



VeteranCaregiver.com Video Resource

Recommended Resources: Navigating the Military Med System, Part 1

Definition	The military medical system may be challenging to navigate, but with organization and assistance, you can learn the new language, the chain of command, and those that will help – or hinder you. Key words to remember: persistence, communication, follow-up, documentation, and civility. Each service branch has their own Wounded Warrior Program with advocates and caregiver (NMA) support.
The Basics	http://www.military.com/money/insurance/health-insurance-and-tricare/military-health-care-basics.html
Medical Records	https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?nfpb=true&nfto=false&pageLabel=spotlightArchive&contentPage=spotlight/01192013_EvergreenBlueButton.html
CG Legal/Financial Guide	http://www.moaa.org/caregiver_guide_use/ Guidance on general and medical matters including privacy, power of attorney and more.
Medication Mgmt	There are many examples; here's one Worksheet Template: http://www.vertex42.com/ExcelTemplates/medication-list.html
Medication Info App	Many exist; we like PocketPharmacist on iTunes for clear Med descriptions and drug interaction feature.
Appt. Recordkeeping	Many exist so choose best for you; search online or record Details in journal.
Note:	Always follow-up calls with email and keep copies of all Documentation: Dr/PA/RN, meds, directives, follow-up, contact numbers & who to call in an emergency (<u>not</u> a 911 situation)

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