



Soldier Self-care Program Elements and Resources

Options:

- *Online: Health Net's Take Charge of Your Health Self-Care Program*
<https://www.hnfs.net/bene/healthyliving/Self-Care.htm>

A certificate of completion is mailed 7 – 14 days after you complete the course.

- Kenner Clinic is offering Self Care classes for Active Duty Service Members upon request. Please call to coordinate a class for your unit.

Upon completion of the class, the Active Duty Permanent Party Service Member will receive a card that allows for the participant to receive over-the-counter medications from a list of medications for cough, pain/fever, stomach problems, allergy symptoms, and skin problems through the Kenner pharmacy.

- Personnel that have a self care card from other installations or the Health Net certificate will be able to use the Kenner Clinic Self Care program.

For more information or to coordinate a class session, contact Preventive Medicine at 734-9249.

The soldier self-care program has appropriate self-care protocols and safety checkpoints, including:

- Soldier self-care educational component
- Soldier Health Maintenance Manual
- Triage and assessment of symptoms by a health care provider
- Review of requested medication and symptoms by a pharmacy technician
- Pharmacy counseling
- Pharmacy tracking of distributed OTCs

Because of the education and safeguards that are built into the self-care program, self-care may actually reduce the risk of improper self-identification and improper OTC medication use.



Soldier Self-Care Fact Sheet



What is self-care?

Self-care is putting prevention into practice and taking personal responsibility for health. Self-care includes a wide range of health-related decision-making skills and care undertaken by individuals on their own behalf. These skills include:

- Health maintenance
- Illness prevention
- Symptom evaluation
- Self-treatment using common remedies and over-the-counter (OTC) medications
- Using professional health care



Purpose of Soldier Self-care

The soldier self-care program

- Increases the health and readiness of our force
- Saves money and training time

Increasing the health and readiness of our force

Soldiers take better care of themselves when they learn what type of treatment is needed for common, minor health conditions and when the services of a health care provider are required.



Saving money

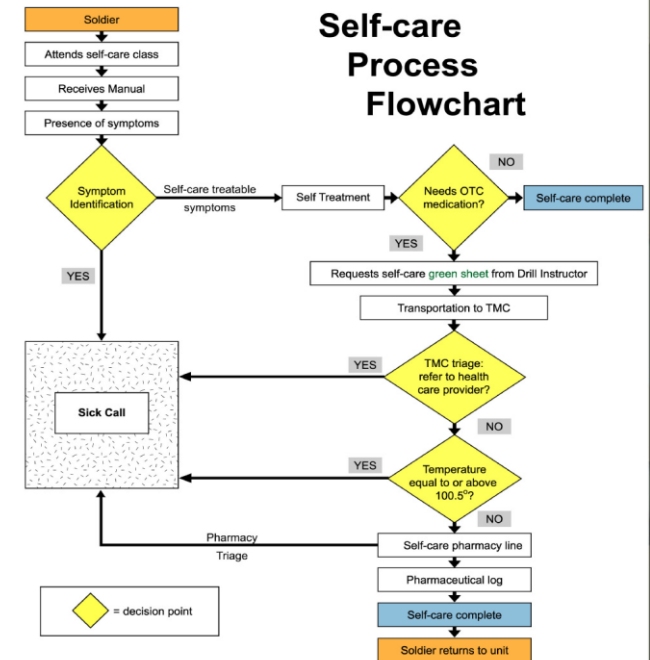
The program makes smarter use of clinical resources by offering a structured process that expedites access to OTCs for soldiers with minor health symptoms.

Soldier self-care programs that are adapted to the unique needs of each Military Treatment Facility can help manage a portion of routine sick call and make soldiers smarter health care consumers.

Bottom Line:

A soldier self-care program can:

- Reduce training time lost by soldiers waiting to receive medical care
- Empower soldiers to be responsible for personal health.
- Reduce health care costs by decreasing unnecessary sick call visits



Soldier Self-Care Program

Participants in a soldier self-care program learn preventive medicine concepts during a block of instruction via website or class.

Every soldier has access to a Soldier Health Maintenance Manual.

http://kenner.narmc.amedd.army.mil/kahcdocuments/Soldier_Health_Maintenance_Manual.pdf The manual has easy-to-follow symptom evaluation charts that help soldiers determine when to use self-care and when to seek health care services.