFICATION (ATTACH COPY OF KID CARD OR PASSPORT, as applicable)											
<input type="checkbox"/> 15. a. SHORT-TERM PASS											
PERIOD OF VISIT: _____ TO _____ INSTALLATION(S): _____											
<input type="checkbox"/> 15. b. PERSONAL SERVICE HIRE PASS											
SERVICE REQUIRED: _____ SERVICE EXPIRATION: _____ ON-POST HOUSING #/CAMPBASE _____											
<input type="checkbox"/> 15. c. NON-DOD FAMILY MEMBER PASS											
REASON FOR STAY IN KOREA: _____											
<input type="checkbox"/> 15. d. CIVILIAN RETIREE FAMILY MEMBER, CIVILIAN RETIREE RETIREMENT DATE: _____											
<input type="checkbox"/> 15. e. VHC HOLDER CARE PROVIDER, VA COMMUNITY CARE LETTER PRESENTED? <input type="checkbox"/> YES <input type="checkbox"/> NO											
SPONSOR ACKNOWLEDGEMENT OF RESPONSIBILITY											
I fully understand my responsibilities as a sponsor for the control of the person identified at the top of this application. All information submitted is true and correct to the best of my knowledge. I further understand that it is my responsibility to ensure proper conduct of my visitor while he/she is on USFK installation. It is my responsibility to ensure that the pass is returned to the Installation Pass & ID Office upon termination of the visit. Failure to comply with these requirements may result in adverse administrative or legal action against me.											
16. SPONSOR SIGNATURE _____ DATE _____											
SECTION II - TO BE FILLED OUT BY PASS & ID OFFICE											
17. a. USFK Law Enforcement Check		Requested		Completed		18. DEROGATORY INFORMATION <input type="checkbox"/> YES <input type="checkbox"/> NO		(If Yes) Date Provided Approval Authority _____			
17. b. KNP Criminal History Check											
17. c. NCIC Check											
I HAVE REVIEWED THIS APPLICATION TO ENSURE INFORMATION AND DOCUMENTATION REQUIRED FOR AN APPROVAL DETERMINATION ARE ENCLOSED AND IAW USFKI 5200.08.											
19. SIGNATURE OF PASS & ID SECTION CHIEF OR NOIC				DATE				20. PASS EXPIRATION DATE			
SECTION III - APPROVAL AUTHORITY											
I HAVE REVIEWED THIS APPLICATION AND ITS SUPPORTING DOCUMENTATION AND I AFFIRM IT MEETS THE PROVISIONS OF USFKI 5200.08. <input type="checkbox"/> Approved <input type="checkbox"/> Disapproved											
SIGNATURE, TYPED NAME, GRADE, & DUTY TITLE _____											
PRIVACY ACT STATEMENT											
1. AUTHORITY: Title 10, USC, 3012(g).											
2. PRINCIPAL PURPOSE(S): Use of social security number or Korean identification number is an additional means of identification of individuals.											
3. ROUTINE USES: An individual's social security number or Korean identification number, together with name and other personnel identifying data, may be used for the collection of derogatory information on file within DOD, host nation, and other law enforcement agencies in determining an individual's suitability for access to USFK installations in Korea.											
4. MANDATORY DISCLOSURE AND EFFECT ON INDIVIDUALS NOT PROVIDING INFORMATION: Disclosure of information is voluntary. Failure to provide required data may result in denial of access to USFK installations.											

USFK FORM 81, 29 OCT 2024

PREVIOUS EDITIONS ARE OBSOLETE.

PAGE 1 OF 2

APPLICATION FOR ORGANIZATION-SPONSORED INSTALLATION ACCESS PASS										TRACKING #	
For use this form, see USFKI 5200.08 and the proponent agency is USFK Provost Marshal Office. SEE PRIVACY ACT STATEMENT ON PAGE 2										RECEIVED DATE	
SECTION I - TO BE FILLED OUT BY SPONSOR AND APPLICANT (TYPE OR PRINT)											
1. NAME (LAST, FIRST, MIDDLE)			2. SEX <input type="checkbox"/> FEMALE <input type="checkbox"/> MALE		3. a. KID/SSN OR PASSPORT			3. b. NATIONALITY			
4. DOB (YYYYMMDD)		5. HEIGHT (INCHES)		6. WEIGHT (POUNDS)		7. HAIR		8. EYES		9. GLASSES <input type="checkbox"/> YES <input type="checkbox"/> NO	
11. ADDRESS & PHONE NUMBER					11. b. PERMANENT ADDRESS & PHONE NO. (ST NO., CITY & PROVINCE)						
12. ACCESS REQUIREMENTS (If USFK or BA-wide, special processing required; submit 60 days in advance)											
12. a. ACCESS AREA		12. b. FPCON (A, B, C, or D)		12. c. HPCON (0, A, B, C, or D)		12. d. ESCORT PRIVILEGE <input type="checkbox"/> YES <input type="checkbox"/> NO		12. e. HOURS		12. f. DAYS	
12. g. PASS TYPE											
<input type="checkbox"/> EMPLOYEE		<input type="checkbox"/> ROK MILITARY		<input type="checkbox"/> SPONSORED GUEST		<input type="checkbox"/> ROK GOVERNMENT OFFICIALS		12. h. STATUS		<input type="checkbox"/> INITIAL <input type="checkbox"/> RENEWAL <input type="checkbox"/> UPDATE	
<input type="checkbox"/> CONTRACTOR		<input type="checkbox"/> ALLIED NATION		<input type="checkbox"/> SS SPOUSE (RED)		<input type="checkbox"/> ROK MILITARY FAM MBR		12. i. MISSION ESSENTIAL PERSONNEL (MEC)		<input type="checkbox"/> YES, Position # _____ <input type="checkbox"/> NO	
<input type="checkbox"/> US EMBASSY		<input type="checkbox"/> VOLUNTEER		<input type="checkbox"/> DRIVER (RED)		<input type="checkbox"/> KOREAN SERVICE CORPS					
13. SPONSOR INFORMATION											
13. a. SPONSOR (FULL NAME/RANK or GRADE)				13. b. SPONSOR FULL SSN or DODID#				13. c. SPONSOR ORG & PHONE NUMBER			
14. JUSTIFICATION FOR INSTALLATION/BASE ACCESS (ATTACH COPY OF KID CARD OR PASSPORT, PREVIOUS PASS, as applicable) (FPCON level, escort privilege, access area, and day/hours of access must be justified in detail)											
SPONSOR STATEMENT OF UNDERSTANDING											
I fully understand my responsibilities as a sponsor for the control of the person identified at the top of this application. All information submitted is true and correct to the best of my knowledge. I further understand that it is my responsibility to ensure that I notify the Installation Pass & ID Office of any change in my status as a sponsor or any knowledge of misuse of the pass to be issued. It is my responsibility to ensure that the pass is returned to the Installation Pass & ID Office if it is not renewed, upon termination of employment or services being provided, or for short term visitors or personal service employees, prior to my DEROS. Failure to comply with these requirements may result in adverse administrative or legal action against me.											
15. SPONSOR SIGNATURE _____ DATE _____											

USFK FORM 82, 29 OCT 2024

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PAGE 1 OF 3







**U.S. ARMY**

(PC8-IN VEHICLE SHIPPED ON ORDER8)

(SHIPPING OUT)

(EXCHANGE BETWEEN SOFA OWNERS)

(DEREGISTRATION-JUNKING)

INNER AND MAY BE

## NON DECAL

050 357K Form 134-00

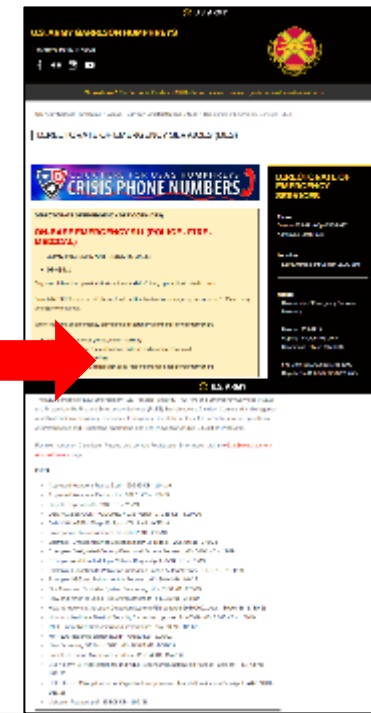
net or invoice



<https://home.army.mil/humphreys/index.php/about/Garrison/DES>

**Consistently updated by the Pass & I.D. Office, the webpage contains links to all required forms for basic access in easy-to-use PDF formats.**

**QR Code is scannable to all  
applicable cellular telephones  
and tablets alike!**





U.S. ARMY

# DPW Housing

Dear Residents,

This is a reminder that effective 15JAN25 all Holiday decorations and displays were required to be removed from all residential homes and tower balconies.

Additionally, unauthorized flags or banners must be removed from all residential homes and tower balconies. The only flags authorized for display on military installations are:

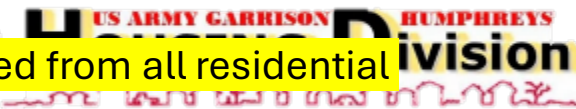
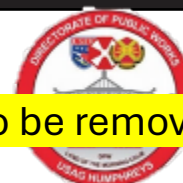
- The flag of the United States of America
- Flags of U.S. States and Territories and the District of Columbia.
- Military Service flags.
- Flag or General Officer flags.
- Presidentially appointed, Senate-confirmed civilian flags
- Senior Executive Service (SES) and Military Department-specific SES flags
- The POW/MIA flag.
- Flags of other countries, for which the United States is an ally or partner, or for official protocol purposes.
- Flags of organizations in which the United States is a member ( e.g., NATO); and
- Ceremonial, command, unit, or branch flags or guidons.

This guidance applies to public displays or depictions of flags by Service members and civilian employees in all Department of Defense workplaces, common access areas, and public areas, including, government-operated housing.

## Your Army Housing Team

If you have any questions, please contact at Housing Division, DPW 757-2647

E-mail: [usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-housing@army.mil)







U.S. ARMY

# DPW Housing

## ***ATTENTION CUSTOMERS:***



The Furnishings Management Branch will be conducting its required 100%

Annual Physical Inventory of Government Furniture

**From March 17<sup>th</sup> to March 21<sup>st</sup>**

### **Please Note the Following:**

- **No Delivery or Pickup Service:** During this period, there will be no delivery or pickup of furniture unless there is an emergency (e.g., appliance failure, life, health, and safety issues).
- **Resume of Normal Operations:** Regular operations will resume on **Monday, March 24th**.
- **Scheduling Household Goods:** When planning the delivery of your household goods with the Transportation Office, please account for this inventory period.
- **TLA Extension:** Temporary Living Allowance (TLA) extension will be authorized to accommodate for this time.

Thank you for your cooperation and understanding.

If you have any questions, please contact us via email:

USARMY Camp Humphreys ID-Pacific List USAG Humphreys FMB [usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil)





U.S. ARMY

# DPW Housing

## Furnishings Management – Requesting Service for appliances & furnishings

- Service request for appliances and furnishings.
  - ❑ Contact FMB for deficiencies with refrigerator, stove, oven, microwave, **washer**, **dryer**, soft furniture, wood furniture, etc.
- Contact FMB to report nonfunctioning **washers** and **dryers**.
- Any service member can report a nonfunctioning **washer** and **dryer** to FMB.
- For any furnishings support please contact FMB.
- Submit a service order for furnishings & appliances in ArMA.

UH Furnishings contact:

Mr. Kim, Chong Uk, 755-3561, [chonguk.kim8.ln@army.mil](mailto:chonguk.kim8.ln@army.mil)

Mr. Park, Jin Hong, 755-9562, [jinhong.park3.ln@army.mil](mailto:jinhong.park3.ln@army.mil)

Ms. Yi, Un Hui, 757-1468, [unhui.yi.ln@army.mil](mailto:unhui.yi.ln@army.mil)

Ms. Kim, Si Un, 757-1467, [sieun.kim3.ln@army.mil](mailto:sieun.kim3.ln@army.mil)

Mr. Pang, Chun, 757-2653, [chun.s.pang.civ@army.mil](mailto:chun.s.pang.civ@army.mil)

Mr. Kim, Tae Kyong (TK), 755-9550, [taekyong.kim5.ln@army.mil](mailto:taekyong.kim5.ln@army.mil)

Mr. Alfie Haywood, FMB Chief, 755-0525, [alfie.c.haywood.civ@army.mil](mailto:alfie.c.haywood.civ@army.mil)



US ARMY GARRISON HUMPHREYS  
**Housing Division**







U.S. ARMY

## Furnishings and Appliances Work Order Submission



- **Work order submission via service call:**

DSN: 755-9552 / 755-3560 / 757-1468 / 757-1467

Commercial: 0503-355-9552 / 0503-755-3560 / 0503-357-1468 /  
0503-357-1467

- **Work order submission via email:**

USARMY Camp Humphreys ID-Pacific List USAG Humphreys FMB

[usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil](mailto:usarmy.humphreys.id-pacific.list.usag-humphreys-fmb@army.mil)

- **Work order submission via ArMA:**

[HTTPS://www.armymaintenance.com/arma](https://www.armymaintenance.com/arma)

Available from any smart phone or desktop web browser.

Scan the QR code with your smart phone camera to open ArMA





Effective 01 January, 2024, it is \$2,000 per OCONUS PCS move, and \$500 per CONUS move



Must use Patriot Express, if available

First come, first served



Make reservations as soon as orders are in hand

Reserve up to 90-120 days prior to departure



Be aware of the health and safety risks

Familiarize yourself with the pet kennel guidelines

## Pet Travel Links

- ☐ **Heat Risks to Pets**  
<https://www.amc.af.mil/LinkClick.aspx?fileticket=eDXvkQ39yr4%3d&portalid=12>
- ☐ **Pet Transportation Allowance**  
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>
- ☐ **AMC Travel Site**  
<https://www.amc.af.mil/AMC-Travel-Site/> (Click on PE Info Links on the page)
- ☐ **Pet Risks to Pets During Travel**  
[https://www.amc.af.mil/Portals/12/AMC%20Tvl%20Pg/Pet%20travel/AMC%20Pets%20-%20Risk%20Acknowledgement%20Document%20\(RAD\)%20\(13%20Dec%202022\).pdf?ver=BVc\\_N-Ho4YhkTyz-pUwhsw%3d%3d](https://www.amc.af.mil/Portals/12/AMC%20Tvl%20Pg/Pet%20travel/AMC%20Pets%20-%20Risk%20Acknowledgement%20Document%20(RAD)%20(13%20Dec%202022).pdf?ver=BVc_N-Ho4YhkTyz-pUwhsw%3d%3d)







U.S. ARMY

RSO

# USAG Humphreys Holy Day Services

## ***Catholic Worship Services (Freedom Chapel):***

12/13 APR Palm Sunday: 1730 SAT & 0900 SUN  
17 APR Holy Thursday: 1730  
18 APR Good Friday (Day of Fasting & Abstaining): 1730  
19 APR Easter Vigil: 2000  
20 APR Easter Sunday: 0900

## ***Protestant Worship Services:***

13 APR Palm Sunday: (All Chapels regular service times)  
17 APR Maundy Thursday: 1800 (Pacific Victors Chapel)  
17 APR Maundy Thursday: 1800 (4CMC)  
18 APR Good Friday: 1800 (Pacific Victors Chapel)  
18 APR Good Friday: 1800 (4CMC)  
20 APR Easter Sunrise Service: 0600 (4CMC outside)  
20 APR Easter Sunday: (All Chapels regular service times)

## ***Jewish Worship Services:***

13-14 MAR Purim Fest: (4CMC)  
12-20 APR Passover Celebrations (4CMC)

## ***Muslim Holy Days (Pacific Victors Chapel):***

28 FEB-30 MAR Ramadan  
30 MAR Eid Al Fitr

## ***Pagan Services (Tree Circle Behind 4CMC)***

22 MAR Spring Equinox: 1800

## ***Midgard Fellowship Services (Tree Circle Behind 4CMC)***

15 MAR Varblot: 1700  
12 APR Sigrblót: 1700

## ***Buddhist Services (Warrior Chapel):***

12 FEB Magha Puja - Sangha Day: 1100  
13 APR Songran Day: 1100

As of 04 Feb 25

<https://www.facebook.com/HumphreysChapel/>

WE ARE THE ARMY'S HOME





U.S. ARMY

# RSO

## Authentic Pastoral Care

The USAG Humphreys Chaplain Family Life Center is staffed by a licensed/working toward licensure clinically trained chaplain in both spiritual and therapeutic approaches in counseling. Our goal is to provide the best possible pastoral care to the best Service and Family Members in the Army —meaning You!

## Confidentiality

The Family Life Chaplain is NOT a mandated reporter, (just like the military unit Chaplains). Also, the Family Life Chaplain is NOT in your chain of command or civilian supervision.



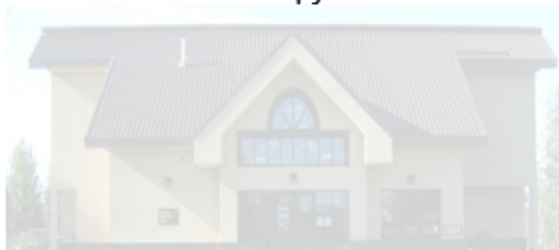
### Family Life Chaplain

CH (MAJ) Johnny Cochran 010-9503-8565

[john.s.cochran9.mil@army.mil](mailto:john.s.cochran9.mil@army.mil)

- Doctorate of Ministry from Gardner Webb University in Pastoral Care and Counseling
- M.S in Marriage and Family Therapy from Capella University
- M.A in Biblical Counseling from SEBTS

Primary advanced trainings:  
Emotionally Focused Therapy, Cognitive Behavioral Therapy, Treating Affairs and PTSD, Acceptance and Commitment Therapy



## USAG Humphreys Family Life Center

## CFLC Chaplain Family Life Center



### Counseling Available:

- ♦ Marital
- ♦ Pre-marital
- ♦ Combat Stress
- ♦ PTSD
- ♦ Spiritual Crisis
- ♦ Addictions
- ♦ Life Skills
- ♦ Grief
- ♦ Stress
- ♦ Subs. Abuse
- ♦ Financial
- ♦ Parenting
- ♦ and More!!

USAG Humphreys  
Chaplain Family Life Center (CFLC)  
BLDG 696  
Located behind Freedom Chapel  
Call to make an appointment:  
Tele. 010-9503-8565  
Or stop by and make an appointment!







U.S. ARMY

# RSO



## BSRT - Suicide Prevention Training - SafeTALK

### IN PERSON WORKSHOP

- March 28, 2025

9:00 am - 12:00 pm  
Riverbend Pub at the Golf Course  
Mame Avenue  
BLDG 5904  
Pyeongtaek

- Lunch Provided.

Register by QR code or at  
[bsrt.army.mil](http://bsrt.army.mil)



### ABOUT THE WORKSHOP

- SafeTALK is a 3 hour in person workshop featuring powerful audiovisuals, discussions, and simulations.
- You'll learn how to recognize when someone may be thinking about suicide, and how to provide a steps for an intervention and develop a safety plan with the person to connect them to further support.
- This workshop aims to increase your willingness, confidence, and capacity to provide suicide first aid.
- Knowledgeable, supportive trainers will guide you through this interactive workshop, ensuring a comfortable and safe learning environment.
- Widely used by professionals and the general public

### COURSE REQUIREMENTS

- Participants must be able to attend the workshop in entirety.
- This course is FREE.

PLEASE CONTACT [john.s.cochran9.mil@army.mil](mailto:john.s.cochran9.mil@army.mil) FOR ADDITIONAL INFORMATION

WE ARE THE ARMY'S HOME

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U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Access to Care – Virtual (Phone) Appointments

### Virtual (Telephonic) Appointments Now Available at BDAACH

BDAACH is increasing access to care even further by expanding use of virtual, over-the-phone appointments for patients who do not need to see their provider in person. While some medical needs—such as physical examinations, immunizations, or urgent care—require an in-person visit, many routine appointments can be completed quickly and effectively over the phone, reducing wait times and improving access to care.

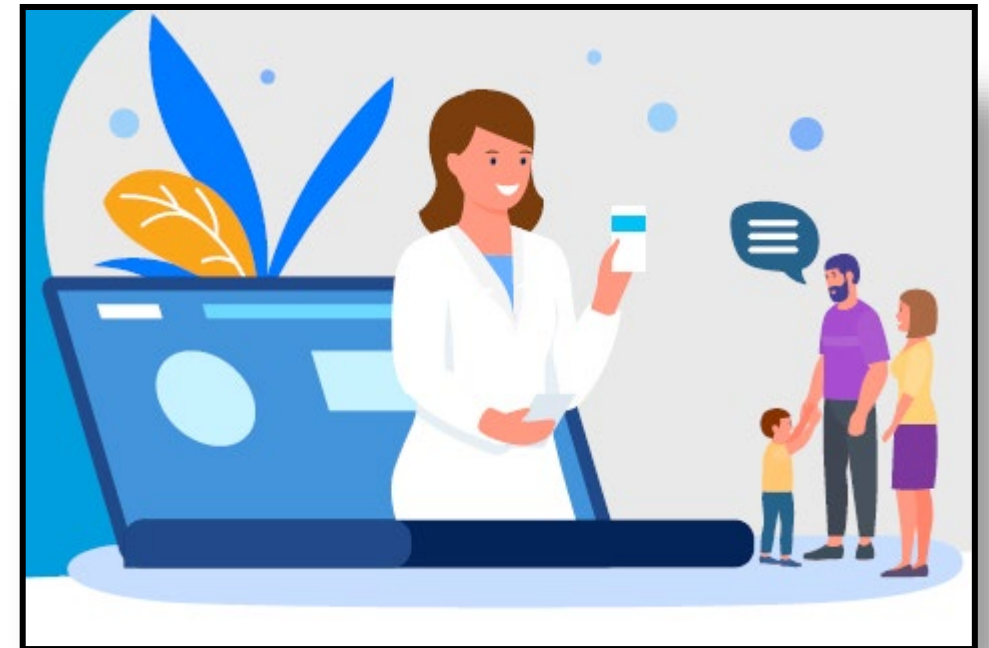
### Who Can Use Virtual Appointments?

Active-Duty Service Members (ADSM), Active-Duty Family Members (ADFM), Empaneled patients with a Primary Care Manager (PCM) at BDAACH

### What Virtual Care Options Are Available?

Virtual appointments are suitable for medical needs that do not require a hands-on physical examination such as:

- ✓ Medication renewals
- ✓ Referral requests
- ✓ Simple consultations
- ✓ Follow-up care
- ✓ Lab/X-ray result reviews







U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Access to Care – Virtual (Phone) Appointments

### Why Choose a Virtual Appointment?

Virtual care offers several benefits, including:

- ✓ **Faster Access to Care** – Get timely medical advice and triage for necessary in-person visits.
- ✓ **Convenience & Time-Saving** – Avoid travel and long wait times by resolving concerns over the phone.
- ✓ **Improved Access for Patients with Mobility or Transportation Challenges** – Receive care from anywhere.
- ✓ **Comfort of Home** – No need to rearrange schedules or disrupt daily routines.
- ✓ **Reduced Exposure to Illness** – Avoid crowded waiting rooms and potential infections.
- ✓ **Support for Family Responsibilities** – No need to arrange childcare or elder care to visit the clinic.

### How to Schedule a Virtual Appointment?

Patients can schedule a virtual (phone) appointment the same way they would a regular appointment:

1. **Call the Central Appointment Line** – DSN: 315-737-2273 COMM: 0503-337-2273
2. **Use Secure Messaging to request an appointment** – MHS GENESIS Patient Portal (<https://patientportal.mhsgenesis.health.mil>)

If a virtual appointment is appropriate and available, MTF staff will recommend it during scheduling.





U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Access to Care – Combatting No Shows

### What is a No-Show?

A No-show is defined as a patient who has an appointment with the MTF, but neither uses the appointment nor notifies the MTF of their inability to keep it.

### What we are doing to combat No Shows

Every Friday, BDAACH generates a **Weekly No-Show Report** and distributes to all CSMs (19th ESC, 1ST SIG BDE, 2ID, 35th ADA, 501st MI BDE, 65th MED BDE, 8A, USFK, IMCOM).

The report includes three rosters:

1. No-Show Roster by MSC/BDE – Top-level summary.
2. No-Show Roster of ADSM – Individual names and assigned units.
3. Upcoming Appointments Roster – List of next week's scheduled appointments.

### What you can do to combat No Shows

- ✓ Sign up for Appointment Reminders
- ✓ Cancel/reschedule your appointment at least **two (2) hours** prior to the appointment time by:
  1. Using the MHS GENESIS Patient Portal
  2. Calling the central appointment line (0503-337-2273)
  3. Contacting/visiting Clinic Front Desks



**NOTE:** ADSMs may still appear on the report due to administrative/system discrepancies. If this occurs, contact BDAACH Health Care Operations (direct email link available in weekly report).







U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Access to Care – Appointment Reminders

**Forgetting to go to your appointments? Make sure you're getting Appointment Reminders!**

### Why should I get Appointment Reminders?

- You will be notified 48 hours in advance of your appointment.
- You will also get emergency notifications and inclement weather closures related to appointments.
- Each reminder notifies you of the appointment date, time, provider, and MTF.
- Reminders also provide information on how to cancel the appointment, if necessary.

### How to Sign Up for Appointment Reminders

When checking in for your appointment at the clinic front desk, ask to update two things!

1. Contact Information
2. Notification Preferences (Call, Text, or Email)

Or you can call the Central Appointment Line (0503-337-2273) and an appointing clerk will assist you with updating your EHR.

**NOTE: Must be a local Korean number to receive calls or text.**





U.S. ARMY

# Brian D. Allgood Army Community Hospital

## BDAACH Physical Therapy (PT) – Expanded Sick Call Hours

Great news for our active-duty folks!

Due to popular demand and increased staffing availability, PT Clinic Sick Call hours are now 0600-0900 every day during the week!

**BDAACH**  
**PHYSICAL THERAPY CLINIC** *Sick Call*  
*Active Duty, permanently stationed at Camp Humphreys*  
**OUR SERVICE:**

- ✓ **New Injuries (21 days or less)**  
Neck, Back, Shoulder, Elbow, Wrist, Hand, Hip, Knee, Leg, Ankle, Foot
- ✓ **Monday – Friday, 6:00 - 9:00 AM**
- ✓ Not available on Federal or USFK Training Holidays
- ✓ May be subject to closure based on provider availability

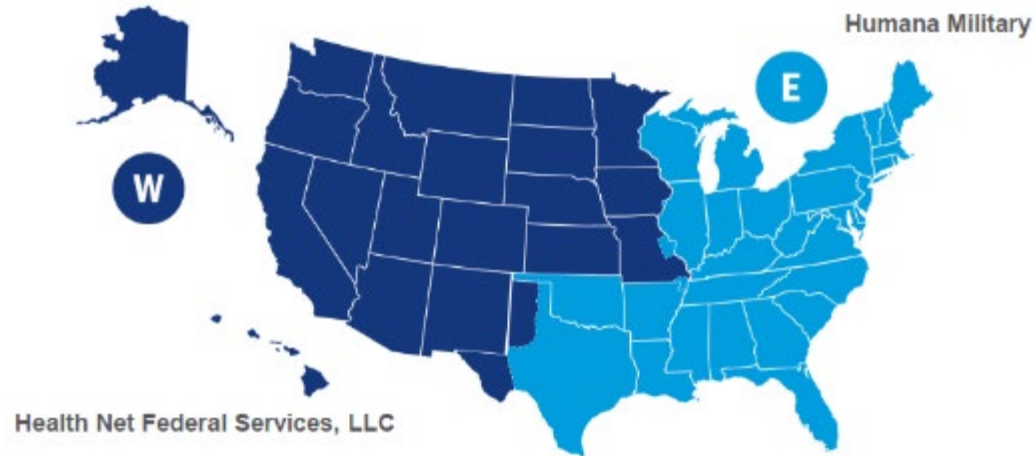
 **PHYSICAL THERAPY CLINIC**  
BDAACH, 4th Floor

\*\*\*Limited availability; patients will be triaged based on medical necessity.  
If closed and you require immediate attention, please visit nearest Emergency Room.



## PCS Preparation: Health Care Coverage

### TRICARE Stateside Regions



### TRICARE Overseas Program



**International SOS** is the TRICARE Overseas Program (TOP) contractor.

Website: <https://www.tricare-overseas.com>





## PCS Preparation: Health Care Coverage Checklist

### Before You Move:

- ☐ Do **not** disenroll from TRICARE. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.
- ☐ Verify your DEERS information.
- ☐ Contact your current regional contractor to begin transferring enrollment.
- ☐ Obtain copies of your medical/dental records from any off-post facilities where you were seen without a referral.  
**NOTE: Records from military treatment facilities (MTFs) or referred civilian facilities are available online via MHS GENESIS and will be automatically forwarded to your gaining MTF. Hand-carrying official military treatment records is not authorized.**
- ☐ Renew and refill prescriptions.
- ☐ Plan ahead for routine medical care.
- ☐ Coordinate special care needs such as EFMP.

### On the Road:

- ☐ Emergency Care - No referral is required; call 911 or go to the nearest emergency room.
- ☐ Urgent Care – See any TRICARE-authorized provider. No referral is required for non-ADSMs. **NOTE: ADSMs require referrals to receive nonemergency care from a civilian provider.**

### At Your New Location:

- ☐ Update DEERS.
- ☐ Finish transferring TRICARE Prime or TRICARE Select enrollment, if applicable.
- ☐ If you're enrolled in the TRICARE Dental Program, provide your new contact information to United Concordia.





U.S. ARMY

# Brian D. Allgood Army Community Hospital

## MYCARE OVERSEAS

A SECURE AND USER-FRIENDLY BENEFICIARY MOBILE APP



### Using the App you can:

- Check your TRICARE Health Plan and Claims
- Look up appointments and Referrals to the Host Nation Hospitals
- Find helpful country information and tips
- Utilize translation support services including medical records and language support\* (may only be available for TRICARE Prime)
- And more!

INTERNATIONAL SOS SERVES AS THE TRICARE OVERSEAS PROGRAM (TOP) CONTRACTOR



CUSTOMER SERVICE TOLL FREE NUMBER  
080-429-0880

- MyCare Overseas™ is an easy-to-use, innovative tool designed to enhance your health care experience.
- Scan the QR code below to download the app. After you install the MyCare Overseas™ app on your mobile device, complete the registration process to begin enjoying the features of the app right away!
- Alternatively, access the MyCare Overseas™ web-based portal using your personal computer or laptop, by visiting <https://top.internationalsos.com/beneficiary>





## PCS Preparation: EFMP Screening

**START THE PROCESS AT E-EFMP:** The Army's Enterprise Exceptional Family Member Program: <https://efmp.army.mil/EnterpriseEfmp>

### KEY FACTS YOU SHOULD KNOW

- A Soldier's EFMP enrollment is considered during the assignment coordination process. If that assignment is to an overseas location and the Soldier requests accompanied travel, then each Family Member requires Family Member Travel Screening (FMTS) before travel, **even if the Family member is already registered in the EFMP.**
- **If Family member is registered** → EFMP screening simply acts as a process to confirm that the special need still exists or provides an opportunity to update the status of the special need if it has changed.
- **If Family member is NOT registered** → EFMP screening process may result in the identification of an Exceptional Family Member (EFM) and enrollment in the EFMP.
- **NOTE:** FMTS must be initiated within **30** days of official assignment notification.

DA Form 5888

DA Form 7246

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SCREENING QUESTIONNAIRE <small>For use of this form, see AR 600-75; the proponent agency is OACSM</small>		NAME OF MEDICAL TREATMENT FACILITY	
DATA REQUIRED BY THE PRIVACY ACT OF 1974			
<b>AUTHORITY:</b> PL 94-142 (Education for all Handicapped Children Act of 1973); PL 95-581 (Defense Dependents' Education Act of 1978); DOD 1342.12 (Education of Handicapped Children in DOD); 17 December 1981, SDOJ 1013.13 (Provision of Mobility Related Services to Children Receiving or Eligible to Receive Special Education in DOD Dependents Schools Outside the United States); 28 August 1986, 10 USC 3013; 20 USC 921-932 and 1401, et seqs			
<b>PRINCIPAL PURPOSE:</b> To obtain information needed to evaluate and document the special education and medical needs of family members. This will permit consideration of special education and medical needs of family members in the personnel.			
<b>ROUTINE USES:</b> Information will be used by personnel of the Military Departments to evaluate and document special education and medical needs of family members for consideration in personnel assignments.			
<b>DISCLOSURE:</b> The provision of requested information is mandatory. Failure to respond will preclude U.S. Total Personnel Command from enrolling soldiers in the EFMP. Soldiers who knowingly refuse to enroll exceptional family members will receive, at a minimum, a general officer letter of reprimand. Refusal to provide information may preclude successful processing of an application for family travel/command sponsorship.			
SERVICE MEMBER'S NAME/RANK		DATE (YYYYMMDD)	
BRANCH	UNIT	DUTY PHONE	
PROJECTED PCS ASSIGNMENT	ESN	HOME PHONE	
PROJECTED PCS DATE	HOME ADDRESS	DUTY ADDRESS	
LIST ALL FAMILY MEMBERS	FAMILY MEMBER PREFIX	SEX	DATE OF BIRTH (YYYYMMDD)
			CHECK IF ENROLLED IN EFMP







U.S. ARMY

# Brian D. Allgood Army Community Hospital

## PCS Preparation: EFMP Top 3 Questions

### Top 3 EFMP Questions:

- 1. How do I add a family member to my CMD Sponsorship?**
  - Create package in Enterprise EFMP system.
- 2. I am PCS'ing this year what do I do?**
  - Directly reach out to the office for guidance.
- 3. When does my EFMP expire?**
  - Log into your Enterprise EFMP account for accurate data.
  - <https://efmp.army.mil/EnterpriseEfmp/>

### BDAACH EFMP Office:

**Phone:** DSN 315-737-1283 / COMM 0503-337-1283

**Email:** [usarmy.humphreys.medcom-kor.mbx.efmp@health.mil](mailto:usarmy.humphreys.medcom-kor.mbx.efmp@health.mil)

**Office Location:** BDAACH, 4F, Room H4154

**Hours:** Monday-Friday 0800-1600  
Walk-ins always welcome





## PCS Preparation: EFMP Checklist

	THREE TO SIX MONTHS BEFORE YOUR MOVE	AS YOU LEAVE YOUR DUTY STATION	AS YOU ARRIVE AT YOUR NEW DUTY STATION
MEDICAL	<ul style="list-style-type: none"><li>❑ Obtain your child or adult dependent's medical records, including shot records, prescriptions and dosages.<sup>1</sup></li><li>❑ Connect with your TRICARE provider if you are changing TRICARE regions to facilitate an easy transition.</li><li>❑ Review Medicare, Medicaid and Supplemental Security Income, or SSI, information available at your new location, as appropriate.</li></ul>	<ul style="list-style-type: none"><li>❑ Collect any supplies that your child or adult dependent may need upon arrival at your new duty station, including medication refills and supplies – for example, hearing aid batteries.</li><li>❑ Talk to your medical provider about securing necessary prescriptions and medications for your transition.</li><li>❑ Hand-carry a copy of your child or adult dependent's medical records, as applicable.<sup>2</sup></li></ul>	<ul style="list-style-type: none"><li>❑ Connect with your new TRICARE provider to communicate your family's medical needs.</li><li>❑ Schedule appointments with your family's primary care providers and specialists.</li><li>❑ Connect with a legal representative to reestablish conservatorship.</li><li>❑ Call ahead to ensure availability of TRICARE PLUS for dependents, as applicable.</li></ul>

1. From any off-post facilities where you were seen without a referral. Records from MTFs or referred civilian facilities are available online via MHS GENESIS and will be automatically forwarded to your gaining MTF.
2. Hand-carrying official military treatment records is not authorized.





U.S. ARMY

# Armed Forces Wellness Center

**Self-Care Is Essential  
for Sustaining High  
Performance**



Our services are available for Active-Duty Military, Dependents, Retirees, Spouses, Reserve, National Guard, and DA/DOD Civilians.

## Services:

- ❖ Body Composition Analysis
- ❖ Resting Metabolic Rate Testing
- ❖ Fitness Testing
- ❖ VO<sub>2</sub> Submax/Max Testing
- ❖ Exercise Prescription
- ❖ Health Coaching

## Classes:

- ❖ Upping Your Metabolism
- ❖ Healthy Sleep Habits
- ❖ Meals in Minutes
- ❖ Stress Management
- ❖ Fueling for Health
- ❖ Performance Optimization
- ❖ AR600-9



Building 578  
DSN: 315-737-5758  
COMM: 010-3337-5758

Hours:  
Monday-Thursday 0800-1600  
Friday 0800-1200





# Dental Health Activity – Korea

## DENTAL ONE-STOP

### Dental Readiness



### Our Services

- ✓ Daily walk-in exams for Service members due for annual exam with-in 60 days
- ✓ Mass exam events coordinated for units
- ✓ Limited same day/next day scheduled exam appointments to reduce the wait time



0730 - 1130 / 1230 - 1630 Monday  
 0730 - 1130 / 1230 - 1630 Tuesday  
 0730 - 1130 / 1230 - 1630 Wednesday  
 Closed Thursday  
 0730 - 1130 / 1230 - 1630 Friday  
 \* Closed all Federal Holidays and DONSA's



USAG Humphreys, Maude Hall  
 Building 6400, 2F J208

## CARIUS DENTAL CLINIC



### OUR SERVICESS

- ✓ SICK CALL
- ✓ DENTAL READINESS
- ✓ PERIODONTICS
- ✓ PROSTHODONTICS
- ✓ ENDODONTICS

### HOURS OF OPERATIONS

MONDAY - FRIDAY  
 7:30 a.m. - 4:30 p.m.  
 (EXCLUDING FEDERAL HOLIDAYS)

COMMERCIAL APPOINTMENT  
 0503-337-9206/9207

DSN APPOINTMENT  
 315-737-9206/9207

BLDG. 3020/ USADC  
 CARIUS # 15660/ APO  
 96271

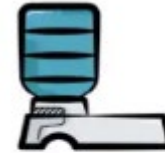
## WINTER PET SAFETY TIPS



Beep the horn before starting your car in case a cat is napping in a wheel well or the engine.



Keep antifreeze out of reach and clean up spills right away.



Ensure your pet has plenty of water that won't freeze.



If you are cold, your pets are cold too! Keep them bundled up this winter.



Don't forget to wipe your dog's paws! Ice-melting chemicals can make your pet sick.



Don't over-bathe or shave your pet in the winter.



If your dog has a thin coat, try a dog jacket or sweater.



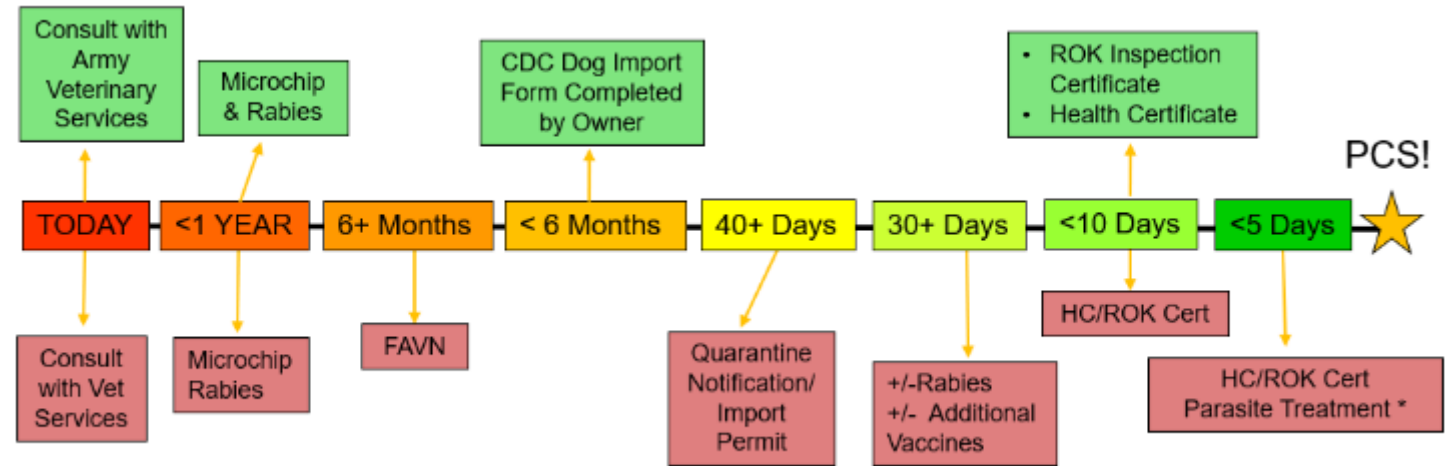
## PCSing with Pets from Korea:

### CONUS

- Rabies Vaccine with Rabies Certificate (dogs & cats)
  - ISO Compliant Microchip and its number listed on all required documents (dogs & cats)
  - Health Certificate (dogs & cats)
  - ROK Inspection Certificate (dogs & cats)
  - CDC Dog Import Form (requirement only for dogs)
  - > 6 months old of age (requirement only for dogs)
  - Appears healthy upon arrival (dogs & cats)
- Consult with Veterinary Services as soon as possible if your dog has visited a rabies high-risk country within the 6 months before arriving to the U.S. as additional requirements apply.

### OCONUS:

- Rabies Vaccine with Rabies Certificate (dogs & cats)
- ISO Compliant Microchip and its number listed on all required documents (dogs & cats)
- Valid FAVN (dogs & cats)
- Health Certificate (dogs & cats)
- ROK Inspection Certificate (dogs & cats)
- Quarantine Notification/Entry Permit Request (dogs & cats)
- Proof of Additional Vaccines/Parasite Treatment
  - DAPv, Leptospirosis, Parainfluenza, Bordetella (dogs)
  - FVRCP, FeLV (cats)
  - Endo/Ectoparasites (dogs & cats)



PCSing with your pet(s)? Contact your local Veterinary Treatment Facility **AS SOON AS YOU RECEIVE ASSIGNMENT INSTRUCTIONS** for help ensuring that your pet is prepared to fly!







U.S. ARMY

# DoDEA – School Dates, Recess, PCSing, and Registration

## Upcoming School Dates, Recess, etc.

- February 14: Recess Day – No School
- February 17: President's Day – No School
- March 27: Teacher Workday – No School for Students
- March 28 - April 4: Spring Break – No School
- April 18: CCRS Professional Learning Day (Q4) – No School for Students
- May 23: Recess Day – No School
- May 26: Memorial Day – No School
- June 3: HHS Graduation at 1700

## Are you PCSing?

- Please contact the school registrar and notify them of your child's last day of school.
- Please provide them at the minimum TWO weeks for their records to be prepared.
- On the student's last day, please pick up your child's records after school.

## New registration

To register to attend a DoDEA School the following age requirements must be met.

A child must be:

- four years old by September 1 to attend Pre-Kindergarten.
- five years old by September 1 to enroll in kindergarten.
- six years old by September 1 to attend first grade.

**Pre-register for new students:** visit DoDEA Online Registration Portal <https://dodeasis.myfollett.com/aspen> to pre-register.

**Final Registration:** Please contact the school registrar to finalize the registration once you arrive in Korea.

**Re-registration for existing students:** More Information to Follow. Please contact the School Registrar if you have any questions.



**\*\*Schools Need  
Substitute Teachers\*\***



<https://www.usajobs.gov/GetJob/ViewDetails/768205000>

**DoDEA Pacific West  
Information Site**



<https://www.dodea.edu/pacific/pac-west/usag-humphreys-schools>



**CONDITONAL ENROLLMENT**

**Select courses and build a class schedule prior to arrival at your next school!**

DoDEA Pacific high schools offer conditional enrollment to military-connected students who are moving to Japan, Okinawa, Korea or Guam due to Permanent Change of Station orders.

**Eligibility**  
To be eligible for conditional enrollment the student must:

- Meet eligibility requirements for space required enrollment
- Be requesting enrollment into grades 9-12
- Arrive at assigned duty station within three months of requesting conditional enrollment

**Scan QR code to get started with the conditional enrollment process.**



DoDEA Pacific High Schools are US Armed Forces High Schools. DoDEA Pacific High Schools are US Armed Forces High Schools. DoDEA Pacific High Schools are US Armed Forces High Schools.





U.S. ARMY

# DoDEA –District News

## Construction of New Humphreys East Elementary School

- Enrollment 440 capacity, Opening SY26/27

Projected Image:



Outdoor Learning Lab



Sensory Garden



Outdoor Classroom & Exit Stair

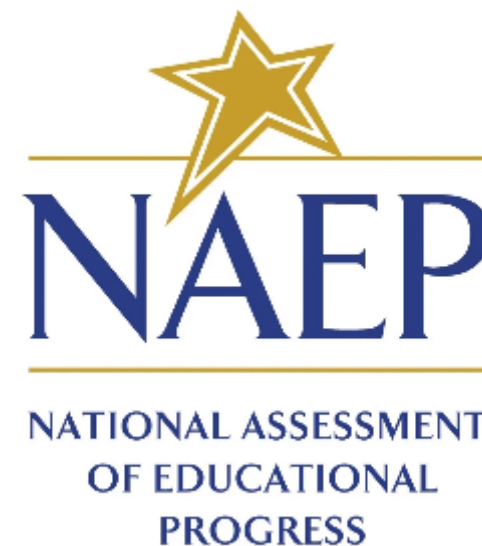
## Pacific Student Transition Program

- Each new student is assigned a student ambassador, whose main responsibilities are to escort new students for a week, eat lunch together and provide informal on-boarding



## National Assessment of Educational Progress

- DoD Schools Ranked Best in the United States Again on Nation's Report Card



- Fourth and eighth-grade students attending DoDEA schools led the nation in scoring on the 2024 NAEP Reading and Mathematics Assessments.
- DoDEA students' average scale scores ranged from 14 to 25 points higher than corresponding national average scores and held steady while national average scores mostly decreased.





**DON'T  
FORGET**

## TO CLEAR THE EXCHANGE!!

- CLOSE NEGATIVE BALANCE/ CLOSE SCHOOL MEAL ACCT
- CHECK ANY OUTSTANDING DEBT
- AT PX CUSTOMER SERVICE



- CLOSE PHONE/INTERNET SERVICE BEFORE LEAVING KOREA
- AT LGU+ & KT COUNTERS IN PX POWERZONE OR MAUDE HALL



- CLEAR BALANCES FOR DENTAL SERVICES RECEIVED
- AT SENTRY BLDG 400







# EXCHANGE

## H&R BLOCK®

MILITARY TAX EXPERTISE TO  
**GET EVERY  
DEDUCTION  
YOU DESERVE.**

No matter what your occupation, H&R Block will find all of your work-related deductions and credits. It's just one reason why we guarantee you'll get the maximum refund. Stop by H&R Block next to Dunkin' and LGU+ in Maude Hall today to talk to a Tax Professional for further information.



**USAG Humphreys**  
**Maude Hall Bldg. 6400**  
**(1<sup>st</sup> floor by Dunkin & LG U+)**  
**Mon-Sat 1000-1900**  
**070-7727-6100**  
**[sung.x.hong@tax.hrblock.com](mailto:sung.x.hong@tax.hrblock.com)**





U.S. ARMY

DeCA



# WELCOME ABOARD

## FRESH FRUITS & VEGETABLES



Coastal Pacific Food Distributors is excited to begin operations as DeCA's new produce contractor for Fresh Fruits & Vegetables. All of us on the CPFD Team look forward to working with you to help provide patrons an assortment of fresh produce with emphasis on high quality & value.





Effective Oct 31, 2024 Due to South Korean regulations pertaining to imported products, commissaries will no longer be able to import certain items. Due to these importation restrictions on certain fresh fruits and vegetables commissary patrons should expect that the assortment will reflect the availability of products which may be commercially imported or which are otherwise available locally in SOUTH Korea.

## **EMBARGO ITEMS from USA (categories)**

### **Types of products prohibited imports from USA.**

- Apple
- Pear
- Stone fruits(Peach/Plum/Apricot)
- Strawberry
- Mango
- Tomato
- Pumpkin
- Cranberry





U.S. ARMY

DeCA



# EMBARGO ITEMS (conditions & exceptions)

## Some items require certain conditions to import to Korea

**Potatoes**–Despite not being officially designated an embargo item, prohibitive requirements discourage suppliers from importing. The potatoes currently imported from the USA to Korea are exclusively used for food processing, not retail purposes.

**Mushrooms**–Currently, there are no approved local sources for mushrooms, and they must be shipped via air from the USA.





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# USO Humphreys



FOR THE PEOPLE WHO SERVE.™

## Maude Hall Business Center & Lounge

Building 6400, Rm 103

## Sentry Village

Building P301

## Outreach



WE ARE THE ARMY'S HOME

58 of 63







U.S. ARMY

# USO Humphreys

## Upcoming Events USO Sentry Village (Building P301)

**USO COFFEE CONNECTIONS**

**FEB 18**  
1000-1130

**USO HUMPHREYS-  
SENTRY VILLAGE**



**USO** [USO.org/CoffeeConnections](https://www.uso.org/CoffeeConnections)



**USO**

**Youth's  
Dungeon & Dragons**

USO Humphreys Sentry Village  
February 13th, (Thursday) at 15:30



Pre-registration required as space is limited.  
Parent or guardian must remain present for the duration of the event.



**PI(E) YAY**

14 march  
USO Humphreys- Sentry Village

**USO**  
FOR THE PEOPLE WHO SERVE.™

**USO**  
FOR THE PEOPLE WHO SERVE.™

**Homefront  
Hot Meals**

**March 26th @ 1700**  
USO HUMPHREYS- SENTRY VILLAGE  
BUILDING P301



USO Korea- Events



Facebook







U.S. ARMY

# USO Humphreys



Volunteer at USO



**Center and Outreach Volunteers:** Provides support, hospitality, and a welcoming environment to all guests.

**Mentorship Program:** Provide guidance and support to Service Members and military families.

**USO Center Support:** Assist with daily operations, guest services, and program execution.

**How to Volunteer:** Visit [www.Volunteers.USO.org](http://www.Volunteers.USO.org) for registration and details.



**DISCLAIMER:** The following information presented during this briefing are the **views of the individual private organizations and their members**. This information is only provided as a convenience to the USAG Humphreys local community. The appearance of any private organization or non-federal entity is not intended to endorse nor recommend any views expressed or services offered by these private organizations. Additionally, **USAG Humphreys does not endorse the views they express nor the services they offer**. The inclusion of information from these private organizations is not intended to assign importance to those organizations nor to the information presented.





## Open Discussion / Questions







## Closing Remarks

