

Integrated Health Service

Behavioral Health Consultation

- What is it → The Behavioral Health Consultation (BHC) Service is a program being made available to patients within the Medical Home as a part of overall good health care. The purpose of this service is to offer assistance when habits, behaviors, stress, worry, or emotional concerns about physical or other life problems are interfering with someone's daily life. This is available via individual appointments for 30 minutes.
- Who is the Behavioral Health Consultant? → a psychologist with specialty training who works as a member of the primary care team. This team approach allows us to consider physical, behavioral, and emotional aspects of health.
- What type of concerns are appropriate
 - general mental health concerns
 - stress
 - anxiety fears
 - depression
 - anger
 - relationship issues
 - grief
 - lifestyle changes
 - weight reduction
 - diabetes management
 - cholesterol and high blood pressure management
 - beginning an exercise program
 - quitting smoking
 - modifying alcohol use
 - Clinical Health Problems
 - Sleep problems
 - migraine and tension headaches
 - fibromyalgia
 - asthma
 - COPD
 - Chronic pain
 - chronic illness management
 - diabetes
 - GI problems (e.g. GERD, IBS)
 - Sexual Problems
 - Temporomandibular disorders
- Who qualifies → All beneficiaries – Active Duty, Dependents and Retirees
- How to access the service → ask your provider for a referral today

Nutrition

What is it? -> Nutrition counseling is a process in which a registered dietitian works with an individual to assess his or her dietary intake and identify areas where change is needed. The nutrition counselor provides nutrition information, educational materials, support, and follow-up to help the individual make and maintain the needed dietary changes.

Who is the Registered Dietitian? -> Registered dietitians have a degree in nutrition and clinical hospital experience. They have also passed a national certification exam. Most are also licensed to practice in their state. The nutrition counselor provides nutrition information, educational materials, support, and follow-up to help the individual make and maintain the needed dietary changes.

What occurs in an appointment -> A dietitian will review your health goals and any medical conditions you might have. They will ask you about what you eat and assess your diet in relation to your goals and your health. Education and information is provided on how diet is related to the prevention and/or treatment of disease. Sometimes a person already has a good idea of what changes are needed, but may require help making the changes. The nutrition counselor, and client, work together to identify areas where change is needed, prioritize changes, and problem-solve as to how to make the changes. Making dietary change is a gradual process. An individual may start with one or two easier dietary changes the first few weeks and gradually make additional or more difficult changes over several weeks or months.

What types of medical concerns are managed with nutrition therapy?

- High blood pressure
 - Elevated cholesterol or triglycerides
 - Obesity
 - Pre-diabetes and Diabetes
 - Kidney disease
 - GERD, IBS, Constipation
 - Vegetarianism
 - Gastric Surgery
 - Other nutrition issues
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- Who qualifies → All beneficiaries of Tricare (AD, dependents and retirees)

- How to access the service → ask your provider for a referral today or call Bonnie Teague, 301-295-0105, for an appointment.

Health Education

- What is it? An individual appointment, educational classes and/or a shared medical appointment with a health educator in our clinic
- What do the services focus on?
 - Tobacco cessation
 - Walking groups
 - Decision making
 - Stress management
 - Grief/Loss
 - Self esteem
 - Alcohol/ Drug Use and Prevention
 - Communication Skills
 - Anger Management
 - Time Management
- Who qualifies → All beneficiaries of Tricare (AD, dependents and retirees) as well as all staff of NNMC (contract and GS)
- How to access the service → ask your provider or call Bonnie Teague, 301-295-0105

Mind-Body Medicine

- What is it? Mind-Body Medicine is based on the inseparable connection between the mind and body. Specifically, it works from the assertion that our thoughts, feelings, and behaviors affect our physical health and conversely, that our physical health affects our thoughts, feelings, and behaviors. The Mind-Body Medicine program at NNMC offers information and instruction on a variety of evidence-based approaches, such as meditation, yoga, breath work, and guided imagery, which serve as a complement to traditional medical care. These practices are intended to elicit the individual's innate ability to heal, as well as empower them with the tools for sustained health and well-being.
- How is it delivered? Individual appointment with a Mind-Body Medicine Therapist, instructional classes on a specified Mind-Body Medicine technique, and/or participation in an on-going group.
- What do the services focus on?
 - Whether your priority is to heal from a condition, maintain your health, or prevent illness, Mind-Body Medicine techniques are intended to promote

wellness on all levels. Research has shown Mind-Body Medicine techniques to be efficacious for a range of clinical applications, including:

- Depression
 - Sleep disturbance
 - Chronic pain
 - PTSD
 - Anxiety
 - Substance abuse
 - Emotional regulation
 - Smoking cessation
 - Fibromyalgia
 - Caregiver stress
 - Sleep, stress, mood, fatigue in cancer patients
 - Psoriasis
- Who qualifies → All beneficiaries – Active Duty, Dependents and Retirees as well as all staff of NNMC (contract and GS)
 - How to access the service → ask your provider or contact, 301-295-0105, for an appointment.