

# FORT SILL SOLDIER HEALTHCARE RESOURCES

## 428 FIELD ARTILLERY BRIGADE



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TO MAKE A MEDICAL APPOINTMENT WITH YOUR ASSIGNED HEALTHCARE PROVIDER I.E. PRIMARY CARE MANAGER (PCM) AT REYNOLDS ARMY HEALTH CLINIC, USE 'MHS GENESIS PATIENT PORTAL' (EASIEST OPTION) OR CALL 1-833-286-3732 FROM 0730-1600, MONDAY-FRIDAY. SEE MORE RESOURCES/ INFORMATION INSIDE.

## How do I make a healthcare appointment on Fort Sill?

### Who or what is a PCM?

Your PCM (primary care manager) is your assigned (primary) healthcare provider and will practice general medicine in addition to order specialty consults on or off post. Each Soldier on PCS orders will be assigned a PCM when they in process the installation, who will be located at Reynolds Army Health Clinic. All Soldiers do need to log on to milconnect whenever they PCS to ensure their Tricare coverage is in the correct location (Tricare East which is covered by Humana Military).

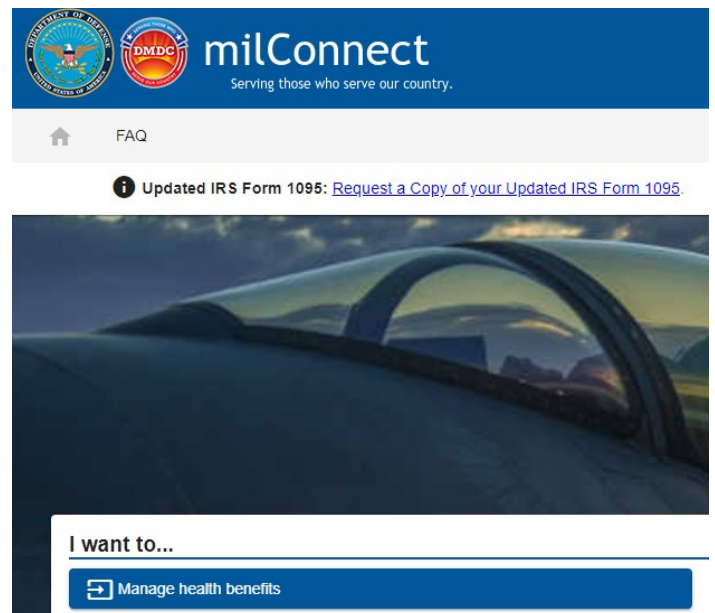
**Soldiers NOT on PCS orders (e.g. TDY, Initial Entry Training (BCT or AIT), etc.) will NOT be assigned a primary care manager at Reynolds Army Health Clinic but will have internal processes for care and/or sick call (ALL Soldiers with emergencies can walk-in to Reynolds Urgent Care Clinic and/or nearest civilian Emergency department). If you are on PCS order to Fort Sill, you should schedule all routine appointments with your PCM first and foremost, whenever possible. This will provide continuity of care with your assigned provider.**

How do I transfer Tricare coverage for myself and my dependents? How do I find out who my Primary Care Manager (PCM) is? What if I want to switch?

1. First, whenever you change duty stations, go to milconnect and transfer yourself and/or dependents to the correct Tricare region. Fort Sill is in Tricare East. Go to milConnect and log on with CAC or DS log on and clicking on the "Manage Health Benefits"
2. Click on 'Manage Health Benefits', this will take you to Beneficiary Web Enrollment (BWE)

Use BWE to do the following for yourself and eligible family members:

- Transfer coverage between TRICARE regions if needed when someone moves (PCS)
- Choose or change your primary care manager (PCM)
- Update addresses in DEERS
- View current enrollment status
- Enroll in medical and dental programs
- Update a current enrollment
- Disenroll from medical and dental programs.



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## Alcohol: How to Start Drinking Less, Today

If you think you'd benefit from drinking less, you're right. Start today.

1. **Make an appointment with your primary care on Fort Sill:** Make an appointment with your primary care manager or other military healthcare provider RAHC appointment line 1-833-286-3732 select option 1 (you don't have to wait for the automated message to finish) OR schedule 24/7 via MHS genesis online patient portal. You don't have to do it alone, there are options to help you including prescription medications.
2. **Set limits.** Decide how many days a week you plan to drink and how many drinks you plan to have. For instance, you might decide to only drink on a Friday night or Saturday night and have one drink. Schedule alcohol-free days every week.
3. **Count your drinks.** Use an app on your mobile device to help.
4. **Manage your "triggers."** If certain people, places, or activities tempt you to drink more than you planned, you can avoid those triggers. For example, instead of a happy hour event with co-workers, suggest catching up at lunch instead. You may also want to remove certain alcohol products from your home.
5. **Use the support available:** Use the tools (below) at your disposal and prioritize yourself! Ask for support from a friend, family member, healthcare provider, or someone else who will support your choice to drink less.

### **The Army Substance Abuse Program (ASAP)**

Fort Sill Welcome Center  
4700 Mow-Way Road, Room 413  
Fort Sill, OK 73503  
ASAP: (580) 442-1644/1618

### **Drug and Alcohol treatment information is available at Behavioral Health for Soldiers.**

Reynolds Army Health Clinic (RAHC)  
3<sup>RD</sup> floor, Behavioral Health Clinic

### **Military One Source, Confidential Line**

1-800-342-9647  
Dial 988 then press 1 or text 838255  
OR go to [militaryonesource.mil](https://militaryonesource.mil), 'Confidential Help' or 'In Crisis?' for [Live Chat](#)

TO MAKE A MEDICAL APPOINTMENT WITH YOUR ASSIGNED HEALTHCARE PROVIDER I.E. PRIMARY CARE MANAGER (PCM) AT REYNOLDS ARMY HEALTH CLINIC, USE 'MHS GENESIS PATIENT PORTAL' (EASIEST OPTION) OR CALL 1-833-286-3732 FROM 0730-1600, MONDAY-FRIDAY. SEE MORE RESOURCES/ INFORMATION INSIDE.

## HOW TO MAKE A MEDICAL APPOINTMENT WITH YOUR PRIMARY CARE MANAGER (Non-IET, PCS orders only) INCLUDING Phase 2 of your PHA

24/7 FROM YOUR SMARTPHONE OR HOME COMPUTER WITH 'MHS  
GENESIS PATIENT PORTAL' (EASIEST OPTION)

1. From a CAC computer, first register for DS Logon via milconnect, visit [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)
2. BOOKMARK THE PATIENT PORTAL URL ON YOUR PERSONAL PHONE OR HOME COMPUTER. <https://patientportal.mhsgenesis.health.mil>
3. LOG ON WITH YOUR 'DS LOGON' 24/7 at your convenience, no CAC reader necessary.
4. SCHEDULE APPOINTMENT!
5. AS YOUR APPOINTMENT NEARS, CHECK DATE/TIME OR CANCEL/RESCHEDULE AS NEEDED from the same link via MHS Genesis Patient Portal.

OR

0730-1600, MONDAY-FRIDAY: CALL 1-833-286-3732 WITH YOUR DOD ID NUMBER READY. YOU DO NOT HAVE TO WAIT FOR THE SCRIPT TO FINISH READING.

MAKE APPOINTMENT / CANCEL APPT / MEDICATION REFILLS – PRESS 1

REFERRAL ASSISTANCE (EXISTING REFERRALS) – PRESS 2

PHARMACY – PRESS 3

NURSE ADVICE LINE – PRESS 9

TO MAKE A MEDICAL APPOINTMENT WITH YOUR ASSIGNED HEALTHCARE PROVIDER I.E. PRIMARY CARE MANAGER (PCM) AT REYNOLDS ARMY HEALTH CLINIC, USE 'MHS GENESIS PATIENT PORTAL' (EASIEST OPTION) OR CALL 1-833-286-3732 FROM 0730-1600, MONDAY-FRIDAY. SEE MORE RESOURCES/ INFORMATION INSIDE.

## WALK-IN FOR BEHAVIORAL HEALTH (PERMANENT PARTY)

Urgency/emergencies walk-in MONDAY – FRIDAY 0730-1030 AM\*

REYNOLDS ARMY HEALTH CLINIC

3<sup>RD</sup> FLOOR, BEHAVIORAL HEALTH CLINIC

IET Soldiers for Behavioral Health (e.g. AIT Soldiers or other Soldiers not on PCS orders) notify your cadre and/or go to your assigned sick call for more help

**\*Emergencies, regardless of permanent party or student status, may walk in any time clinic is open, call 911 or go to RAHC urgent care or nearest emergency department**

## EMERGENCY OR URGENT HEALTH ISSUES, WALK-IN

REYNOLDS ARMY HEALTH CLINIC, URGENT CARE CLINIC

4301 WILSON ST. BY THE EAST ENTRANCE

OPEN DAILY, 6AM – 6PM, CLOSED FEDERAL HOLIDAYS.

**\*Emergencies call 9-1-1 or if RAHC Urgent Care is closed go to nearest Emergency Department such as CCMH or SW Medical Center with your CAC**

## MILITARY ONE-SOURCE, CONFIDENTIAL CRISIS LINE

**1-800-342-9647**

Dial 988 then press 1 or text 838255

OR go to [militaryonesource.mil](https://militaryonesource.mil), 'Confidential Help' or 'In Crisis?' for [Live Chat](#)

## Sexual Assault Support

*Fort Sill: Sexual Assault Hotline: 580 917-4277*

AND/OR DOD Safe Helpline Confidential Support: Call 877-995-5247 OR go to [militaryonesource.mil](https://militaryonesource.mil), 'In Crisis?' 'Confidential Help' or 'In Crisis?' for [Live Chat](#)

TO MAKE A MEDICAL APPOINTMENT WITH YOUR ASSIGNED HEALTHCARE PROVIDER I.E. PRIMARY CARE MANAGER (PCM) AT REYNOLDS ARMY HEALTH CLINIC, USE 'MHS GENESIS PATIENT PORTAL' (EASIEST OPTION) OR CALL 1-833-286-3732 FROM 0730-1600, MONDAY-FRIDAY. SEE MORE RESOURCES/ INFORMATION INSIDE.

## HOW TO ACCESS YOUR OWN/DEPENDENTS' MEDICAL RECORDS / LABS/ IMAGING RESULTS (FROM ON-POST CARE): Search for 'MHS Genesis Patient Portal'

1. See MHS Genesis patient portal in , same as how to schedule an appointment 24/7 form your smartphone except navigate to the medical records screen once you're logged in.

OR

2. Go to Medical Records in the basement of Reynolds Army Health Clinic with your CAC for specific requests.

### The Electronic Health Record

MHS GENESIS, the new electronic health record for the Military Health System, provides enhanced, secure technology to manage your health information.

MHS GENESIS integrates inpatient and outpatient solutions that will connect medical and active duty dental information across the continuum of care, from point of injury to the military treatment facility. This includes garrison, operational, and en route care, increasing efficiencies for beneficiaries and healthcare professionals.

When fully deployed, MHS GENESIS will provide a single health record for service members, veterans, and their families.

### Patient Portal Access

To access the MHS GENESIS Patient Portal, visit <https://patientportal.mhsgenesis.health.mil>. Beneficiaries can log in to the MHS GENESIS Patient Portal using their DS Logon. Premium Access (Level 2) is required to view the health record.\*

In preparation for the new MHS GENESIS Patient Portal, log in to milConnect and create your DS Logon. Beneficiaries with an existing DS Logon should upgrade their account to Premium Access. A link to the "My Access Center" is available via the MHS GENESIS Patient Portal landing page to direct patients on obtaining their DS Logon credentials.

For questions regarding the DS Logon, visit [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect) or contact the Defense Manpower Data Center at (800) 538-9552.

\* There is no additional fee for Premium Access.

### Key Benefits

Through the MHS GENESIS Patient Portal, you can:

- View your health information
- Exchange secure messages with your care team
- Request prescription renewals
- View notes from your clinical visits and certain lab/test results, such as blood tests
- Manage medical and active duty dental appointments
- Complete a pre-visit active duty dental health questionnaire online
- Look up information related to your health concerns and medications



**IMAGING DISCS:** If you need a physical disc of your imaging studies (x-ray images, MRI images, ultrasound images, CT scan images, etc.) to facilitate off-post care, go to RAHC radiology front desk.



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## Reynolds Army Health Clinic Main Pharmacy



### Do you have a new Prescription?

Use the activation instructions below to check-in with RAHC Pharmacy via your cell phone.

**Bypass the kiosk check-in process**

 **SCAN ME**



 **TEXT**

**“Get in line” to 1-855-812-6070**

### Pharmacy Questions?

Call the RAHC Pharmacy Call Center  
Monday-Friday: 8:15 am – 4:45 pm  
**580-558-8590**

### Need a Refill?

Refills must be called in through Audiocare. Please allow 2 duty days before pickup.  
**580-558-2442 or 2443**

If you have been seen at Reynolds Army Health Clinic in the last 14 days and prescribed **NEW/RENEWAL** medications (**NO REFILLS**) you can bypass the kiosk check-in process.

**Step 1:** Scan the QR-code above  
OR  
Text the words “Get in line” to 1-855-812-6070

**Step 2:** When prompted, please text the patient’s DoD ID # in response, then follow text prompts.

Once your request is submitted, you are free to read a book or run some errands, but we do not recommend waiting in the pharmacy lobby.

You will receive a notification when your prescriptions are processed. Please return to the RAHC Main Pharmacy at your convenience for pick up, Mon-Fri: 8:15 am – 4:45 pm or Sat: 9:00 am - 12:45 pm.

**Thank you for trusting us with your care!**

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**Who is Eligible**

- Active Duty Military & Dependents
- Retirees & Spouses
- Reserve/National Guard
- DA/DOD Civilians



**Hours of Operation**

Monday-Thursday: 0600-1430  
 Friday: 0600-1200  
 Staff Training Wednesdays: 1200-1600

Please complete the Health Assessment Review prior to your appointment:  
<https://www.awc.army.mil>

Call to schedule:  
**(580) 442-0680**



2934 Marcy Road  
 Fort Sill, OK 73503

East Wing of the Graham Performance Enhancement Center



**Body Composition, Metabolic Analysis, and/or Health Coaching (30-60 minute appointment)**

**Assessment Includes:**

- A measurement of body composition using air displacement to measure your body fat percentage



- A measurement of an individual resting metabolic rate to tailor strategies for weight loss, gain, or maintenance.
- Health Coaching to provide feedback and encouragement to keep clients on the right path towards full goal attainment.



\*Bod Pod Required Clothing

**Physical Fitness Assessment (60 minute appointment)**



**Assessment Includes:**

- Use state-of-the-art equipment to assess your cardiorespiratory fitness, musculoskeletal strength, and flexibility.

**Test Preparation:**

- Wear comfortable workout clothing. No underwire bras.
- No exercise, tobacco/nicotine, and caffeine for 5 hours prior to testing (may have water). No vigorous activity 14 hours prior.

**Health Coaching and Testing Follow-ups (30-60 minute appointment)**

- Health Coaching is provided by Health Educators who partner with you to identify opportunities to improve your health.
- Body composition test every 30 days, metabolism and fitness testing every 90 days.

**Individual Stress Management Training (60 minute appointment)**

ISMT is an effective tool for stress reduction and the balancing of emotions to improve performance.

- No caffeine or tobacco/nicotine 30 minutes prior.

**General Wellness / Unit Briefings**

**Performance Optimization**

Learn exercise planning strategies that allow for safe and healthy performance increases while training for the ACFT.

**Upping Your Metabolism**

Learn eight tips to improve your body composition and ways to increase your metabolism. Each class reviews goal setting

**Healthy Sleep Habits**

Learn about the science of sleep and how to achieve better quality of sleep. Each class contains sleep quality index evaluation.

**Meals in Minutes**

Learn how to create quick & healthy meals to help improve your nutrition each day. Each class contains recipe ideas and meal prep techniques.

**Stress Management**

Learn tips to manage your stress as well as improve your resiliency by practicing coping techniques and utilizing biofeedback technology to track progress.

**Fueling For Health**

Discuss obesity trends and implications to have a better understanding of dietary guidelines and food labels as well as learn the basic components of nutrition.

**Staying Fit Home and Away**

Learn ways to stay fit within the comforts of your own home by discussing the components of exercise, barriers to activity, and developing an action plan for home use.



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## CONTRACEPTION CLINIC (WALK-IN) AT RAHC

Tuesdays 0730-0930

Reynolds Army Health Clinic (RAHC)

Integrity Clinic, 1<sup>st</sup> floor

1. AIT Soldiers: See your assigned sick call for lab order to be placed for you. Cadre/permanent party: see your primary care manager or other military provider.
2. Submit specimen to Specimen Collection, 1<sup>st</sup> floor RAHC, the day prior to the Tuesday you will go in (0730-1530).
2. Research your options ahead of time using 'Decide+Be Ready', see hand-out or search for the mobile site ending in '.mil' on your mobile web browser.
3. 0730-0930 Tuesdays, RAHC, Integrity Clinic, report with CAC card.

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# FACT SHEET DECIDE + BE READY APP



The Decide + Be Ready mobile app provides evidence-based information on the most common forms of contraception available. The app uses a unique interface that was designed to aid patients in making the best contraception decision. It considers the users' unique health conditions and helps patients identify their own preferences to choose the right contraception option for them.

The Uniformed Services University, Web & Mobile Technology Program Management Office, and the University of California-San Francisco collaborated to develop Decide + Be Ready to offer family planning options to servicewomen.

Servicewomen can use Decide + Be Ready as the first step in reviewing their options, educating themselves on the characteristics of different methods, including menstrual suppression, and understanding their own preferences and values. This app empowers them to engage in their own health care decisions.

Decide + Be Ready was produced by WMT, part of the Solution Delivery Division. WMT provides web and mobile solutions to the DHA, the Department of Defense, and other organizations.

An updated version of the app will be released in Spring 2023.



SDD is a component of the DHA PEO Medical Systems / CIO (J-6). To subscribe for SDD product news, please visit <https://publicgovdelivery.com/accounts/USMHS DHSS/subscriber/new>.



## Key Features

- ▶ Personalized birth control profile with recommendations based on patient preferences
- ▶ Period management guide
- ▶ Side effects guide
- ▶ Allows patients to add notes

## Key Benefits

- ▶ Provides important contraceptive information for patients and prescribers
- ▶ Educates patients and enhances shared decision-making with providers
- ▶ Facilitates military Readiness



To view more DHA's mobile applications, visit <https://mobile.health.mil>.

June 2023

TO MAKE A MEDICAL APPOINTMENT WITH YOUR ASSIGNED HEALTHCARE PROVIDER I.E. PRIMARY CARE MANAGER (PCM) AT REYNOLDS ARMY HEALTH CLINIC, USE 'MHS GENESIS PATIENT PORTAL' (EASIEST OPTION) OR CALL 1-833-286-3732 FROM 0730-1600, MONDAY-FRIDAY. SEE MORE RESOURCES/ INFORMATION INSIDE.



**CBT-i Coach** is a free, easy-to-use mobile application. It was released by the Department of Veterans Affairs (VA) in 2013. The app is meant to be used by Veterans, Servicemembers, and others who have trouble sleeping and are engaged in Cognitive Behavioral Therapy for Insomnia (CBT-I) with a clinical provider. Although CBT-i Coach can be used on its own, it is not meant to replace therapy for those who need it.

**WHAT IS CBT-I?**

CBT-I is a non-medication evidence-based treatment for insomnia that is based on scientific knowledge about sleep. The goals of CBT-I are to help you fall asleep and stay asleep. When your sleep improves, so will your daytime functioning. The "cognitive" part of CBT-I focuses on your thoughts and feelings about sleep. The "behavioral" part helps you change habits to help you sleep better.

**LEARN ABOUT SLEEP**

Read articles on topics, like:

- The stages of sleep
- PTSD and sleep
- Nightmares

Find out which habits can prevent you from sleeping, including:

- Worrying in bed
- Napping late in the day
- Consuming caffeine, alcohol, or nicotine close to bedtime

**USE TOOLS TO HELP YOU SLEEP**

Get tips on how to quiet your mind before you sleep and prevent insomnia in the future. The tools section of the app can also help you create new sleep habits, like:

- Going to bed only when you're sleepy
- Getting out of bed when you can't sleep
- Setting up a sleep environment that is quiet, dark, safe, and comfortable

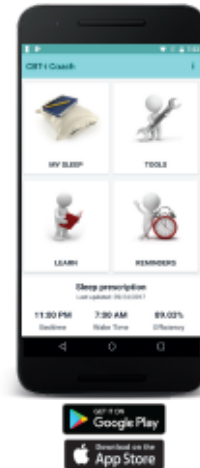
**YOUR SLEEP DIARY: THE KEY TO BETTER SLEEP**

Use CBT-i Coach to keep a daily sleep diary. When you wake in the morning, record your sleep experiences from the night before. Important details include what time you got into bed, what time you tried to fall asleep, and how many times you woke during the night.

When you have recorded your sleep over five nights, the app will offer you a "sleep prescription." Your prescription will suggest a bedtime and wake-up time based on your sleep patterns. This prescription can help you set a regular sleep schedule and reduce unwanted wakefulness during the night.




**TRACK PROGRESS WITH REMINDERS**

Use the app's reminders to help you stick with your new habits. Schedule regular assessments to measure your progress as your sleep habits improve.



**REFERENCE**

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.2196/mhealth.2018.05.07


 For more information, visit: [www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)



Date Created: February 13, 2019

Do NOT substitute this application for professional help, if you struggle with severe insomnia or PTSD seek medical and behavioral health help, see pages 4 and 5



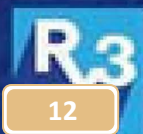
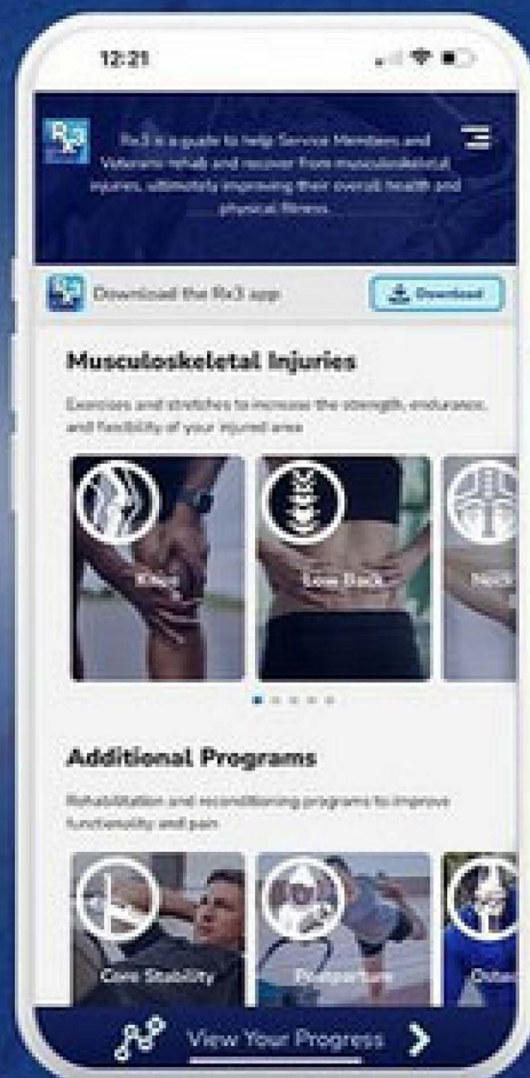
# ARE YOU INJURED?

*There's an app for that.*

Designed by experts for  
Warfighters and Veterans

- ✓ 10+ exercise programs
- ✓ Video guided exercises
- ✓ Track progress & pain level
- ✓ Download & print programs
- ✓ In-app timer
- ✓ Ask the Expert

DOWNLOAD



[HPRC-online.org/Rx3](https://HPRC-online.org/Rx3)



# OPERATION SUPPLEMENT SAFETY

Operation Supplement Safety (OPSS) provides resources to help consumers within the DoD community make informed decisions on dietary supplements. Visit **OPSS.org** for more information.

Choose food first!  
Dietary supplements are not substitutes for a healthy, balanced diet.


Read the entire label carefully to make an informed decision about a dietary supplement product.







**Screen your supplement for safety. Read the label on your supplement and mark 1 for “yes” and 0 for “no.”**

Key questions you can answer:	Yes=1	No=0
Is any one of these <b>third-party certification</b> seals on the product label? 		
Are there <b>less than six ingredients</b> on the Supplement Facts label?		
Is the label free of the words <b>proprietary, blend, matrix, or complex</b> ?		
Can you <b>easily pronounce the name</b> of each ingredient on the Supplement Facts label?		
Is the amount of caffeine listed on the label <b>200 mg or less</b> per serving? (If caffeine is not listed, mark “1.”)		
Is the label free of <b>questionable claims or statements</b> ?		
Are all the % Daily Values (% DV) on the Supplement Facts label <b>less than 200%</b> ? (If % DV is not listed, mark “0.”)		
<b>Total: Add up the “1s.” 4 or more is okay. Less than 4 is a “no-go.”</b>		

Questions  
about dietary  
supplements?

Ask the  
OPSS experts at  
[OPSS.org/ask-the-expert](https://www.opss.org/ask-the-expert)

OPERATION  
SUPPLEMENT  
SAFETY (OPSS)

**What is Doctors on Demand?** Telemedicine service covered by Tricare: Humana Military to dependents and Soldiers (**servicemembers require a referral to use this service**).

Who is eligible: beneficiaries and active duty Soldiers. **NOTE: all Soldiers require a referral to be placed by a Military Treatment Facility provider in order to use this service.** Dependents do NOT need a referral. Check eligibility below + look for the app.

<https://doctorondemand.com/microsite/humanamilitary/> No CAC reader needed

**Look for this logo!**



Sign in

Register

## See a doctor or therapist virtually

With same-day and next-day visits available, get high-quality care 24/7 from anywhere.

See a doctor online

Book online therapy or psychiatry

Reminder: Active duty service members require referrals for urgent care and mental health visits through Doctor on Demand. If you are not an active duty service member, you do not require a referral.

**All Soldiers / servicemembers REQUIRE A REFERRAL from a Military Treatment Facility credentialed provider to use this service.** Please speak with or see your primary care if you are interested. **Dependents may also use this service do not need a referral.**

## Virtual care here to serve you



Urgent Care ▾

Mental Health ▾

We Treat ▾

About ▾



Sign in

Register

## Please have the information below ready

To determine your coverage and cost, you will be asked for your **9-digit Sponsor SSN**. Your 10-digit DoD ID number will not be accepted.

Continue to complete registration

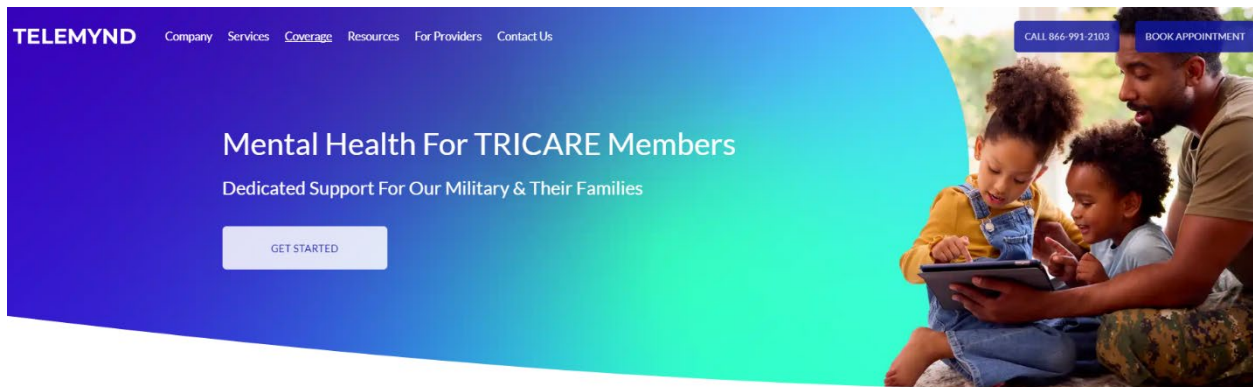
**Reminder:** Active duty service members require referrals for urgent care and mental health visits through Doctor on Demand. If you are not an active duty service member, you do not require a referral.

**What is Telemetry?** Telemedicine behavioral health service covered by Tricare: Humana Military to dependents and Soldiers (**servicemembers require a referral to use this service**).

Who is eligible: beneficiaries and active duty Soldiers. **NOTE: all Soldiers require a referral to be placed by a Military Treatment Facility provider in order to use this service.** Dependents do NOT need a referral. Check eligibility below look for the app.

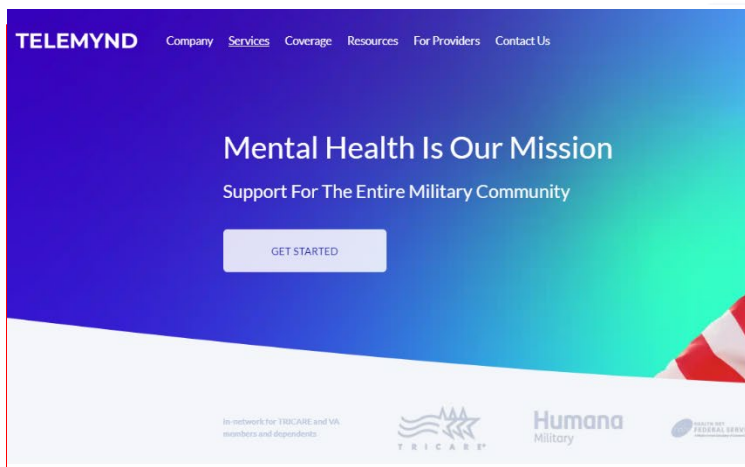
[Telemetry - The Leader In Mental Health Care For Tricare](#)

<https://www.telemetry.com/humanamilitary/> No CAC log on required



Proudly Serving Those  
Who Serve

**Humana**  
Military



**All Soldiers / servicemembers REQUIRE A REFERRAL from a Military Treatment Facility credentialed provider to use this service.** Please speak with or see your primary care if you are interested. **Dependents may also use this service do not need a referral.**

## **SPECIALTY CONSULT (REFERRAL) INSTRUCTIONS** **PLEASE READ CAREFULLY, THEN READ AGAIN.**

**From your own smartphone or personal computer you can even check the status AND location/phone number of your off-post specialist appointment yourself but allow 3 business days from your encounter before you check.**

1. Go to link below or **type in 'Humana Military Beneficiary Self-Service'** in a search engine. Page should look like this. **Log in or register for a DS log-on (takes < 5 minutes to self-register, select one option inside the box).**

**Beneficiary Self-Service**

**Continue with DS Logon**

Register your account to start managing your benefits on the go! With a self-service account, you can view your referrals, coverage and claims, make payments and more. Self-service accounts are for adults 18 years and older. DS Logon can be used to access self-service and the mobile app. Log in or register to get started.

[Log in with DS Logon](#) [Register with DS Logon](#)

**Log in with Humana Military**

User ID

Password

[Register](#) [Log in](#)

[Forgot user ID or password?](#)  
[Privacy Act Statement](#)

2. **Once you're logged in**, your referrals/authorizations will populate and look like this, you can click on a specific one for more details (red box). **Recommend emailing to yourself/ printing the pdf as this is your 'referral'.** The **'Authorization/Order #'** of your referral is listed **inside the document (click inside the box):**

Date entered	Type of service	Provider	Status
2024-06-11	OFF/OP EST MAY X REQ PHY/QHP	Douglas C Miller Md	Approved
2024-06-07	FT INSRT MOLD UCB TYPE BERKLY SHELL	Tactical Rehabilitation Inc Fort Hood Tx	Approved
2024-04-11	OFF/OP EST MAY X REQ PHY/QHP	Ent Of Oklahoma	Approved
2024-01-30	NASL INTERFCE POS ARWAY PRSS DEVC	Combined Home Medical Equipment	Approved