

Building a Healthier You in 2012!

The New Year brings with it new opportunity, new hope, and another chance to start fresh with a healthier lifestyle. Fox Army Health Center is committed to helping to improve the health and well-being of its military population; those who serve our nation, past and present.

One of the best ways to assist us with this commitment is by taking advantage of preventive healthcare. Fox is calling all TRICARE Prime beneficiaries enrolled to Fox Army Health Center to encourage monitoring and tracking of well-being through preventive services. These preventive services are either (1) screening procedures to detect disease or (2) primary or secondary preventive interventions to protect or restore health. They can help ensure that common, serious disease and conditions are detected and treated.

At this time, Fox is focusing on five preventive services for their enrollees; Diabetes Screening, Cervical Cancer Screening, Breast Cancer Screening, Colon Cancer Screening, and Asthma. Each service has a target risk population and time period for screening.

Diabetes is targeting only those beneficiaries, children and adults, age 18-75 with a past diagnosis of "Diabetes". These beneficiaries must see their Primary Care Manager at least annually to ensure they are being managed effectively. Lab tests (A1c, Cholesterol, Microalbumin) and exams (Optometry exams, Neuropathy exams) must be performed at least every 12 months and more frequently if the results are abnormal. Poorly controlled diabetes may result in decreased life expectancy, blindness, amputations, kidney failure and decreased quality of life. A staff member will be contacting those identified beneficiaries to schedule an appointment. If you need an appointment before being contacted, please call our appointment center staff at (256) 955-8888.

Cervical cancer screening is targeting women, age 24-64, who have not had at least one Pap smear in the past three (3) years. Worldwide, cervical cancer is the third most common type of cancer in women. It is much less common in the United States because of the routine use of Pap Smears. If you need an appointment before being contacted, please call our appointment center staff at (256) 955-8888.

Breast cancer screening is targeting women, age 42-69, who have not had a mammogram in the past two (2) years. Breast cancer is found in 1 of every 8 women. Early diagnosis leads to greater quality of life and life expectancy. If you need an appointment before being contacted, please call our Wellness Center at (256) 955-8888, ext. 1026.

Colon cancer screening is targeting all adults, age 51-75, who have not had appropriate colorectal cancer screening. Screening may be accomplished in a variety of methods:

- Fecal Occult Blood Test within the past year
- Flexible Sigmoidoscopy within the last 5 years
- Colonoscopy within the last 10 years

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Asthma is targeting only those beneficiaries, children and adults, with a past diagnosis of “Asthma”. These beneficiaries should have prescribed medications considered acceptable as a primary therapy for the long-term control of asthma in the past 12 months. Poorly controlled asthma leads to increased hospitalizations, emergency room visits, and decreased quality of life for the beneficiary. A staff member will be contacting those identified beneficiaries to schedule an appointment. If you need an appointment before being contacted, please call our appointment center staff (256) 955-8888.

Let’s work together to build a healthier you in 2012.