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Ladies and Gentlemen:

Below is the Military Health Weekly for 29 July 2019. All content may be used in newspapers, publications, on websites and social media channels, and in other official communications.

If there is a specific topic you would like information on, send an email to the [DHA Internal Communications mailbox](#) or directly to Ms. [Anne Edgecomb](#).

MHS MINUTE

POC: [Ms. Anne Edgecomb](#), (703) 681-8952. Alt POC: [Mr. Scott Forsgren](#), (703) 681-6234.

Watch and share the July edition of the "MHS Minute," a monthly video series that provides a 60-second recap of some of the top Military Health System activities and achievements that took place during the previous month!

In this edition, we highlight DHA Aurora's renovations and ribbon-cutting ceremony hosted by VADM Bono, as well as 24 Uniformed Services University of Health Sciences students now certified in open water scuba diving.

[YouTube](#)

[Facebook](#)

[Twitter](#)

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TRICARE NEWS ARTICLES

POC: [Ms. Corina Notyce](#), (703) 681-7791

[Get to Know Your TRICARE Retired Reserve Plan](#)

[FEDVIP Provides Vision Coverage to TRICARE Beneficiaries](#)

OTHER NEWS ARTICLES

POC: [Mr. John Jung](#), (703) 681-7946.

[Move over sharks ... It's time to talk about bugs!](#)

[Positive attitude, social support may promote TBI/PTSD resilience](#)

[Stop the Bleed: A battlefield innovation on civilian soil](#)

[Madigan pharmacy wait time drops](#)

SOCIAL MEDIA

POC: [Ms. Jessica Meyle](#), (703) 681-4358.

Post #1: MHS GENESIS, #genesisofGENESIS

- [Facebook Post](#)
- [Twitter Post](#)

Post #2: Bug Week Promo Article: Move over sharks..., #BugWeek2019

- [Facebook Post](#)
- [Twitter Post](#)

Post #3: TRICARE: Breast pumps and supplies, #TakeCommand

- [Facebook Post](#)
- [Twitter Post](#)

MONTHLY HEALTH THEMES

POC: [Mr. Terry Welch](#), (703) 681-1773.

The July Monthly Theme is "From the Battlefield to the Backyard" as we recognize Health Innovation Month. This will be an opportunity to highlight Defense Department researchers and providers who are finding innovative ways to protect, support, and advance the health and welfare of the Defense community. We remain on the cutting edge of medical practices and procedures, thus providing the best possible care for service members and beneficiaries. Many of these innovations find their way from the battlefield to the backyard, resulting in improved care for all Americans. During the month of July, we will focus on the technological innovations in military medicine that have made the MHS a leader in healthcare delivery.

[CLICK HERE](#) for Health Innovation Month content – and other timely content – you can use or co-brand for your local facility. If you have any trouble accessing this information, please contact [Terry Welch](#).

The Military Health System (MHS) is also celebrating the second annual "Bug Week" campaign from July 27—August 2, 2019. The week will feature content to raise awareness of bug-borne illnesses and treatment options. See our [toolkit](#) featuring Facebook and Twitter banners, posters, screensavers, infographics, templates, and

even coloring pages to help organizations celebrate Bug Week! Please reach out to [Jessica Meyle](#) with any questions or for more information.

All themes are supported through daily social media postings on Military Health and TRICARE channels:

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

<https://twitter.com/militaryhealth>

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

<https://twitter.com/TRICARE>

August's theme will focus on Preventive Health.