

ARMY RESERVE MEDICINE



ARMY STRONG.®



A LITTLE TIME WITH US COULD MAKE A BIG DIFFERENCE IN YOUR CIVILIAN CAREER. NOT TO MENTION IN YOUR LIFE

THE EXPERIENCE OF A LIFETIME

If you're focused on furthering your medical career, yet you thrive on challenges, learning and a little adventure, the Army Reserve could be the perfect opportunity for you. You'll be part of an outstanding team of health care professionals from diverse disciplines and backgrounds, working in state-of-the-art facilities with the very latest technology and you'll be serving your country.

Whether you're a recent medical school graduate, medical resident or an established physician, you'll experience a diversity of settings, unique opportunities and patients in the Army Reserve. You may diagnose and provide treatment to a child one day, take part in a humanitarian mission or perform telemedicine in a field environment another day. Next, you may be rappelling down a cliff or supervising the setup of a mobile hospital. Whatever the challenge, you're sure to find it a rewarding change of pace and anything but every day.

As a health care professional in the Army Reserve, you will train part time and serve when needed, which makes it an outstanding return on your investment of time.

FURTHER YOUR CAREER

Think of the time you spend as an officer in the Army Reserve as time you are dedicating to self-improvement, learning and focused patient care. You'll keep up on the latest medical trends. Attend seminars and conferences. Take part in classes as a student as well as a teacher. Collaborate with peers from diverse backgrounds. In short, the knowledge you

gain and the skills you sharpen over a weekend in the Army Reserve can improve your proficiency and productivity, and enhance everything you do from Monday through Friday and throughout your professional career.

The Army Reserve also offers monetary rewards. There are loan repayment and residency stipend programs, plus bonuses and special pay incentives for which you may qualify. There are also other perquisites that come with being an Army officer. In addition to retirement benefits and low-cost life and dental insurance, there's one priceless advantage: the pride of serving one's country and community as a valued member of a highly respected health care organization.

FIELD AND COMBAT MEDICINE IS NOT WHAT IT USED TO BE! TAKE A CLOSER LOOK

THE LATEST TECHNOLOGY

The Army Medical Department is one of the largest comprehensive health care systems in the country. Our mission is straightforward: To provide world-class care to the Soldiers and families of the Army, whenever and wherever in the world that care is needed. As far back as 1908, the Army Medical Department has been at the forefront of utilizing technology and equipment that support the Army's changing military medical needs. We continue to use cutting-edge equipment at our many state-of-the-art facilities throughout the country and around the world. These facilities include world renowned medical centers, small hospitals and clinics. Even our remote settings offer high-tech care. Field medical units may include capabilities for telemedicine transmission, computed radiography, high-resolution still imagery,

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interactive video conferencing, computerized patient information management systems and high-performance wireless communications – thereby enabling us to link our network of specialists and ensure that medical expertise is forwarded to areas where it is urgently needed.

THE BEST CONNECTIONS

In the Army Reserve, you will be part of a team of highly qualified physicians and other health care providers spanning the complete spectrum of medical and surgical specialties. Be assured that you'll be working side by side with highly skilled professionals. You'll find your Army Medical Corps colleagues can be invaluable connections in advancing both your military and civilian professional careers.

In addition, each brings different experiences and ways of thinking to every patient care situation. Working collaboratively and sharing information with this dedicated team of professionals will expose you to new techniques, procedures and points of view. So you're bound to come away a better physician for your efforts.

TREATING TROPICAL DISEASES. WORKING TO MAKE THE WORLD A BETTER PLACE

THRILL OF ADVENTURE

The Army Reserve gives you countless opportunities to do things you probably would not get a chance to do in a civilian practice. In addition to providing care to a diverse patient base of Soldiers, their family members and military retirees, you may participate in a humanitarian mission in the United States or another country to provide medical care to people with little or no access to health care. Or you may find yourself heading out in a Black Hawk aeromedical evacuation helicopter to lead a simulated training exercise or to administer trauma care to an injured Soldier. It's a unique combination of medicine and adventure that you'll find both exhilarating and satisfying.

The physical challenges are likely to be a departure from your civilian career as well. Rappelling down a 500-foot rock face may be an exciting part of your training. Though one day, you may need to rely on these skills to make one of your more extreme "house calls."

A DEPARTURE FROM THE DAILY ROUTINE

SENSE OF PRIDE

There's something inspiring about being part of the military excellence, integrity and discipline that has fueled the Army Reserve for over 90 years. Making a commitment to your country can instill an overwhelming

sense of pride, as it does for other Army Reserve health care providers who provide the worldwide delivery of quality health care.

You'll enter the Army Reserve as a commissioned officer, gaining the respect, responsibility and prestige that are afforded to your rank. You will work as a member of a team, in an atmosphere of strong camaraderie that fosters lifelong friendships.

You can also take pride in the fact that you are taking an active role in shaping your own career by broadening your horizons, expanding your knowledge and fine-tuning your skills, all while maintaining your civilian practice. That's true accomplishment.

TAKE A COURSE, TEACH A COURSE OR PUT YOUR BODY THROUGH AN OBSTACLE COURSE. COMPLIMENTS OF THE ARMY

THE TRAINING BEGINS

Upon entering the Army Reserve, you will be either assigned to a Troop Program Unit (TPU) or to a Reserve unit as an Individual Mobilization Augmentee (IMA). As a member of a TPU, you can train part time, ready to serve when needed. Your monthly drill may entail assisting at a military medical facility or conducting unit exams at your TPU. Of course, you may have the opportunity to attend continuing medical education courses, seminars and conferences, or even assist Army Health Care Recruiters by speaking to potential Medical Corps applicants.

We'll ensure that your integration into the Army Reserve Health Care Team is seamless. Your military training begins with the Army Medical Department Officer Basic Leadership Course (OBLC). This two-week program is filled with diverse tasks that are both mentally and physically challenging. During OBLC, you will be introduced to the rest of the Army Medical Department team by training with professionals from our other disciplines and Corps. You will take part in lectures, conferences and demonstrations that cover everything from Army customs to the management of mass casualties. You'll also have the chance to take part in a hands-on simulation of a deployed field hospital.

THE EDUCATION CONTINUES

If you have a thirst for knowledge, there are few places better than the Army Reserve. Because you'll be an integral member of the Army Reserve Health Care Team, we're committed to helping you stay abreast of the newest developments and techniques in your field, as well as the latest trends in areas such as preventive medicine, environmental and occupational health, health promotion and wellness, and epidemiology and disease prevention.

Your training could consist of giving or receiving briefings on technological advances at an Army hospital, attending a specialty conference or attending a continuing medical education program. For a better idea of some of the courses

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that may be offered, take a look at the following list. In addition to attending courses, you may be able to teach or even conduct research related to your area of expertise. Our goal is quality patient care. Our intent is to help you achieve your continuing education goals and give you the chance to perfect your specialty.

ADVANCED BURN LIFE SUPPORT. Sponsored by the American Burn Association, this program teaches you how to treat and manage the unique aspects of burn injuries.

ADVANCED CARDIAC LIFE SUPPORT. Following American Heart Association guidelines, the program centers on the lifesaving intervention treatment associated with advanced cardiac patients.

TROPICAL MEDICINE. Get advanced training in diseases occurring in tropical areas. The focus of this course is not usually emphasized in medical schools.

MEDICAL MANAGEMENT OF CHEMICAL CASUALTIES. This course contains exercises that provide experience in triage, decontamination and treatment of chemical casualties.

COMBAT CASUALTY CARE COURSE [C4]. This course shows you how to function in intense conflict areas. It includes Advanced Trauma Life Support, designed and sponsored by the American College of Surgeons, which deals with trauma treatment within the first hour of injury.

PRINCIPLES OF MILITARY MEDICINE. This course focuses on providing preventive medicine support to the community. It is an accredited graduate school course for a master's degree in Public Health.

ADVANCED PUBLIC HEALTH. This program provides an up-to-date review of the principles, procedures, concepts and trends in the field.

A SECOND SOURCE OF INCOME NEVER HURTS. NOR DO THE PRIVILEGES THAT COME WITH BEING A MEDICAL CORPS OFFICER

FINANCIAL INCENTIVES

In return for your commitment, the Army Reserve provides a second income that also includes regular pay raises and opportunities for promotion, plus various financial and educational incentives. That's a very good deal, especially if you're a medical resident or recent medical school graduate with education loans to pay off, or if you're an established physician looking to build or improve your practice.

Through the Specialized Training Assistance Program (STRAP), the Healthcare Special Pay Program (HSP) or the Health Professional Loan Repayment Program (HPLR), you could receive \$1,992 a month in financial assistance (adjusted each July), a \$75,000 special pay, or up to \$250,000 in education loan repayment. Qualified applicants may be eligible to receive one or more financial incentives.

STRAP. The Specialized Training Assistance Program provides medical residents in designated specialties a monthly stipend of \$1,992. After completing your residency, you'll serve two years in the Army Reserve for each year or partial year you received the stipend.

HPLR. The Health Professional Loan Repayment program provides up to \$250,000 for repayment of education loans for physicians serving in Army Reserve medical units. Payments are made in the amount of up to \$40,000 each year for a maximum total of \$250,000.

Special Pay. The Healthcare Professional Bonus (HPB) pays a \$75,000 recruitment bonus for physicians joining the Army Reserve who have completed residency programs in certain specialties. Payments are made at the rate of \$25,000 per year for up to three years.

In addition to your Army Reserve officer pay, Reserve Medical Corps officers may receive Special Pay prorated for Annual Training (AT), Active Duty for Training (ADT) and **Active Duty Operational Support**.(ADOS-RC) And, in addition to qualifying to be part of a non-contributing retirement program after 20 years of service, you may also take part in the Thrift Savings Program, an additional mobile retirement savings and investment fund similar to a 401(k).

ADDITIONAL BENEFITS

There are numerous added benefits that come with working for one of the nation's largest and longest established employers, including low-cost life and dental insurance and a generous retirement plan. Additionally, you will enjoy commissary and post exchange shopping privileges for you and your family and opportunities to fly "space available" on military aircraft. As an officer in the Army Reserve, you'll also be able to take full advantage of any of the Army's recreational facilities that include swimming pools, tennis courts and golf courses. This valuable benefit very often leads to a wider circle of new friends and a new social experience, reinforcing the "esprit de corps" of the Army Reserve Health Care Team.

SEE IF THE TIMEFRAME IS RIGHT FOR YOU. AND IF YOU'RE RIGHT FOR US

YOUR OBLIGATIONS

While you can train near home, ready to serve when needed, your total time obligation is determined on an individual basis.

Army Reserve physicians usually practice in medical treatment facilities and units close to home. But because we are sensitive to your personal and professional demands, we'll work with you to ensure you are able to take advantage of all that the Army Reserve can offer. Whatever your particular needs, goals or objectives, we'll do all we can to accommodate you and your schedule. You are afforded the strength to heal and the experience of a lifetime.

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OUR REQUIREMENTS

You may be eligible to join the Army Reserve if you are a medical student, a medical resident or a licensed physician with a degree from an accredited school of medicine or osteopathy – and if you meet the following requirements:

- ★ You're 21-46 years of age (Physicians 47 years of age and older may apply for an age waiver).
- ★ You meet the prescribed professional, physical and moral standards.
- ★ You have a favorable security investigation completed.
- ★ You must be a U.S. citizen or be a permanent resident.
- ★ You have a valid, unrestricted license to practice medicine in the United States, U.S. territories or the District of Columbia.
- ★ You are a graduate of an accredited U.S. School of Medicine or Osteopathy. Accreditation must be made by the American Medical Association or the American Osteopathic Association. If you graduated from a school outside of the United States, you may apply to join if you have an Educational Commission for Foreign Medical Graduates (ECFMG) certificate.

THERE'S ONLY ONE WAY TO GET STARTED. BUT THERE ARE LOTS OF REASONS TO JOIN

HOW TO JOIN

To get the process going, simply contact your local Army Reserve Health Care recruiter, either by calling **1-800-USA-ARMY** or by visiting our Web site at **healthcare.goarmy.com**. An Army Reserve Health Care Recruiter will answer any questions you may have about the Reserve, as well as arrange for you to speak with an Army Reserve physician, should you so desire.

The purpose of the interview is for you and the Army Reserve Health Care Recruiter to exchange information and begin the application process. Agreeing to meet with a Recruiter does not mean you are obligated to join the Army Reserve. During the interview, the Recruiter will schedule a routine physical examination and determine your eligibility. If you are eligible, the Recruiter will prepare a written report of your interview and submit it to the Army Medical Department, along with your application package.

The Army Medical Department will review your application to assess your professional qualifications and your ability to perform the duties of an Army Reserve officer. Once approved, you will take an Oath of Office and be commissioned as a Reserve Army officer. Next, you will receive your appointment letter and a set of orders. The total process, from your first meeting to the commissioning ceremony, usually takes three months.

WHY JOIN?

There are a lot of reasons to join the Army Reserve Health Care Team: For the thrill of adventure and a sense of pride. For the self-improvement and continuing education. For the great contacts and networking opportunities. For the benefits and a second source of income. For the flexible scheduling and an exciting change of pace. For the good of your country and those in need. To attain your goals and further your career. We understand that the decision to join the Army Reserve isn't an easy one. But rest assured that the rewards are immeasurable. And the opportunities are anything but every day.

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