

Training will begin soon ...

Thanks for joining HQ RIO for this virtual training session!
The chat function you see is moderated; if you post there, the other attendees won't see it until the moderators answer and make it public.


Please DO NOT POST QUESTIONS YET!

You should hear music and see this slide. If you do, you're good to go!

Having technical difficulty? Here are a few things to check:

- Try accessing this from a personal computer/smart phone.
- On a gov't computer? Turn OFF VPN.
- Is your sound turned up?
- Do you have a strong wifi signal?

Use this QR code or the link in the chat to download a PDF of the slides.



If you have problems, fear not! This session is being recorded and will be available at the same link you used to get here.

We will go over the ROEs at the beginning of the training; until then, enjoy the tunes!


Headquarters U.S. Air Force

Integrity - Service - Excellence
Headquarters Individual Reservist Readiness and Integration Organization

All Things Medical





HQ RIO Readiness & Training




ROEs for Virtual Training

- Microsoft Teams (CVR) Live Event
- Video and Audio are one-direction only
- The Q&A chat
 - **We will open for questions at the end** – we promise to answer them all!
 - Q&A is moderated
 - Replies may only be visible to the person who asked
 - Some will be posted for everyone to see
 - Stay in the training lane
- Recording is available after training is over
 - At the same link used to attend




Introductions

- HQ RIO is at ARPC, Buckley AFB, Colo.
- The Talking Head – Lt Col Erin Karl, HQ RIO PAO ... and an IMA!
- The Moderator Team
 - HQ RIO Staff – Medical office
 - Det Commanders/Superintendents/Staff



Overview

- Individual Medical Readiness (IMR) Requirements
- Service Treatment Records
- Profiles
- SHPE
- Waivers (Participation, Modification, Deployment)
- Line of Duty (LOD)
- Medical Continuation (MEDCON)
- Incapacitation Pay (INCAP PAY)
- Non-Emergent Surgery
- Authorized Treatment
- TRICARE Coverage



myIMR

- Search "myIMR" in the Air Force Portal
- Individual Medical Readiness (IMR) Requirements
 - PHA/MHA
 - Dental
 - Lab
 - Immunizations
 - Profile
 - Med Equipment

Example of myIMR

PHA info

- PHAQ questionnaire required annually, valid for 120 days after completion and is completed online at MyIMR
- Face-to-face visit is required every 3 years for non-flyers, unless the servicing MTF dictates otherwise
- Face-to-face visit is required every year for flyers, Special Operational Duty (SOD), Personnel Reliability Assurance Program (PRAP) and Arming and Use of Force (AUoF) personnel
- Colors
 - GREEN – Good to go
 - YELLOW – 90 day grace period AFTER the due date
 - RED – No grace period – can impact ability to work for pay/points
- Mental Health Assessment (MHA) required annually

How to complete your PHAQ

- Takes about 10-15 minutes

Complete your Mental Health Assessment (MHA)

- After you complete your PHAQ, the system will give you instructions with a link
 - Lhi.care
 - Create an account
 - Update email and phone number
 - System will email you with a link to schedule the phone call
 - 10-min phone conversation

Service Treatment Records (STR)

- AF STR Processing Center receives hard copy records for separating and retiring members as of 2013
- Original paper STR will be digitized into Health Artifact Information Management System (HAIMS)
 - Can be accessed by any MTF
 - Applies to the Total Force
- The AD MTF will process IR STR transfers upon separation or retirement
- You can request a copy of your STR 179 to 30 days prior to separation/retirement

What “counts” as military medical

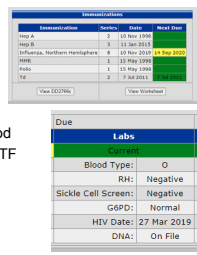
- Active duty/Reserve Medical Treatment Facilities
- Reserve Health Readiness Program (RHRP)
- Sister Service
 - Labs
 - Immunizations
 - NOT PHA
 - NOT Dental

Individual Medical Requirements - Dental

- Requirements**
 - Every third year - Military dental exam required (*might be waived this year*)
 - All other years – DD Form 2813 completed by a civilian dentist
 - Turned in to the servicing Active Duty Dental Facility to update
 - Should reflect in ASIMS within 24-48 hrs
 - Can also be submitted via myPers if unable to submit to AD
- Dental Class 3**
 - Dental condition being treated & expected to be resolved within 1 year
 - IDT and AT at home station only, no mandays/formal schools authorized
- Dental Class 4**
 - Overdue for your yearly exam (**RED**)

Individual Medical Requirements – Labs/Shots

- Lab Requirements**
 - Generally no appointment needed**
 - contact MTF to verify
 - HIV screening**
 - Due every two years, 90 day grace period
 - Must be done by a DoD approved lab/MTF
- Immunizations**
 - Generally no appointment needed**
 - contact MTF to verify
 - Contact the clinic prior to ensure the shot needed is available**
 - May be accomplished by a civilian provider**
 - Submit documentation to the servicing MTF or via myPers to update
 - Lot #, "administered," date, name

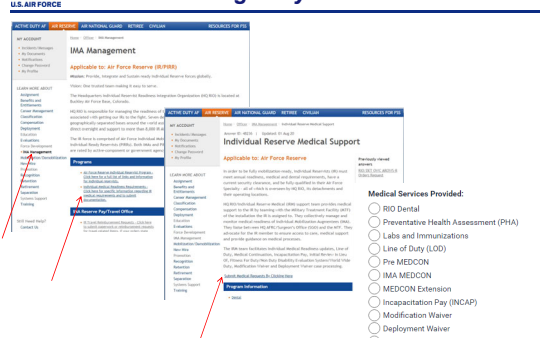


Exam/Status	Category	Due	Next Due
Class 4	Dental Exam	3	12 Nov 2019
Class 3	Dental Exam	3	12 Nov 2019
Class 2	Dental Exam	3	12 Nov 2019
Class 1	Dental Exam	3	12 Nov 2019
Class 0	Dental Exam	3	12 Nov 2019

Individual Medical Requirements

- Must report changes in health status to your MTF within 72 hours**
 - Ongoing treatment/medication for an issue
 - Elective surgery
- You ARE allowed to use other MTFs/Fitness cells**
 - If you live more than 40 miles from your unit of assignment
 - You do NOT need to be in status to MAKE the appointment
 - You DO need to be in status for the appointment (Paid/Unpaid IDTs work)
 - Two memos on the RIO site to help

Submitting a myPers Ticket to Medical



Medical Services Provided:

- RIO Dental
- Preventative Health Assessment (PHA)
- Labs and Immunizations
- Line of Duty (LOD)
- Pre-MEDCON
- IMA MEDCON
- MEDCON Extension
- Incapacitation Pay (INCAP)
- Modification Waiver
- Deployment Waiver
- Non-Emergent Surgery Request


IDTs/AT - Authorized Treatment

- Authorized Treatment when on orders 30 or fewer days**
 - Required Status – any military status i.e. IDT, AT, MPA, RPA, etc.**
 - Wellness Care/Readiness Items**
 - PHA
 - Dental exam
 - Immunizations
 - Labs
 - Urgent Care**
 - Acute in nature (flu, broken bones, sprained ankle, etc.)
 - May require LOD to be initiated

Profiles


- AD MTF responsible for creating all profiles (not treatment)**
 - Contact to schedule an appointment and provide civilian documentation
 - Civilian documentation must show:
 - Diagnosis
 - Treatment plan (including how long it's expected to last)
 - Which fitness testing activities you should NOT do/military duty restrictions
- AF Form 469 (profile form) Mobility Restricting Profiles:**
 - Code 31 (DAV 41) – Temporary condition resolving within 1 year
 - Code 37** (DAV 42) – Condition requires Medical Board processing
 - Code 81 (DAV 49) – Pregnancy

****Note: Unable to participate for pay and points. Participation determined by your Det CC****




Separation History and Physical Examination (SHPE)

- **Why:**
 - Ensures all medical conditions that occurred while on orders are documented, allowing for follow on care at the VA, facilitates VA Disability Claims
 - Web-based (myIMR) AND in-person
- **When:**
 - Just Prior to coming off orders (no >30 prior)
 - Applicable to the following orders duration
 - AGR order
 - >179 days continuous service on active duty orders
 - >30 days of continuous service on AD orders in support of a Contingency Operation
- **DoDI 6040.46**




Modification/Deployment Waivers

- Used after a member has been returned to duty following a Medical Board Evaluation
- Given an Assignment Limitation Code (ALC)/DAV code
 - Codes limit where/what duties can be done
 - When desiring a Modification Waiver or Deployment Waiver, submit to AFRC/SG
- Deploying with C1/C2 code requires a deployment waiver
 - Requires gaining MAJCOM approval in addition to AFRC/SG
- Code C3 restricted to IDT/AT at home stations ONLY
 - Modification waiver used to request anything outside of those limitations, i.e. schools, AT at an alternative location
 - Submit at least 90 days prior for time to process
 - Only applies to single event




Line of Duty

- For an injury, illness, disease, or death occurring while in status
- Determines:
 - Whether the condition existed prior to service
 - If condition was caused/worsened by military duty
- Can be "Not In Line of Duty" if there was/is:
 - An Absence without approval
 - Misconduct
 - Deemed not caused by military service
- LOD must be started <180 days of release from AD/IDT
 - Any incident/injury should be reported to AC Commander and AD MTF within 24 hours (let HQ RIO know as well)
 - Complete AF Form 348 with AD MTF and AD CC
 - Form **MUST** be sent to HQ RIO Medical for processing




Benefits of an LOD

- **If the condition is found In Line Of Duty:**
 - Receive healthcare for the condition through TRICARE/VA
 - Up to 12 months from diagnosis: Care through TRICARE via the MTF or Civilian providers
 - After 12 months: care at the VA
- **MEDCON orders must have a LOD**
 - Continues orders to allow for medical care to be received when you are unable to perform military duty
- **Allows for medical retirement to be received if found disqualified for military service during an MEB/IDES**



Medical Continuation (MEDCON)

- **Pre-MEDCON**
 - The purpose of pre-MEDCON orders in cases where a member is already on orders, is to
 - Allow the MTF to initiate/complete an LOD determination
 - Time to determine whether the medical condition renders the member unable to perform military duties
 - Provide medical documentation to support a request for MEDCON orders
 - 30 day orders prevent a break in service
 - Facilitate the initiation of a LOD and assemble/submit a MEDCON request
 - Orders will not be issued or extended in cases of misconduct, or for the purpose of taking leave or reconstitution time



Medical Continuation (MEDCON)

- Approval authority rests with Air Reserve Component Case Management Division (ARC-CMD)
- Approved MEDCON allows members to be on full time orders for treatment of service-connected/aggravated conditions
- Any request for MEDCON should be submitted through RIO Medical
- If not currently on orders, a completed and approved LOD is required prior to the MEDCON request
- **Notes:**
 - No authority exists to backdate MEDCON orders
 - Air Force Board of Correction of Military Records (AFBCMR) is the only option to claim potential back-pay for a period of time which the member might otherwise be eligible to receive

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Incapacitation Pay (INCAP)

- Can provide for loss of civilian wages if unable to return to their civilian jobs due to an LOD injury, illness, or disease
- Requires a complete or interim LOD determination
- Review by military medical provider to confirm incapacitation
- Entitlements that exceed 6 months require SAF approval

25

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Non-Emergent Surgery Request

- Only applies to member on orders of 30 or more days
- Non-emergent surgery is ...
 - Non-acute/non-urgent procedure medically necessary to provide relief from undue suffering/symptoms that could cause health problems
- Required for members within 6 months of their (long term) orders ending
- AFRC/SG is the approval authority for reserve members
- Contact RIO medical for consent form and processing
- If you have the procedure without the request ...
 - the military may bill you later for the surgery
 - Any complications from the surgery may be found "Not In Line of Duty"

25

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TRICARE when NOT on long term orders

- **TRICARE Reserve Select**
 - All IR members/families are eligible with monthly premium, annual deduction, and cost share for covered services
 - Dental also available
- **TRICARE Retired Reserve**
 - Members/families can continue to receive health benefits after retirement
 - Has a monthly premium, annual deductible, and cost share
 - "Bridges the gap" until you turn 60 (regular AD TRICARE benefits then)

• <https://www.tricare.mil/Plans/HealthPlans>

• TRICARE East (Humana): 1-800-444-5445

• TRICARE West (Health Net): 1-844-866-9378

27

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TRICARE when on long-term orders

- **TRICARE Prime**
 - Equivalent to active duty healthcare/dental coverage
 - Eligible for orders for 30 or more days, this *should* automatically occur
 - Call TRICARE to verify and get assigned to a Primary Care Manager (PCM)
 - Dependents can also be enrolled in TRICARE Prime while on long term orders or remain on TRICARE Reserve Select
 - When ending orders call TRICARE to be placed back on TRICARE Reserve Select
- **TRICARE Prime Remote**
 - An option for members/dependents when not living close to a MTF
 - PCM will be a civilian doctor in your area

28

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Special TRICARE cases

- Dual-coverage households
 - Res-Res
 - Res-Retired
 - Res-AD
- OCONUS
 - Command sponsorship (Prime v Select for dependents)
- Pregnancy
 - Scheduling for certain appts
- Ongoing medical issues
 - It takes time to line up referrals

29

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Contact Us

****First line of communication: myPers ticket****

Resources

Name	Keywords	Topic	Full
Order/Invoice	Traveling	Visitors	Custom Address
IR Guide	Benefits & Endowments	Orders/Waiting Call	Occupations

TRICARE RESERVE SELECT

NOTE: Following this page from a web browser, you may need to refresh the browser cache to see the most current information. Use Ctrl+F5.

NOTE: The data values are currently blocked out and placeholders in order to increase bandwidth for downloading. To view full content of the values on this site, please visit the site from a non-robot computer.

TRICARE SUPPORT

CONTACT INFORMATION

TRICARE Reserve Select (RS) - IR Medical Features
 Contact: 1-800-444-5445, ext. 5100
 Email: tricare-reserve-select@af.mil


High-Risk & One-Waiting (H1) - IR, NCOIC, IR Medical Features
 Contact: 1-800-444-5445, ext. 5100
 Email: tricare-reserve-select@af.mil

High-Risk & Waiver (H2) - IR, IR Medical Features
 Contact: 1-800-444-5445, ext. 5100
 Email: tricare-reserve-select@af.mil


High-Risk & Waiver (H3) - IR, IR Medical Features
 Contact: 1-800-444-5445, ext. 5100
 Email: tricare-reserve-select@af.mil

IR MTF/PTC Support Memos

30


 **What questions do you have?**

- We will keep this meeting open as long as necessary to answer all your questions in the chat
- A recording will be available at the same link you used to attend ... spread the word; share this training with others!
- We value your feedback! Will you take the survey?



Want the slides?

To take the survey, use the QR code or the link – you'll need to use a non-gov't network.



Survey: <https://forms.gle/7ZgstYgiut3e6QLw6>
<https://www.arpc.afrc.af.mil/HQ-RIO/Training>

31