

NAVAL SUPPORT ACTIVITY BETHESDA



2025 INSTALLATION GUIDE

FLATS 8300

Our stunning Community offers homes from studios to three bedrooms and townhomes!

Reserve your home today to have everything Bethesda has to offer at your finger tips!



Our residents can expect nothing but the best from our teams. Your World Class Customer Experience doesn't end after your tour, it's just the beginning!

📍 8300 Wisconsin Avenue
📞 240-204-6068
🌐 Flats8300.com



Your Home Away From Home

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hospitality for
military families in
the Washington D.C.
metro area!

Whether you're on PCS, TDY, or relaxing on vacation, our professional staff is proud to serve you. Enjoy premiere guest service and excellent accommodations for the best value! Make reservations at our convenient Navy Gateway Inns & Suites and Navy Lodge locations in D.C., Annapolis, Dahlgren, Bethesda, and Patuxent River.

- Complimentary Wi-Fi & parking
- Pet-friendly
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- Kids' play area at most locations
- Laundry services

/NEXCOM HOSPITALITY GROUP



Washington D.C.,
Bethesda, Annapolis,
Patuxent River



Dahlgren,
Patuxent River

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When you're a member, you benefit from a lifelong relationship with a financial institution that makes your financial goals a priority. **We serve all members of the armed forces, the DoD, Veterans and their families.**

Our Members Are the Mission®



WE'RE LOCAL!
VISIT OUR BRANCHES TODAY!

Walter Reed National Military Medical Center
8960 Brown Drive, Bethesda

Walter Reed National Military Medical Center,
Navy Exchange, 4750 Enterprise Drive, Bethesda

navyfederal.org

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Hilton Garden Inn Bethesda Downtown Convenient Comfort

Newly Renovated Meeting and Public Spaces

- Located at "Bethesda" metro stop (Red Line)
- Walking distance to shops, dining and more
- Newly equipped fitness center with Peloton bikes
- Large guestrooms with oversized working desk area
- In-room mini-fridge, microwave and complimentary Wi-Fi
- On-site laundry facility and parking garage
- Garden Grille Restaurant & Bar open daily for breakfast, dinner and cocktails
- Over 1600 sq ft of meeting space available



Please mention Code
"X1 Walter Reed" at time of booking.



Hilton Garden Inn Bethesda Downtown

7301 Waverly St, Bethesda MD 20814

301-654-8111 | 1-877-STAY HGI | bethesda.hgi.com



Find this guide
online by scanning
this QR code with
your smartphone

Naval Support Activity Bethesda

4655 Taylor Road
Bethesda, MD 20889-5600
(301) 295-6246

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QUICK PHONE GUIDE

NSA BETHESDA EMERGENCY SERVICES: **777** (Landlines) or **301-295-0999** (Cell Phones)

SEXUAL ASSAULT PREVENTION AND RESPONSE

On Call Victim Advocate:

240-814-7624

On Call SARC:

240-814-7705

AMERICAN RED CROSS

Main: 301-295-1538

After Hours: 877-272-7337

CHILD DEVELOPMENT CENTER I

301-295-0014

CHILD DEVELOPMENT CENTER II

301-400-1200

DEERS/ID CARDS

295-0103/0127/0612

ID card appointments:

idco.dmdc.osd.mil/idco

FITNESS CENTER

301-295-2450

MEDICAL PHOTO

301-295-1014/5

MEDICAL READINESS BRIGADE

301-319-2648

MILITARY AND FAMILY SUPPORT CENTER

301-319-4087

NAVAL MEDICAL LEADER AND PROFESSIONAL DEVELOPMENT COMMAND

301-400-2721

NAVY EXCHANGE BETHESDA

240-743-4200

NAVY LODGE BETHESDA

301-654-1795

NAVY-MARINE CORPS RELIEF SOCIETY

301-295-1207

NAVY MEDICINE READINESS & TRAINING COMMAND

301-400-3859

NSA BETHESDA SECURITY DESK

301-319-8937



NSA BETHESDA PUBLIC AFFAIRS
301-295-1803

SCHOOL LIAISON
301-295-7849

TRANQUILITY HALL BLDG. 62
301-400-0200

**UNIFORMED SERVICES
UNIVERSITY**
1-800-515-5257

UNIFORM SHOP
240-743-4200 Ext. 2301

**USO WARRIOR AND
FAMILY CENTER**
240-552-9350

VISITOR CONTROL CENTER

102 Wood Rd.
Bethesda, MD 20814
301-295-4607 ▪ 301- 400-2434
<https://ndw.cnmc.navy.mil/BethesdaVCC>

**WALTER REED PAO AND
COMMAND COMMUNICATIONS**
301-295-5727 | 301-400-0012

WALTER REED PASTORAL CARE
301-295-1510

**WALTER REED SWITCHBOARD
OPERATOR**
301-295-4000

DSN INSTRUCTIONS

DIALING FROM NSA BETHESDA/WALTER REED BETHESDA TO AN OVERSEAS DSN: Dial "94" + 10-digit DSN number

What is my NSA Bethesda/Walter Reed Bethesda DSN number?

A DSN (Defense Switch Network) phone number is organized the same way as a non-DSN number. To determine your DSN number, you need to know: 1.) the area code; 2.) the prefix; 3.) the 4-digit extension.

1. THE DSN AREA CODE FOR NSA BETHESDA/WALTER REED BETHESDA IS: 312-
2. DSN PREFIXES FOR NSA BETHESDA/WALTER REED BETHESDA. IF YOUR LOCAL NUMBER STARTS WITH:
295 - your DSN prefix is 295-
319 - your DSN prefix is 285-
400 - your DSN prefix is 469-
3. YOUR EXTENSION WILL NOT CHANGE

Combine the three elements to determine your DSN number. Example:

- (1) Local number #301-295-8900 is DSN #312-295-8900
- (2) Local number #301-400-8900 is DSN #312-469-8900
- (3) Local number #301-319-8900 is DSN #312-285-8900



Welcome Aboard ...

On behalf of the approximately 450 dedicated Naval Support Activity (NSA) Bethesda military and civilian professionals who operate this installation, it is my pleasure to welcome you!

NSA Bethesda became an established Naval Installation on October 1, 2011. Since that time, we have continuously embraced new initiatives, opportunities, investments to advance our installation, ensuring an environment that facilitates the important medical care, education and academic studies, research, and other work that occurs inside our fence line.

As we move into our fourteenth year (and the U.S. Navy's 250th), we are proud to continue this tradition of dedicated support. NSA Bethesda provides safety, security, and operational support to more than 40 tenant commands, which enables our mission partners' critical work to be performed.

As the home of Walter Reed National Military Medical Center (WRNMMC), Uniformed Services University of Health Sciences, Navy Medicine Readiness and Training Command, Medical Readiness Brigade, and Navy Medical Leader and Professional Development Command, we're constantly working to create and maintain an environment that enables staff to thrive, patients to heal, and guests to feel at home.

Detailed descriptions of these larger tenants as well as information about our incredible additional mission partners and activities are included in this guide. I hope you will take the time to read and learn about them.

NSA Bethesda provides incredible support services which include the region's flagship Navy Exchange and Uniform Store; a robust Morale, Welfare, and Recreation (MWR) program; a highly-rated Child Development Center (CDC); and an exceptional Military and Family Support Center.

Each provides an important resource to those who live and work here, from daily sundries at the Navy Exchange, to exercise opportunities at the MWR Fitness Center, to childcare at the CDC, to life skills classes and learning



opportunities at the Military and Family Support Center.

Our security force and fire department are comprised of highly trained civilian and military personnel who ensure the safety of the base as well as rapidly respond to emergencies. These dedicated men and women protect the installation 24/7, providing a safe environment for thousands of people working on or visiting the installation each day.

Whether you're here for a short stay or you're a new member of our local community, we hope you find the 2025 Installation Guide a useful tool for navigating the many support services and opportunities we have to offer.

This guide is designed with you in mind, and it is an honor and privilege to serve you.

Very Respectfully,
Alan Christian
CAPT, MSC, USN
Commanding Officer



Naval Support Activity Bethesda



Vision Statement

As an installation, we create an environment that enables patients to heal, staff to thrive and guests to feel at home.

Mission Statement

Naval Support Activity Bethesda provides customer-focused installation management and base operating support to our tenant activities in their pursuit of excellence. We partner in healing, wellness, research and education.



HOUSING, LODGING, AND ACCOMMODATIONS



WOUNDED, ILL AND INJURED (WII)

Fisher Houses

The five Fisher Houses at Naval Support Activity Bethesda - the most on any base in DoD system - provide lodging to WII and their family members. There are 73 suites, 60 of which are handicapped accessible and are private, offer a place to stay at no cost while loved ones are receiving treatment. Patients who are medically cleared may also stay at the Fisher House. Each Fisher House includes a common area, communal dining and family rooms.

Tranquility Hall

Tranquility Hall (Bldg. 62) is a 153-suite, ADA-compliant WII building providing two-bedroom suites including a kitchenette, washer and dryer, and lounge area for outpatients and their non-medical attendants. Tranquility Hall also features Warrior Food Court, which offers daily food service.

UNACCOMPANIED HOUSING E1-E4

Comfort and Sanctuary Halls

Comfort Hall (Bldg. 60) and Sanctuary Hall (Bldg. 64) offer unaccompanied quarters that include social spaces, laundry facilities, and cooking areas for enlisted service members E-1 to E-4.

HOUSING REFERRAL OFFICE

The housing referral office is located in Building 17B, 3rd floor in suite 3D. The housing office maintains extensive lists of properties for rent, including single family homes, townhomes, condos, and apartments as well as shared rooms and local hotel information. In addition, the Rental Partnership Program (RPP) allows active duty service members to move into participating apartment communities without paying a security deposit and application fee. Rent is provided at a discounted price. Contact the housing office at 301-295-6564 for additional information and a list of participating communities. New personnel should keep in mind that parking on the installation is limited; they should research commuter routes and options before choosing a home. Housing information can also be obtained at cnic.navy.mil/BETHESDAHousing.

GOVERNMENT HOUSING

NSA Bethesda does not have open family housing. There are several on-base housing locations in the Naval District Washington (NDW) region.

Assignments for service members should be made on DD Form 1746, and submitted with your PCS orders, dependent information and the detachment endorsement from your last duty station. Service member

applications can be forwarded to NSA Bethesda housing office or to the intended Housing Community. Unaccompanied Housing information is provided at check-in. For more information, call 301-400-0200.

Washington, D.C.

Joint Base Anacostia-Bolling (JBAB); Bellevue (Lincoln Military Housing): two- and three-bedroom townhomes for enlisted personnel. Joint Base Anacostia-Bolling (Hunt-Pinnacle Military Housing): two-, three- and four-bedroom townhomes and houses for enlisted and officers. The JBAB Family Housing Office handles all the assignments for the communities. Contact JBAB at 202-433-0346 or 210-0139.

Maryland

Glen Haven (Balfour Beatty Military Housing), off-base: three- and four-bedroom apartments for E6 and below, and three and four-bedroom townhomes for E7 and higher, including officers. Contact Glen Haven at 301-649-9700.

Andrews Air Force Base; Liberty Park (AMC East Communities): two-, three- and four-bedroom

townhomes and single family homes for both enlisted and officers. Contact Liberty Park at 301-736-8082.

Fort Meade; (Corvias Military Living): two-, three-, four- and five-bedroom townhomes and single family homes for enlisted and officers. Contact Corvias Military Living at 410-305-1258.

Virginia

Fort Belvoir; The Village of Belvoir (The Michaels Org.): two-, three-, four- and five-bedroom homes across 15 distinct villages able to house both enlisted and officers. Contact The Village of Belvoir at 703-619-3878.

NAVY LODGE

Operating under Navy Exchange Service Command, Navy Lodge Bethesda offers 106 guest rooms. Authorized patrons include all branches of military service and their families, DoD civilians, reservists/ National Guard, international military and retirees. Advance reservations are accepted for those traveling on temporary duty, medical, permanent change of station (PCS) or travel orders. For more information, call 301-654-1795.

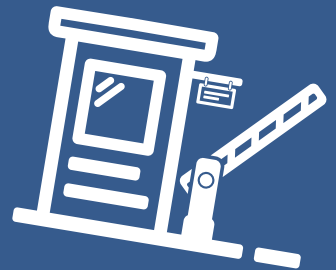


ACCESSING AND NAVIGATING THE INSTALLATION

For the latest information on accessing
NSA Bethesda, visit our VCC website at:
<https://ndw.cnlic.navy.mil/BethesdaVCC/>



For the latest NSA Bethesda gate hours,
please visit our gate hours page at:
<https://ndw.cnlic.navy.mil/NSABGateInfo/>



For information on commuting to and from
NSA Bethesda, visit our Commuters page at:
<https://ndw.cnlic.navy.mil/NSABCommuters>



To have NSAB traffic alerts sent directly to
your phone, text NSABTRAFFIC to 888-777.



<https://ndw.cnlic.navy.mil/Bethesda>

FACILITIES SERVICES REQUEST GUIDE

NSA Bethesda relies on NAVFAC Public Works Department (PWD) Bethesda to service and maintain its buildings and roads, provide electricity, water, and sanitation services, oversee construction of new infrastructure, and ensure compliance with environmental laws and regulations. See Frequently Asked Questions below for guidance on reporting repair problems.



**SMOKE, FIRE, BURNING, CHEMICAL SMELLS,
OR PERSONNEL TRAPPED IN ELEVATORS**
Call 777 or Fire Department at (301) 295-0319

Frequently Asked Questions (FAQs)

How should I report a problem if I live in a Lodging Facility (For Residents living in Buildings 60, 62, & 64)?

Call the 24/7 Front Desk at 301-400-0200.

How do I get new or additional keys and/ or locks?

NSA Bethesda MUIC Building Managers submit requests to Mr. Mike Davidson in installation security.

How can I find out the current status on a request for services, or report a service performance issue?

Contact your Building Manager. Building managers may check the Maximo website anytime or call PWD Facility Management Specialist (FMS).

How can I report a facility service contract performance issue?

Contact your Building Manager. Building Managers will send an email to the Call Center (NAVFAC Wash HELPDESK-PWD-Bethesda@navy.mil) to submit a Command Comment Record form. This requires the contractor to respond in writing and documents the issue for future contractor selection.

General NSA Bethesda Facility Issues

Problems within NSA Bethesda maintained (MUIC) buildings (non-hospital or university) during regular business hours should be routed through your Building Manager.

Emergency facility requests 24/7, call the NAVFAC Service Desk at **202-685-1880**. After-hours calls are transferred to the Public Works Duty Officer cell phone.

Building Managers request service as follows:

Non-Emergency facility requests enter an online Maximo service request via the "Self Service" module OR email the request to:

NAVFAC Wash HELPDESK-PWD-Bethesda@navy.mil

Include:

1. Title: Base/Building #/Priority/Short Description
2. Description: Provide detailed description of problem, Room #, POC Email & Phone #
3. Priority (Urgent or Routine)

Exterior Repair Issues

Report all issues to your Building Manager to request service.

Projects & Service Contract Modifications

(E.g., renovations, wall reconfigurations, paving, etc.):

Contact the appropriate Building Manager. The Building Manager will submit a Command Service Request Form to the PWD Facility Management Specialist located in Bldg. 27, 2nd Floor.

Walter Reed Facilities Help Desk

Phone: (301) 295-1070



For all Walter Reed buildings including: 1- 10, 14, 19, 51, 54, 55, 62, 63, 84T, 85T, 100, 148, 149, 203, 225, and 241.

For Emergency Elevator and Fire related issues, call the NAVFAC Service Desk at 202-685-1880

USU Facilities Help Desk

Phone: (301) 295-3045



For all University Buildings including: 28, 42, 43, 44, 45, 46, 47, 53, 59, 61, 70, 71, 72, 73, 74, 76, and 79.

For Emergency Elevator and Fire related issues, call the NAVFAC Service Desk at 202-685-1880

NSA BETHESDA TRAFFIC ALERTS



TEXT
NSABTRAFFIC
TO
888-777



USO WARRIOR AND FAMILY CENTER BETHESDA



The USO Warrior and Family Center at Naval Support Activity Bethesda offers a comprehensive array of specialized services and programs in a supportive and home-like setting. The 16,000-square-foot facility is dedicated to serving our nation's wounded, ill, and injured troops, their families and caregivers, as well as active duty and military families.

It includes classrooms, an ADA-compliant kitchen and dining room, a community events space and healing gardens, and industry-leading art therapy and music programs to help in the healing of visible and invisible wounds and illnesses.

An integral part of the building is the USO Welcome Desk where volunteers greet, assist and orient visitors to USO activities taking place inside and outside of the building. To receive event notices, sign-up at: www.USOmetro.org/newsletter

USO Warrior and Family Center Bethesda volunteers staff the USO Center and assist guests with all of the amenities the center offers. Volunteers are trained to provide local area information as well as support for events and activities taking place in the building. They interact with active duty military members as well as Wounded Warriors receiving treatment at Walter Reed Bethesda. Volunteers are asked to commit to at least two shifts per month and must be at least 18 years old. Register to volunteer at volunteers.uso.org and choose Bethesda. For hours and other information, call 240-552-9350.



VOLUNTEER OPPORTUNITIES

THE AMERICAN RED CROSS



AT WRNMCC

The American Red Cross at Walter Reed stands ready to assist patients and their families. Every year, Red Cross volunteers provide an average of 42,000 items to support patients and families receiving care throughout the hospital and more than 70,000 hours of their time. There are currently more than 500 volunteers who support a variety of activities. Volunteers include civilians and active duty service members, military spouses, administrators, and health care professionals who practice to the full extent of their credentials and support activities across Naval Support Activity Bethesda. They volunteer in the Department of Rehabilitation and greet wounded, ill, and injured service members arriving via MEDEVAC. A Comfort Cart goes throughout the inpatient wards every day, supplying



patients with toiletries, snacks, magazines, movies, and other items to make their stay more comfortable. The Animal Visitation team's many dogs greet patients, families, and staff in common areas and are available for visits to patients. Yoga classes are taught by volunteers at numerous locations. A Coffee Morning program serves patients, families, and staff

coffee, donuts, and fruit. They also help patients with wayfinding at Information Desks. During the summer, approximately 50 youth volunteers join us, working in various clinics throughout the medical center. If you're interested in volunteering, please stop by our office in Bldg. 10 during normal business hours or call our office at 301-295-1538.

To initiate a Red Cross Emergency Communication message, please call 877-272-7337.



NAVY-MARINE CORPS RELIEF SOCIETY

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs. As a non-profit, volunteer service organization, we use both financial and non-financial resources to identify solutions to

meet emerging needs. We help clients improve personal financial skills and encourage individual financial responsibility. Our volunteers assist clients in creating a personal budget, process Quick Assist Loan®, provide emergency financial assistance, teach Budget for Baby® classes and knit or crochet handmade baby blankets. Office hours are 0800-1530, Monday-Friday. We are located in Building 11, Room 118. Appointments are not required for Quick Assist



LoanSM or Emergency Leave travel, however they are recommended for all other assistance. To make an appointment for assistance or learn more about volunteering, call 301-295-1207.

WARRIOR FOOD COURT

Building 62, Tranquility Hall
PH 301-400-1814

Warrior Food Court is the first MWR Food and Beverage facility to feature five different CNIC food brands in one location. Each brand features a unique menu to serve the staff, their families, and our nation's leaders of NSA Bethesda and more than 40 tenant commands.



Better Burger and Fries

Breakfast, Burgers, Wings
Monday-Friday (6:30-10:30 a.m.
Breakfast); 10:30 a.m.-5 p.m.
Saturday, Sunday,
Holidays 9 a.m.-4 p.m.



Uptown Pizza Express

Pizza, Pasta, Hoagies
Monday-Friday 10:30 a.m.-1:30 p.m.



Gourmet Bean Café

We Proudly Serve Starbucks™
Coffee, Sweets, Savories
Monday-Friday 6:30 a.m.-2:30 p.m.



Bombers Fresh Mex

Tacos, Burritos, Bowls
Monday-Friday 10:30 a.m.-1:30 p.m.



Fresh Choices Fast Crafted Cafe

Salads, Wraps, Panini
Monday-Friday 10:30 a.m.-1:30 p.m.



BLENDZ

Made to order Smoothies
with Fresh Fruit, Protein,
Meal Replacement
Monday-Friday 6:30 a.m.-2:30 p.m.

MORALE, WELFARE, AND RECREATION



Morale, Welfare, and Recreation at NSA Bethesda provides quality of life services in Fitness, Sports, Aquatics, Recreation, and Food and Beverage. At MWR Bethesda, our mission is to deliver high-quality, customer-focused programs and services that contribute to resiliency, retention, readiness, and quality of life.

Stay Connected with a Weekly HAPPENINGS newsletter delivered by email. Detailed information and events are available at NavyMWRBethesda.com. Follow us on Facebook and Instagram: @MWRBethesda

COMMUNITY RECREATION

- Special Events
- Monthly Movie Nights
- Day Trips
- Leisure Skill Classes
- In for 10 Program (\$10 trips and programs for Enlisted Personnel Only)
- MWR Event Volunteer Opportunities
- Outdoor Gear Rental
- Pavilion Rentals
- Discounted Tickets and Travel

MAIN TICKET OFFICE

Building 2, Room 1448 (Hospital)

PH: 301-295-0434

- Monday-Friday 8 a.m. to 4:30 p.m.
- Discounted tickets to entertainment and area attractions, sporting events, amusement parks.

COM REC RENTAL AND TICKET OFFICE

Building 239 (Near Z Parking Lot)

PH: 301-319-1620

Monday-Friday 9 a.m. to 5 p.m.

- Discounted tickets to entertainment and area attractions, amusement parks.
- Rental Office for Picnic Pavilions and Grills at the MWR Sports Complex, Tables/Chairs for on base events, Sporting Equipment, Camping Equipment.

FITNESS CENTER

Building 17B

PH: 301-295-2450

Check website for current hours.

NavyMWRBethesda.com/fitness

- 24/7 Access Available to Registered Patrons
- Indoor Basketball Court and Gymnasium
- Indoor Running Track
- Locker Rooms and Rentals
- Cardio Room
- Weight Room with NOFFS Training Equipment
- Adaptive Training
- Racquetball Courts
- Spinning Studio
- Special Events
- Group Fitness Studio

INDOOR POOL

Building 17B

PH: 301-295-2450

Check website for current hours:

NavyMWRBethesda.com/fitness/aquatics

- 50 Meter Indoor Pool with In-Pool Ramp and Stair Entry
- 2 Aquatic Pool Lifts
- Wheelchair Access
- Aquatics Wheelchair
- NOFFS Aquatics Training Equipment
- Children's Swimming Lessons
- Kayak Lessons
- Scuba Training and Certification
- Military Physical Training
- Lap Lane Swimming
- Recreational Swim
- Adaptive Water Polo

INTRAMURAL SPORTS

Building 17B and MWR Sports Complex

PH: 301-295-0031

- Softball
- Basketball
- Flag Football
- Soccer
- Volleyball
- Table Tennis
- Racquetball
- Pickle Ball

MWR SPORTS COMPLEX: FIELDS & COURTS

Perimeter Road

PH: 301-319-1675

- Multipurpose Artificial Turf Field (soccer, lacrosse, football)
- Softball Field
- Basketball/Tennis Courts
- Marked Running Track
- Running Trail
- 4 Workout Stations
- Sand Volleyball Court
- 2 Restroom Facilities

- 2 Horseshoe Pits
- Playground Area
- 3 Picnic Pavilions with Charcoal Grills. (Contact MWR Com Rec at PH 301-319-1620 to rent the pavilions and grills)

CHILD DEVELOPMENT CENTERS

CDC I, Building 26

PH: 301-295-0014

CDC II, Building 87

PH: 301-400-1200

- On base childcare for ages 6 weeks to 5 years old. for Military and DoD Civilian sponsors.
- Waiting List: Request for care at www.militarychildcare.com (MCC). When placing your request, please use an email address that is checked daily to ensure you are receiving communications from MCC allowing you to accept/decline the offer within 48 hours.
- Hourly Childcare-Buildings 26 and Building 87
- Hourly Care spaces are available at both CDC's located on Bethesda Monday-Friday from 6 a.m.-6 p.m. at a rate of \$8.00 per hour at a maximum of 25 hours per week for children ages 6 weeks-5 years old.
- Hourly Care is for Military and Family Support Meetings, Respite Care, and new families. Request hourly care by calling 301-400-1200 or 301-295-0014.
- Hourly Care Reservations: Registered CYP patrons can make hourly care reservations using CYP Online at: <https://myffr.navyaims.com/ndwcym.html>.

NAVY CHILD AND YOUTH PROGRAMS JOB OPPORTUNITIES

- Child and Youth Program is hiring for Child Youth Program Assistants. Please apply at <https://www.USAjobs.gov> Keyword: NDW
- \$500 sign on bonus. Up to \$1750 in retention bonuses. CYP Employee Discounts:
 - 50% off childcare for first child
 - 20% Multi-Child Discount



CHILD DEVELOPMENT CENTERS (CDC)

Two CDCs located at NSA Bethesda provide full-time and hourly care (space available basis) for children 6 weeks through 5 years of age. Staff members provide personal attention, gentle guidance, and developmentally appropriate activities for children. The centers use "The Creative Curriculum" to guide staff in assessing and meeting each child's intellectual, physical, social, creative and emotional needs. Children eligible for care at the Child and Youth Program are children of active duty military and Department of Defense civilians assigned to NSA Bethesda as well as other Washington, D.C. metro area military installations.

All facilities are licensed by the DoD and participate in the USDA's Child and Adult Care Food Program (breakfasts, lunches and afternoon snacks). The CDCs are accredited by the National Association for the Education of Young Children.

Fees are based on total family income, which is verified by recent Leave and Earnings Statements (LES). Fees will not be pro-rated. Weeks that include a federal holiday are billed at the same rate. A \$100 registration fee is payable in advance and credited towards the first weekly payment. For more information, please call 301-400-1200. To register, visit militarychildcare.com.

CDC I

Location:

8700 Constitution Dr.,
Bldg. 26

Phone: 301-295-0014

Hours of Operation:

Weekdays: 0600-1800
Weekends: Closed
Federal Holidays: Closed

CDC II

Location:

8715 Constitution Dr.,
Bldg. 87

Phone: 301-400-1200

Hours of Operation:

Weekdays: 0600-1800
Weekends: Closed
Federal Holidays: Closed

NOTE: The CDCs follow OPM guidance for operations during inclement weather.



MILITARY AND FAMILY SUPPORT CENTER



The Military and Family Support Center (MFSC) is here for all branches of service. The MFSC, located on the first floor in Bldg. 11, offers helpful programs and professional services to assist you in meeting the unique challenges of military life. Active duty military, wounded warriors, dependents, retirees, reservists, and DoD civilians (some exceptions may apply) are eligible to participate in programs. MFSC can be reached at 301-319-4087.

VIRTUAL SUPPORT

All MFSC programs offer virtual support in addition to traditional, in-person services. If you prefer to access our services virtually, please contact us to discuss your needs and we will do everything we can to accommodate you.

COMMAND TRAINING SUPPORT

Does your command need annual General Military Training (GMT)? The MFSC team will come to you and provide tailored, on-site training for your services members. Training units include Suicide Awareness, Sexual Assault Prevention and Response (SAPR),

Domestic Violence Prevention, Family Advocacy, Financial Planning, and specialized training to target the specific needs of your unit.

COUNSELING AND ADVOCACY PROGRAM (CAP)

The Counseling and Advocacy Program (CAP) at MFSC consists of Clinical Counseling and the Family Advocacy Program (FAP). Clinical Counseling is individual, marriage, or family counseling provided by a licensed professional at no cost. The counseling is short-term, non-medical, and goal directed. MFSC counseling focuses on emotional reactions and situational difficulties such as depression, troubled relationships, or family issues which can result from deployments, separations, relocations, and other stresses common to military life. FAP is a proactive program providing for the education, prevention, and treatment of family violence. The FAP staff seek to prevent violence, abuse and neglect in families and intervene protecting vulnerable parties if it does occur. FAP Victim Advocate (FAP VA) services are also available.

CRISIS RESPONSE

Crisis Response is the quick response provided for commands, personnel, and families when they are faced with crisis situations, ranging from sexual assault or loss of life to natural disaster, mass casualties, evacuation, repatriation, and mobilization or war. In the midst or aftermath of an incident, the MFSC provides command consultation, crisis intervention, coordination of support, resources and volunteers, 24-hour information and referral, critical incident stress debriefing, and follow-on counseling or referral services.

DEPLOYMENT SUPPORT

The MFSC plays a key role in assisting service members and families before, during, and after deployment. The program is designed to help service members and their families successfully manage the challenges of deployment (separation and deployment) by helping them to better anticipate and understand the associated physical and emotional demand.

EXCEPTIONAL FAMILY MEMBER SUPPORT (EFMP)

Families with special needs deserve special care. The EFMP Liaison ensures military families with chronic illness or disabilities can receive needed services. The MFSC offers assistance to service members and family members by finding resources for medical, counseling, and educational services, and respite care and support groups.

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

Most military spouses work. It can be challenging to maintain a career while transferring to new duty stations with your service member. The goal of the FERP is to help you learn how to get a job and maintain a career as a military family member. Family employment specialists help family members make career decisions, develop employment search skills, assist with resume writing, career planning, networking, interviewing and provide civilian and federal employment information and resources.

INFORMATION AND REFERRAL (I&R)

The I&R program is a one-stop referral center staffed with trained specialists to help service members and

their families locate and access services that they want and need within the local military and civilian community.

LIFE SKILLS EDUCATION

The MFSC provides solution-oriented programs to expand knowledge and social skills to enhance self-esteem and interpersonal relations. Through individual and group sessions, Life Skills Educators provide anger management, couples communication, parenting, stress management, suicide awareness and prevention, conflict resolution, team building, and much more. Classes and training are offered on-site, at the MFSC, and at command locations upon request.

NAVY GOLD STAR PROGRAM

This program exemplifies the Navy's long term commitment to families of fallen warriors by honoring the sacrifices of those service members who have lost their lives while serving on active duty — ensuring their parents, spouses and children remain part of the Navy family. The Gold Star Coordinator provides long-term survivor assistance support services and survivor advocacy through a coordinated community response. Gold Star Family reserved parking is available behind the MFSC.

NEW PARENT SUPPORT (NPS) HOME VISITATION

This is a voluntary early intervention program for expecting and new parents. The key component is home visitation. It is designed to promote healthy family functioning, child development, and positive parent-child interactions. NPS specialists offer prenatal and postnatal education and support, developmental screening, and assistance in accessing military and community resources. NPS also offers infant massage workshops and family play groups.

OMBUDSMAN TRAINING AND SUPPORT

Ombudsmen are Navy spouses designated by the commanding officer as a link to Navy families. MFSC assists Ombudsmen by providing ongoing training and support. You may also contact an Ombudsman seven days a week by calling the Command Duty Office at 301-295-4611.

OUTREACH SERVICES

Outreach Services are the relationship between the MFSC, commands, and their community. The MFSC assesses command and community needs, identifies specific needs and develops tailor-made programs to address command concerns, taking services directly to Sailors, Soldiers, Airmen, Marines, Wounded Warriors, Reservists and their families.

PERSONAL FINANCIAL PLANNING

The MFSC provides financial education, training and individualized counseling with emphasis on long-term financial responsibility. Learn about budgeting, home and/or car buying, Thrift Savings and financial issues related to deployment. Financial counselors assist service and family members in developing spending plans and provide valuable financial planning information.

RELOCATION ASSISTANCE PROGRAM

Whether you are expecting orders for an overseas tour or changing home ports, the MFSC can help service members and families prepare. Relocation specialists offer one-on-one assistance helping with information about personal property entitlements, travel pay and allowances, obtaining details about the new home port such as housing, cost of living, schools and child care opportunities. Relocation specialists can also assist with planning your overseas move, including passport and visa requirements.

SCHOOL LIAISON (SL)

The SL serves as the liaison between the installation commander, military agencies, and schools by providing assistance in matters pertaining to student education. The SL makes recommendations in order to ensure military families have access to quality educational opportunities. The SL can assist parents and students with valuable information and assistance with relocation, both inbound and outbound. They provide information on local schools, curriculum, graduation requirements, and referrals to various appropriate military and civilian agencies. The SL also assists home-schooled

students with information on curriculum standards, issues, policies, and state requirements and much more.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

The SAPR program at NSA Bethesda is a Joint Services program. Victim response is available 24/7 regardless of service affiliation. The program provides crisis intervention, advocacy, and support for victims of sexual assault. SAPR aims to reduce the incidence of sexual assault through prevention, education and training. The MFSC provides ongoing training and support for senior leaders, SAPR Uniformed Victim Advocates and Administrative Uniformed Victim Advocates, and assists commands with the mandatory annual Sexual Assault Prevention GMTs. Contact the SAPR Office at 301-319-4087. If you are a victim of sexual assault, call 240-814-7624 or the Safe Helpline 1-877-995-5247.

TRANSITION AND EMPLOYMENT SERVICES

The Navy Transition Assistance Management Program offers comprehensive transition and employment services for all branches of service. Whether you are deciding your military career goals, retiring, or separating, the MFSC can assist with your transition from military life to the civilian world. Our trained transition professionals can assist with employment, resume writing, interview prep, benefits (current and veteran), relocation, job databases, job fair schedules, employer networking, hiring events, financial planning, individualized career assessments utilizing Myers-Briggs Type Indicator (MBTI) aptitude testing and much, much more. Are you separating or retiring from the military soon? The MFSC hosts Transition Assistance Program (TAP) seminars in partnership with the Department of Labor, Department of Veteran's Affairs, and other community partners.

**JOIN US
ON SOCIAL
MEDIA**



**Threads:
@nsabethesda**

**Facebook:
@nsabethesda**

**Instagram:
@nsabethesda**

NAVAL SUPPORT ACTIVITY BETHESDA



The Navy Exchange (NEX) is a state-of-the-art facility boasting 150,000 square feet and a two-story parking garage with four different entrances to make your shopping experience more convenient. The NEX offers a food court as well as a salon and barber shop, optical shop, package store, Navy Federal Credit Union and a full-service pharmacy.

The NEX at Bethesda is an eco-friendly Gold LEED building offering the best brands and the best prices to eligible beneficiaries. NEX is open Monday through Sunday. For more information, call 240-743-4200. Shop online 24/7 at mynavyexchange.com.

NAVY EXCHANGE UNIFORM SHOP

The Navy Exchange Uniform and Tailor Shop are located in the NEX. The Uniform Shop offers uniforms for all armed forces branches and the U.S. Public Health Service. The professional team of sales associates and tailors provide quality services for all your uniform requirements and tailoring needs. For more information, call 240-743-4702.

Hours of Operation:

Main Exchange
Mon-Sat: 0900-1900
Sun: 1000-1900

Food Court
Daily: 0900-1800

Quick Mart
Mon-Fri: 0600-2000
Sat: 1000-2000
Sun: 1000-2000

Gas Station
(Pumps Only)
Sat-Sun: 24/7

NAVY FEDERAL CREDIT UNION (NFCU)

Located on Main Street and at NEX Bethesda, NFCU offers a complete range of services and products with worldwide locations. NFCU staff members are ready to assist you with all your financial needs. Twenty-four hour NFCU ATMs are located at Main Street and the Navy Exchange. There is a cash dispenser at USU which works just like an ATM but does not accept deposits. NFCU is open Monday through Friday, 0730 to 1600. For more information, visit: www.navyfcu.org

ADDITIONAL SERVICES

PASTORAL CARE AT WALTER REED BETHESDA

We offer confidential spiritual care, consultation, and education to patients, families, staff, and students to promote dignity and enhance resilience and mission readiness.

When you or a loved one is ill or undergoing a medical procedure, you may find strength in sharing your concerns with a chaplain. Confidential, compassionate spiritual and emotional support is available to everyone who wants it, including people of all faiths and those without a religious affiliation. Our team of multi-faith chaplains, contract clergy, volunteers, and enlisted support staff are ready to assist you 24/7.

For more information, call 301-295-1510, visit walterreed.tricare.mil/Pastoral-Care, or join the Walter Reed Bethesda Pastoral Care public group on Facebook.



POST OFFICE AND POSTAL OPERATIONS

The U.S. Postal Service is located on Main Street, next to Postal Operations (military mailroom), Room 1432. Postal Operations acts as the consolidating point for all official mail processing and distribution for NSA Bethesda and tenant commands as well as personal mail delivery for barrack quarters residents. Express Mail Services are provided for official mail only. Hours are Monday through Friday, 0830 to 1500.

MISSION PARTNERS AND ACTIVITIES



ARMED SERVICES BLOOD PROGRAM (ASBP)

Since 1962, the ASBP has served as the sole provider of blood and blood products for the U.S. military. As a tri-service organization, the ASBP collects, processes, stores and distributes lifesaving blood to Soldiers, Sailors, Airmen, Marines, veterans and their families across the globe during both peace and war. There are more than 20 ASBP blood donor centers on military installations worldwide, including NSA Bethesda. The Armed Services Blood Bank Center (ASBBC) at WRNMMC collects both whole blood and platelet donations Monday through Friday.

For more information about donating, call a Blood Donor Recruiter at 301-295-1737, option 7. Blood and platelet donations can be made Monday-Friday at the WRNMMC Apheresis Donor Center in the Arrowhead Zone, Bldg. 9, Rm. 1671. To schedule an appointment to donate, visit www.militarydonor.com or call a Blood Donor Recruiter at (301) 295-2104.

Check out all the ASBP events in the NCR, see more photos or get the latest news by following ASBP National Capital Region on Facebook and @militaryblood on Twitter, Flickr, YouTube and Pinterest.



ARMY EMERGENCY RELIEF (AER)

AER's Mission is to provide grants, interest-free loans and scholarships to promote readiness and help relieve financial distress of Soldiers and their families. AER supports: Active-Duty, Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days and retirees. AER is located in Bldg. 11, 1st Floor. They can be reached at 301-400-0171.

ARMY MILITARY PAY OFFICE (AMPO)

AMPO consists of several departments: In/Out Processing, Military Pay, Military Pay Review, Separations and Wounded Warrior Pay. These departments provide comprehensive Military Pay support to all Army Soldiers assigned to the installation. The office promotes readiness through accurate and timely payments to Active and Reserve Component Soldiers. AMPO also resolves pay related inquiries with the utilization of unit PACs/S1s.

The AMPO mission is to provide exceptional customer service to Soldiers and family members by delivering prompt military pay support and accurately managing accounts. The AMPO phone number is 301-400-1066/67.

DEERS/ID Card Office

The DEERS/ID Card office at NSA Bethesda serves eligible DoD and DoD dependent ID card holders with issuance, renewal, and PIN reset of Common Access Cards (CAC). For expedited service, customers are strongly encouraged to make an appointment at the link below. Walk-ins are available on a first come, first served basis. Monday through Friday, between the hours of 0730 and 1600. The office is located in Bldg. 17 on Taylor Road and is closed on weekends, Federal holidays, and during OPM-directed closures (e.g., inclement weather events).

Appointment scheduling online:

<https://idco.dmdc.osd.mil/idco>

Hours: 0730 to 1600, Monday through Friday.

Closed weekends, Federal holidays, and during OPM-directed closures.

For more information, call 301-295-0103 or 301-295-0127.

MILITARY PERSONNEL DIVISION (MPD)

MPD is a proud member of Installation Management Command and is supported through the U.S. Army Garrison Fort Detrick, Directorate of Human Resources. Our mission is to ensure the full spectrum of military human resources programs, services and systems are professionally executed to support the readiness, mission, and well-being of Army Organizations and Soldiers (Active, Guard, and Reserve) located at NSA Bethesda, and the Forest Glen Annex. Services provided are in coordination with Unit SIs and include: Personnel Reassignments, In/Out Processing, Personnel Actions, Promotions, and Transition Services. We are located in Tranquility Hall (Bldg. 62) and our hours of operation are Monday to Thursday, 0800-1600, and Friday, 1300-1600.

NAVAL CRIMINAL INVESTIGATIVE SERVICE (NCIS)

Naval Criminal Investigative Service (NCIS) investigates felony crimes, prevents terrorism, and protects secrets within the Department of the Navy. The agency is unique among U. S. military criminal investigation organizations in that it is overwhelmingly civilian and headed by civilian law enforcement professionals who report directly to the Secretary of the Navy. NCIS special agents assigned to NCIS Resident Unit Bethesda are responsible for investigating felony crimes that occur on the installation, as well as crimes affecting Navy and Marine Corps personnel throughout Maryland's Montgomery, Frederick, and Howard counties. NCIS can be reached at 301-295-0570.



NAVY BLOODBORNE INFECTION MANAGEMENT CENTER (NBIMC)

NBIMC provides specialized expertise and oversight in administering Department of the Navy policies related to HIV, Hepatitis B, and Hepatitis C. Through central management of these bloodborne infections, NBIMC supports force medical readiness and safeguards the Navy and Marine Corps' blood supply. NBIMC's key responsibilities include managing the Navy's HIV testing contract, validating laboratory data, issuing official notification of

positive test results, tracking service members living with these bloodborne infections, and coordinating follow-on care in coordination with the Navy's four HIV Evaluation and Treatment Units. These efforts are vital to maximizing the medical readiness of Sailors and Marines. NBIMC operates as a field activity of Navy and Marine Corps Force Health Protection Command.



NAVAL DOSIMETRY CENTER

The U.S. Navy, in its unwavering commitment to the health and safety of its sailors and marines, places paramount importance on mitigating the risks associated with potential radiation exposure. Central to this effort is the Naval Dosimetry Center (NDC), a state-of-the-art facility that serves as the Navy's epicenter for radiation protection.



Established with the mission to safeguard naval personnel from the potential hazards of radiation, the NDC has evolved into a multi-faceted institution that not only monitors radiation exposure but also conducts cutting-edge research, maintains meticulous records, and provides invaluable support to veterans.

A cornerstone of the NDC's mission is the rigorous monitoring of radiation levels to which Navy and Marine Corps personnel are exposed. This is achieved through the meticulous processing of

over 30,000 dosimeters each month. These small, yet sophisticated devices are worn by personnel operating in environments where radiation exposure is a potential concern. By analyzing the data collected by these dosimeters, the NDC is able to accurately assess individual radiation exposure levels, thereby ensuring that personnel are not exposed to unsafe levels of radiation.

Beyond its monitoring capabilities, the NDC serves as a repository of invaluable data. Its comprehensive registry of radiation exposure data, which encompasses over 4 million personnel dating back to 1947, is a testament to the Navy's long-standing commitment to tracking and understanding the potential long-term effects of radiation exposure. This data is not only crucial for ensuring the well-being of current personnel but also for informing research and policy decisions related to radiation safety.

The NDC's expertise extends beyond data collection and analysis. The center is home to a team of highly skilled professionals who are readily available to provide expert consultation and guidance to Navy commands worldwide. Whether it's a question about radiation safety protocols or concerns about potential exposure, the NDC's team of experts is equipped to provide timely and accurate information, thereby ensuring that Navy personnel are well-informed and protected.

NAVY MEDICAL RESEARCH CENTER (NMRC)

Navy Medicine's research and development laboratories are engaged in a broad spectrum of activity, from basic science in the laboratory to field studies at sites in remote areas of the world to operational environments with the goal of delivering high value, high impact research products to support and protect today's deployed warfighters. At the same time, researchers are looking to the readiness and well-being of future forces. The diverse capabilities and the geographical locations of the laboratories reflect the broad mission and vision of Navy medicine's research and development enterprise. With a cadre of scientific leadership and technical expertise focusing on force health protection and enhancing deployment readiness, research teams represent years of experience in science, medicine, and the military. In support of

the Navy, Marine Corps, and joint U.S. warfighters, researchers study infectious diseases; biological warfare detection and defense; combat casualty care; environment health concerns; bone marrow research and registry; aerospace and undersea medicine; medical modeling, simulation and operational mission support; and epidemiology and behavioral sciences. NMRC is the headquarters for Navy medicine's research and development enterprises that includes the NMRC laboratory, Silver Spring, Md.; Naval Health Research Center, San Diego, Calif.; NAMRU-Dayton, Dayton, Ohio; Naval Submarine Medical Research Laboratory, Groton, Conn.; NAMRU-San Antonio, San Antonio, Texas; and overseas at NMRC-Asia, Singapore; NAMRU-3 Cairo; and NAMRU-6, Peru. NMRC's mission is to conduct health and medical research, development, testing, evaluation and surveillance to enhance deployment readiness of DoD personnel worldwide.



NAVAL MEDICAL LEADER AND PROFESSIONAL DEVELOPMENT COMMAND (NMLPDC)

The Naval Medical Leader and Professional Development Command (NML&PDC) mission is to develop leaders and their professional careers through a robust portfolio of leadership and professional development products and services that maximize operational readiness through acquisition of state-of-the-art knowledge, skills, and abilities spanning the entirety of the member's career.

A critical enabler of the Navy Medicine Human Capital Strategy, NML&PDC is the cornerstone of Navy Medicine's professional training, leadership development, pipeline talent management, and education mission, maintaining collaborative relationships with more than 300 military and civilian higher learning institutions while annually supporting 3,000 uniformed services, federal civilian, and allied foreign military members.

NML&PDC manages Navy Medicine's continuum of Graduate Professional and Medical Education Programs, including annual oversight of 1,500

Medical Department Officers in graduate professional education opportunities at military and civilian learning institutions throughout the U.S. NML&PDC offers 17 professional development and leadership courses annually to over 2,000 U.S. and partner-nation military medical personnel globally in the classroom, field settings, and online to optimize opportunities for medical department personnel to develop critical skills and capabilities throughout their careers. Developing and sustaining essential skills in support of operational requirements, NML&PDC's portfolio includes supporting graduate and postgraduate medical education; continuing education certification; management of multiple enlisted to officer medical commissioning programs; reimbursement for board certification and cutting edge research.

In addition, NML&PDC's Leadership Academy prepares both officer and enlisted members to effectively address existing and future challenges through a variety of programs and products. Understanding the importance of effective information capture, packaging and transfer in producing highly effective professionals and leaders, NML&PDC's Visual Information Directorate offers a variety of capabilities to our customers including media production, media services, medical graphic arts, medical photography and project management support services. As the only DoD-centralized site for postgraduate dental education and a unique capability within the NML&PDC enterprise, the Naval Postgraduate Dental School (NPDS) delivers specialty training to prepare dentists for worldwide assignments supporting the warfighter. NPDS specialty training programs are fully accredited by the Commission on Dental Accreditation and graduate between 20-25 highly skilled dental officers annually.

NPDS also offers 36 continuing dental education courses to U.S. federal and foreign military dental providers both onsite and virtually, building and sustaining state-of-the-art dental skills practice within the Military Health System.

To support the Joint Force with highly trained opticians, NML&PDC's Tri-Service Optician School (TOPS) prepares enlisted medical department personnel to

meet demanding operational requirements directly contributing to Force health.



SOLDIER RECOVERY BRIGADE- NATIONAL CAPITAL REGION (SRB-NCR)

MISSION: The mission of the Soldier Recovery Brigade – National Capital Region (SRB-NCR) is to provide comprehensive support and resources for wounded, ill, and injured Soldiers to enable their successful rehabilitation, recovery, and reintegration. The SRB-NCR strives to empower Soldiers and their families to thrive beyond adversity through personalized care, advocacy, and collaboration with military, medical, and community partners.

PURPOSE: The purpose of the SRB-NCR is to facilitate healing and recovery for Soldiers through advocacy, community engagement, and coordination of rehabilitation, transition and family support. This is accomplished by building trust and confidence with Soldiers and their families.

VISION: The vision of the SRB-NCR is to set the standard for comprehensive Soldier care and recovery, through initiative, innovation and compassionate treatment of all individuals with honor, dignity, and respect. SRB-NCR envisions a future where Soldiers access their full potential and are empowered by the successful growth, strength, and limitless possibilities of previous Soldiers.





NAVY MEDICINE READINESS & TRAINING COMMAND (NMRTC)

On May 24, 2019 Navy Medicine Readiness and Training Command Bethesda

became the Navy's first standalone NMRTC, setting the standard for future NMRTC units to follow. The command manages five local Unit Identification Code (UIC) groups consisting of about 800 enlisted sailors in 37 different rates, the vast majority being Hospital Corpsmen. Additionally, the command supports about 500 officers across Medical, Dental, Nurse, and Medical Service Corps.

NMRTC's mission and metrics are reported to Naval Medical Forces Atlantic (NMFL) weekly. Key performance indicators in areas of medical, dental, and operational readiness are leveraged by the NMRTC Bethesda Triad and developed via eight Directors in Administration, Expeditionary Medicine, Resource Management, Force Development, Navy Warrior Transition Company, Platform Support, Warfighter Optimization, and Reserve Integration.

Since its launch, NMRTC Bethesda has mobilized more than 500 sailors to hundreds of missions culminating in half-a-million hours downrange. Several of these operational duties included deployment of USNS Comfort to New York City, and Medical Response Teams (MRT) to Texas, Louisiana, Montana, and New York along with a handful of missions to CENTCOM and other military treatment facilities (MTF) for support. Additionally, NMRTC Bethesda provides direct support to at least



28 mobilization platforms including Expeditionary Medical Facilities (EMF) and ships. The outstanding performance of all NMRTC sailors has led to at least 1,400 Joint and Navy and Marine Corps personnel/unit awards, representing everyone's hard work and dedication.

NMRTC Bethesda is committed to supporting the mission of Walter Reed National Military Medical Center (WRNMMC) by providing high quality administrative and other Navy-specific support services for Sailors assigned to WRNMMC.

OFFICE CONTACT NUMBERS:

NMRTC Front Desk: 301-400-3859

NMRTC CDO: 301-547-1161

Operational Forces Medical Liaison Services (OFMLS): 202-255-3391

NMRTC FACEBOOK PAGE LINK:

www.facebook.com/NMRTCBethesda

NMRTC new check-ins:

Sailors reporting for duty report directly to NMRTC's front desk in Bldg.17A or, if after hours, the Quarterdeck in Bldg. 10 in the uniform of the day. Contact the NMRTC CDO at 301-547-1161.

All check-in procedures are coordinated by Command Pay/Personnel Administrators (CPPA). CPPAs serve as liaisons between WRNMMC and the designated processing centers at Personnel Support Detachment (PSD) Norfolk and Travel Processing Center (TPC) Memphis.

WALTER REED NATIONAL MILITARY MEDICAL CENTER

Healing Our Nation's Heroes

Committed to excellence, Walter Reed National Military Medical Center is home to the John P. Murtha Cancer Center of Excellence, the National Intrepid Center of Excellence, and the largest Military Advanced Training Center (MATC) in the DOD.

Co-located with the Uniformed Services University of the Health Sciences and the National Institutes of Health, Walter Reed is a vital member of the National Capital Consortium, sponsoring over 50 Graduate Medical Education programs with more than 600 trainees. It trains over a third of the military's providers, boasts a more than 90 percent first-time board certification pass rate, supports 20 allied health training programs, and backs over 800 active research protocols.

Walter Reed's Patient and Family Centered Medical Home care model empowers patients to manage their health. Family-centered care is crucial for wounded warriors, offering clinical therapies, lodging, transportation, resources, and programs to ease their stay and transition.



8901 Rockville Pike, Bethesda, MD 20889

301-295-4000 or 1-800-526-7101

walterreed.tricare.mil



Need an Appointment?

1-855-227-6331 (0630-2000)

MHS Genesis Patient Portal:

my.mhsgenesis.health.mil

The Flagship of Military Medicine



As the world's largest multi-service military medical center, Walter Reed employs nearly 6,000 active-duty military and civil service employees, contractors, and volunteers. It is the premier military academic health center, supporting over 70 education and training programs in clinical, dental, and allied health fields. Walter Reed focuses on better health, care, readiness, and lower costs.

Walter Reed continues the legacy of two world renowned institutions: Walter Reed Army Medical Center (WRAMC) and National Naval Medical Center (NNMC). WRAMC, then known as Walter Reed General Hospital, opened its doors in Washington, D.C. on May 1, 1909. NNMC, then known as the Naval Medical Center, opened in 1942 at the current site of Walter Reed in Bethesda, MD.

Over the last 82 years, Walter Reed and its predecessor in Bethesda, MD, have undergone several transformations. The original Naval Medical Center was designed to hold 1,200 beds, but by its dedication in 1942, makeshift wards were constructed to accommodate World War II casualties. Post-war, temporary buildings were added for over 2,400 wounded sailors and marines.

**Walter Reed's
Patient and Family Centered
Medical Home Care Model**
empowers patients to
manage their health.

During its
82-year history,
THE MEDICAL CENTER HAS UNDERGONE
SEVERAL TRANSFORMATIONS.

Major renovations in the 1960s and 70s replaced temporary structures with permanent buildings, and further expansions added 880,000 square feet, making it one of the largest medical facilities in the country. The 2005 Base Realignment and Closure Act, which combined Walter Reed Army Medical Center and National Naval Medical Center, added a new emergency and trauma center and an outpatient medical services wing.

Future transformations include the Medical Center Addition and Alterations Project which will replace outdated portions of the facility with new buildings featuring patient-centered amenities, family-centered patient rooms, consolidated women's health services, an MRI suite, enhanced inpatient physical and occupational therapy facilities, and expanded education and training space.

Despite the ever-changing landscape, Walter Reed remains committed to providing the best and safest care possible to all our beneficiaries while focusing on the readiness of our active duty service members and medical teams supporting our warfighters and nation.



Beneficiary Support

HEALTHCARE RESOLUTIONS PROGRAM

The Healthcare Resolutions Program can help resolve clinically complex issues in a private and neutral setting when Patient Relations or Patient Advocacy staff are unable to resolve them. Issues may include:

- Dissatisfaction with treatment results or quality of care
- Unexpected care outcomes
- Medical errors
- Misdiagnosis or delays in diagnosis or treatment
- Unexpected death
- Problems communicating with the health care team

If you have a quality of care concern, we urge you to first discuss the issue with the staff member or clinical area for a possible immediate resolution.

The Healthcare Resolutions Program is available to all patients, beneficiaries, next of kin, and health care personnel assigned Walter Reed.

PATIENT ADVOCACY

Patient advocates in the Patient Relations office advise and help you with medical and dental benefit concerns at Walter Reed. They can also

help you better understand Walter Reed policies and health care regulations.

CUSTOMER SERVICE

Customer service advocates (CSAs) in clinics/wards/offices help to correct customer service issues for patients and their family members at the lowest possible level. If you have a concern, please speak with a CSA. For concerns that are unable to be resolved by a CSA, please speak with a patient advocate in the Patient Relations office.

PASTORAL CARE AT WALTER REED

We offer confidential spiritual care, consultation, and education to promote dignity and resilience. Chaplains provide compassionate support to all, regardless of faith. Our multi-faith team of chaplains, contract clergy, volunteers, and enlisted support staff is available 24/7 to assist patients, families, staff, and students.

EMERGENCY MANAGEMENT (EM)

Walter Reed's Department of Emergency Management ensures continuous readiness through all-hazards training, exercises, contingency planning, and policy development. Key areas include decontamination, disaster medical



operations, contingency resources, and Command Center operations.

COMMAND COMMUNICATIONS (PUBLIC AFFAIRS AND STRATEGIC COMMUNICATIONS)

The Office of Command Communications (OCC) informs stakeholders about Walter Reed's clinical excellence in multi-disciplinary care, research, and education. The OCC manages the website, social media, media coverage, patient education, and brand management. It also supports patient education initiatives and internal and external communications.

MURTHA CANCER CENTER (MCC)

The Murtha Cancer Center (MCC) at Walter Reed, is the Department of Defense's only Center of Excellence in cancer care. It serves as a multi-disciplinary hub for cancer care and screening, including medical oncology, prostate disease research, gynecological cancer, breast care, surgical oncology, pediatrics hematology and oncology, radiation, cancer genetics, orthopedic oncology, urologic oncology, and dermatologic oncology. The MCC collaborates with the Uniformed Services University of the Health Sciences and the National Cancer Institute. It also has partner labs in Rockville, MD; Windber, PA; and Fairfax, VA.

EXECUTIVE MEDICINE

Walter Reed's Executive Medicine Clinic provides a comprehensive health care program for our Nation's leaders who are faced with numerous time, privacy, and security demands required of their positions. We serve members of the President's Cabinet,

members of the U.S. Congress, the U.S. Supreme Court Justices, Active Duty and Retired Flag/General Officers and their beneficiaries, current Senior Executive Services (SES) (that are retired military), Secretary/Deputy Secretary and Assistant Secretary of the Military and Department of Defense, Foreign Dignitaries, Foreign Military Flag/General Officers on orders or with letters of Secretarial Designation and Medal of Honor recipients.

PAIN MANAGEMENT PROGRAMS

Health care providers in the Defense Health Network-National Capital Region can access advice, education, and consultations through our subspecialty pain clinics and programs. Inpatient and outpatient pain services are available at Walter Reed and Alexander T. Augusta Military Medical Center, with outpatient services also at Kimbrough Ambulatory Care Center.

NATIONAL CAPITAL REGION PAIN INITIATIVE (NCRPI)

The NCRPI improves access to interdisciplinary pain care for chronic pain patients in the Defense Health Network-National Capital Region. It enhances integrative and alternative pain modalities and establishes a palliative care program. Education and training for staff, providers, patients, and families are key components to leveraging telehealth technologies for pain management. Tele-pain management uses videoconferencing for virtual visits and follow-ups with the Walter Reed Pain Team. Holistic approaches, including behavioral and physical modalities, are considered for individual sessions. Procedures are still performed at the pain clinic when indicated.



National Intrepid Center of Excellence



NATIONAL INTREPID CENTER OF EXCELLENCE

The NICoE at Walter Reed improves the lives of those affected by traumatic brain injury (TBI) through collaboration with patients, families, providers, and researchers. As the headquarters of the Defense Intrepid (DI) Network for TBI and Brain Health, it leads TBI treatment for the Department of Defense (DOD). Using an interdisciplinary care model, the DI Network includes 11 sites featuring the NICoE and 10 Intrepid Spirit Centers (ISCs).

The NICoE offers the following clinical programs:

- **Intensive Outpatient Program (IOP):** A four-week program with tailored treatment plans focusing on mind, body, and spirit, enhancing resilience and well-being.
- **TBI Outpatient Program:** Offers diagnostic evaluation, treatment, and follow-up care for all TBI severities.

- **TBI Inpatient Consultation Services:** Provides inpatient consultation for MEDEVAC and Acquired Brain Injury (ABI).

Additionally, the NICoE engages in numerous research studies, contributing to peer-reviewed publications and conferences. The Research Department includes:

- **Imaging and Measurement Devices:** Supports development of diagnostic and rehabilitative tools.
- **Treatment and Rehabilitation:** Evaluates existing and emerging treatments and therapies.
- **Longitudinal Assessments:** Investigates long-term effects of TBI on patients and caregivers.
- **Research Operations:** Provides operational support for research activities.

The NICoE providers and researchers conduct evidence-based training on TBI and associated conditions, offering direct instruction and continuing education for DOD and non-DOD colleagues.





DEPARTMENT OF RESEARCH PROGRAMS

Located in Building 17B, the Department of Research Programs (DRP) supports military medical research and safeguards human participants. We provide guidance through the Electronic Institutional Review Board (EIRB), protocol development, study conduct, and human subject protection. Our team offers statistical support and helps with grant writing, technology transfer, patents, and collaboration agreements. We ensure research ethics and compliance, and our Biomedical Research Laboratory (BRL) supports research with lab assays, DNA analysis, and metabolite measurement.

We also enhance research capabilities through online training, outreach events, and a newsletter. DRP is dedicated to advancing military medical research while maintaining the highest standards of ethical conduct.

HOSPITAL EDUCATION AND TRAINING

Hospital Education and Training (HEAT) offers extensive programs such as Allied Health Training, Army Medic and Hospital Corpsman Training, Contingency Training, Continuing Education (CME, CNE), and Developing an Outward Mindset

(Arbinger). It also offers specialized courses in Emergency and Tactical Medicine, Health Professions Education, Nursing Professional Development, Navy Operational Medicine, and various orientations and certifications like ALS, BLS, and PALS. Additionally, HEAT manages room reservations, provides staff professional development, and promotes TeamSTEPPS and the Patient Centered Caring Communication Initiative (PCCCI).

DARNALL MEDICAL LIBRARY

The Darnall Medical Library (DML) team supports quality health care by providing timely, accurate medical information. Clinical librarians answer questions at the point of care and train residents and providers in searching medical literature. Our medical reference librarian leads the online chat service and responds to queries, while our biomedical research librarian supports research. Many online services include classes, article retrieval, and interlibrary loan. DML offers access to 3,600 eBooks, 7,000 eJournals, databases, and portals organized by specialty. Print books and staff computers are located in Building 1, Room 3458. Walter Reed staff can request 24-hour access to the library.

Research, Education & Training

GRADUATE MEDICAL EDUCATION

Walter Reed is the largest multi-service center for Graduate Medical Education (GME) in the DOD, training nearly 700 physicians across more than 50 programs covering virtually every medical specialty. These programs, lasting from one to seven years, offer in-depth exposure to all major medical areas and are recognized among the finest nationwide. Trainees, selected from top civilian medical schools and the Uniformed Services University of the Health Sciences (USU), benefit from a faculty known for their clinical skills and diverse experiences, actively participating in medical research with extensive publications and presentations. The programs prepare participants for board eligibility and certification while fostering leadership in military medicine, and is accredited by relevant bodies.

Additionally, Walter Reed supports 20 allied health training programs in areas such as clinical psychology, social work, dietetics, physical therapy, and audiology. Walter Reed's programs are part of the National Capital Consortium, including USU,

Alexander T. Augusta Military Medical Center, and Malcolm Grow Medical Clinics and Surgery Center, ensuring a rich diversity of clinical experiences.

The Naval Postgraduate Dental School (NPDS) provides specialized dental education and research supporting the Navy's mission, conducting mission-relevant dental research, and promoting worldwide dental disease prevention and control. NPDS is recognized as the premier postgraduate dental institution globally, producing top dental specialists who provide care and training around the world.

As the premier postgraduate dental institution in the world, the Naval Postgraduate Dental School (NPDS) applies special dental education and experience in support of the Navy's mission. NPDS also conducts mission-relevant dental research and promotes the prevention and control of dental disease. For more information about our graduate programs, call Walter Reed's Office of Graduate Education at 301-295-4397.



General Information:

Call the Walter Reed switchboard operator at 301-295-4000, or the Command Duty Office (CDO) at 301-295-8335 during non-duty hours.

Patient Parking:

Dedicated patient parking is available in the North Garage (Bldg. 63) and South Garage (Bldg. 55). Non-patient visitor parking is limited, so public transportation is encouraged.

Donations and Events:

To donate items or host an event for wounded, ill, and injured service members, call 855-360-HERO (4376) or donate through the American Red Cross at 301-295-1538.

ID Cards:

The DEERS ID card office is located in Bldg. 17 on the 1st floor.

Patient Relations:

For comments, questions, or concerns about your care, contact the Patient Relations office at 301-295-0156.

Contacting Patients:

To reach a patient at Walter Reed, call Patient Administration at 301-295-2126. Information can only be released with the patient's or next of kin's consent.

Inclement Weather:

Clinics and offices may close or have delayed openings during severe weather. The emergency department and inpatient services remain open.

Operating Status:

Check our website, social media, or local media for updates on the hospital's operating status, published by 5 a.m. during weather events. For direct updates, call the Hospital Status Line at 301-319-8707 or the Hospital Switchboard Operator at 301-295-4000.

TRICARE Information



TRICARE provides comprehensive health care for all eight uniformed services: Army, Navy, Marine Corps, Air Force, Coast Guard, Space Force, Public Health Service, and National Oceanic and Atmospheric Administration.

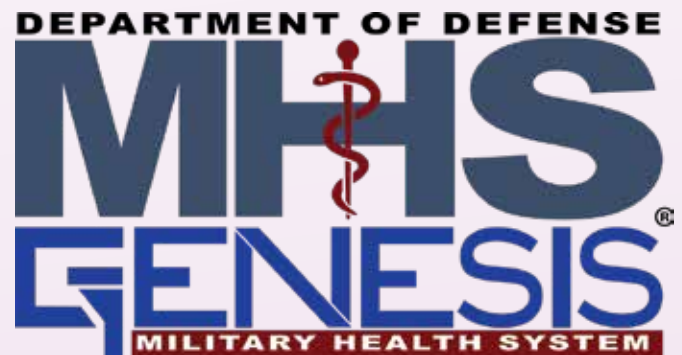
The Defense Enrollment Eligibility Reporting System (DEERS) determines your eligibility for TRICARE. Ensure you're registered in DEERS to access TRICARE benefits. For more information



and to update your record, visit the TRICARE website.

TRICARE PLUS

Walter Reed proudly offers TRICARE Plus to select seniors and eligible beneficiaries. This program includes primary care with high access standards, urgent and acute care appointments, and select specialty care within the medical center on a space-available basis. Learn more about TRICARE Plus on the TRICARE website.



PATIENT PORTAL

The MHS GENESIS Patient Portal is a secure, 24/7 online resource for patients to access their health information. Through the portal, you can:

- View lab and radiology results
- Schedule appointments
- Communicate securely with your care team
- Request prescription renewals and refills
- Complete intake and screening forms before appointments
- Access a health library

Learn more on the Military Health System website.

Wounded Warrior Care

EMPOWERING WOUNDED, ILL, AND INJURED

Wounded Warrior Care and Transition (WWCT) empowers wounded, ill, and injured (WII) service members and their families by providing recovery care coordinators to develop comprehensive recovery plans and offer non-medical support. The program restructures the Disability Evaluation System for fair benefits adjudication from the DOD and VA, informs through the National Resource Directory and eBenefits websites, and equips service members with tools for success through the Transition Assistance Program.

AMPUTEE CARE

Walter Reed's Military Advanced Training Center (MATC) offers state-of-the-art rehabilitation for America's heroes. Using advanced prosthetics and cutting-edge athletic equipment, service members transition from injury to independence. The expert staff at MATC focuses on matching the drive of service members, enhancing their physical, emotional, and psychological functions, and empowering

them to make their own choices despite their injuries.

WARRIOR FAMILY COORDINATION CELL

The Warrior Family Coordination Cell (WFCC) coordinates all non-medical support for WII service members and their families. This includes scheduling and processing events sponsored by government and non-government organizations, as well as acting as a liaison for retired combat-injured residents of Bldg. 62. The WFCC ensures efficient, continuous support, leveraging resources to promote services and optimize the healing environment.

WOUNDED WARRIOR PAIN CARE INITIATIVE

The Wounded Warrior Pain Care Initiative (WWPCI) enhances pain care quality and access for WII through treatment and education. The WWPCI guides health care staff in pain management, helping WII and their families achieve pain management goals and providing them with tools and knowledge for their recovery journey outside of Walter Reed.





A DIFFERENT APPROACH TO HEALTH PROFESSIONS EDUCATION

The Uniformed Services University of the Health Sciences (USU) is the nation's federal health professions academy — akin to the undergraduate programs of the U.S. military academies at West Point, Annapolis and Colorado Springs. And like the academies, students are not charged tuition; they repay the nation for their education through service. In many respects, USU's curricula and educational experiences are similar to those of civilian academic health centers, with one important difference: its emphasis on military health care, leadership, readiness and public health sets USU apart.

USU'S F. EDWARD HÉBERT SCHOOL OF MEDICINE: "AMERICA'S MEDICAL SCHOOL"

Among the 155 accredited allopathic and 38 accredited osteopathic medical schools in the United States, only the School of Medicine at USU can rightfully claim the title, "America's Medical School." The F. Edward Hébert School of Medicine at USU was established in 1972 to assure that the Army, Navy, Air Force and U.S.

Public Health Service would have a steady supply of physician-leaders to provide the backbone for their medical corps.

The Hébert School of Medicine offers doctorate degrees in medicine, doctorate and master's degrees in public health, health professions education and related disciplines, doctorate degrees in medical and clinical psychology, and interdisciplinary Ph.D. degrees in three military-relevant areas of science: molecular and cell biology, neuroscience and emerging infectious diseases. It also offers an M.D./Ph.D. program.

Each year approximately 30-40 percent of incoming medical students have prior service either as military academy graduates, ROTC program graduates or as active duty or former service members. The remainder come from civilian backgrounds with no prior military experience.

Medical students are commissioned as junior officers in their chosen service — Army, Navy, Air Force, Public Health Service or Coast Guard, and serve on active duty throughout their four

years at USU. They are promoted to the O-3 rank upon graduation.

USU's Enlisted to Medical Degree Preparatory Program, or EMDP2, is a 24-month program sponsored by the Hébert School of Medicine for promising enlisted service members interested in a career as a military physician. Candidates attend school full time, while remaining on active duty, at the George Mason University Science and Technology campus in Manassas, Va., to successfully prepare them to apply to medical school. They must already possess a baccalaureate degree from an accredited academic institution with a minimum of a 3.2 grade point average and meet their respective military Service requirements for commissioning. The EMDP2 program includes medical school preparatory coursework in a traditional classroom setting, structured pre-health advising, formal Medical College Admission Test (MCAT) preparation, dedicated faculty and

peer mentoring at USU, and integrated clinical exposure. Students who complete the program successfully will qualify to apply to most U.S. medical schools.

Hébert School of Medicine graduate students, both military and civilian, pursue doctoral (and some master's) degrees in public health, health administration and policy, health professions education, clinical psychology or the biomedical sciences. The high caliber of USU's clinical and basic science departments, world-class faculty, research centers and the University's partnerships with the National Institutes of Health, academic institutions, and numerous national labs provide an extraordinarily rich environment for scientific discovery and professional growth.

DANIEL K. INOUE GRADUATE SCHOOL OF NURSING

USU's Daniel K. Inouye Graduate School of Nursing (GSN) was established in 1993 by



Congress. GSN students explore the fields of nursing through a signature blend of science, research and field training. The lessons learned on the USU campus and beyond the traditional classroom prepare the GSN graduates to take on a diverse range of challenges and succeed in any environment. The GSN mission makes the USU graduates uniquely prepared to shape the future of health care within the federal health care system.

The GSN offers a Ph.D. in Nursing Science, Doctor of Nursing Practice (DNP) in Nurse Anesthesia, Family Nurse Practitioner, Women's Health Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner. It also offers a Master of Science in Nursing (MSN) and a DNP in Adult-Gerontology Clinical Nurse Specialist.

Students in the DNP and MSN programs must be on active duty in the Army, Navy, Air Force or U.S. Public Health Service. Doctor of Philosophy students may be active duty nurses in one of the four uniformed services or work for the Veterans Administration or other federal service.

Faculty and students have access to numerous resources within the University to support their research endeavors. Further, the Faye G. Abdellah Center for Military and Federal Health Care Research was established within the GSN in November 2008 to support each phase in the grant life cycle, from a research idea and identification of funding opportunities to dissemination and grant close-out.

POSTGRADUATE DENTAL COLLEGE

USU's Postgraduate Dental College students pursue a Master of Science in Oral Biology degree in conjunction with their postgraduate clinical specialty training at the Army, Navy or Air Force postgraduate dental schools. All students are active duty officers who have already earned a Doctor of Dental Surgery or a Doctor of Dental Medicine degree. Nineteen dental residency programs in Comprehensive Dentistry, Endodontics, Orofacial Pain, Oral and Maxillofacial Pathology, Orthodontics

and Dentofacial Orthopedics, Periodontics, and Prosthodontics are offered at seven locations across the country. Ten general dentistry certificate programs within the Air Force Postgraduate Dental School are also affiliated with the Postgraduate Dental College.

COLLEGE OF ALLIED HEALTH SCIENCES

Congress granted approval in the 2017 National Defense Authorization Act for USU to grant undergraduate degrees. As a result, the University's College of Allied Health Sciences was established to meet the needs of corpsmen, medics, technicians and the Services by awarding transferable college credits that can lead to undergraduate degrees for enlisted students completing military medical training programs at the Defense Health Agency's Medical Education and Training Campus (METC) in San Antonio, and its other instructional sites, including the U.S. Air Force School of Aerospace Medicine, Wright-Patterson Air Force Base, Ohio; the U. S. Army Medical Center of Excellence, Joint Base San Antonio-Fort Sam Houston, Texas; the Naval Medical Forces Support Command (Yorktown, Va., San Diego, Calif., and Groton, Conn.); and the Joint Special Operations Medical Training Center at Fort Bragg, N.C.

The degree program helps to meet the Services' mission readiness requirements and will make students more competitive for promotion and more marketable in the civilian sector once they leave active duty.

USU faculty assess academic portfolios for students and instructors currently enrolled in a variety of medical training programs. Students' qualifications, as well as the training received at METC or the other locations, are documented and transferred to recognized, transcribed college credits with the opportunity to complete an Associate of Science in Health Sciences or Bachelor of Science in Health Sciences degree awarded from USU once enough credits are earned. These transcripts also capture previous education and training for enrolled students and apply current coursework toward requirements for a USU degree in a process fully vetted and approved by the Middle States Commission of Higher Education, USU's accrediting institution.

USU RESEARCH

In addition to offering a world-class education to students committed to careers of national service, USU supports a robust and high-impact program of research. Our interdisciplinary centers focus on issues of high importance to military health, such as combat casualty care, human performance optimization, infectious diseases, traumatic brain injury, post-traumatic stress and deployment stress, and disaster medicine and public health. These centers and other programs not only enrich the academic environment on campus, but they also strengthen our links with partner institutions including the Walter Reed National Military Medical Center, the Walter Reed Army Institute of Research, the Naval Medical Research Center and the National Institutes of Health, among many others.

USU BRIGADE

The USU Brigade is comprised of the university's uniformed students, staff and faculty. Its mission is to support the education and training of tomorrow's military and Public Health physicians, nurses, scientists and leaders, and to instill a culture of servant leadership and military ethos.

USU CENTERS

USU is home to many different centers and institutes which help advance the University's research, education and public service missions. Faculty members and students collaborate with other leading experts at USU's centers and institutes on projects that push incredible boundaries across manifold disciplines of biomedical science. Their work is shaping military medicine and world health in many positive, powerful ways.

CENTER FOR DEPLOYMENT PSYCHOLOGY (CDP)

The Center for Deployment Psychology was developed to promote the education of psychologists and other behavioral health specialists about issues pertaining to the deployment of military personnel.

As the duration and frequency of military deployments increase, service members and their families are

faced with increasing behavioral health difficulties associated with or exacerbated by deployment. The Center for Deployment Psychology (CDP), an innovative Department of Defense training consortium, has been established to better meet the deployment-related mental and behavioral health needs of military personnel and their families. The CDP is a tri-service center funded by Congress to train military and civilian psychologists, psychology interns/residents and other behavioral health professionals to provide high quality deployment-related behavioral health services to military personnel and their families.

CENTER FOR GLOBAL HEALTH ENGAGEMENT (CGHE)

The Center for Global Health Engagement (CGHE) was formally established at USU by the Defense Appropriations Act of 1999. CGHE is postured as the Defense Department's focal point for academic aspects of medical stability operations.

CENTER FOR NEUROSCIENCE & REGENERATIVE MEDICINE (CNRM)

The Center for Neuroscience and Regenerative Medicine was established as a collaborative intramural federal program involving the U.S. Department of Defense (DOD) and the National Institutes of Health developed to bring together the expertise of clinicians and scientists across disciplines to catalyze innovative approaches to traumatic brain injury (TBI) research.

CENTER FOR REHABILITATION SCIENCES RESEARCH (CRSR)

The Center for Rehabilitation Sciences Research (CRSR) was established to advance rehabilitative care for service members with combat-related injuries, particularly those with orthopedic trauma, limb loss and neurological complications. The goal of CRSR is to support synergistic research projects within the Military Healthcare System (MHS) to enhance new discovery and optimize rehabilitation strategies to promote successful recovery, return to duty and community reintegration of military beneficiaries. The CRSR works directly with other DoD/VA Centers of Excellence to provide a unique platform for fostering innovative research by incorporating advanced

technology, partnering with industry and academic institutions, and disseminating knowledge to the future leaders of military medicine.

CENTER FOR THE STUDY OF TRAUMATIC STRESS (CSTS)

CSTS was established in 1987 under the USU Department of Psychiatry. The Center's approach integrates science, clinical care, community needs and the health of the nation. Its team is multi-disciplinary with expertise in disaster psychiatry, military medicine and psychiatry, social and organizational psychology, neuroscience, family violence, workplace preparedness and public education.

CONSORTIUM FOR HEALTH AND MILITARY PERFORMANCE (CHAMP)

CHAMP is the DoD Center of Excellence that works to optimize the health and fitness of our warfighters. By combining the efforts of research, medical, and operational communities, working with all branches to implement changes, and developing policy with DoD leadership, CHAMP creates practical solutions that ensure a healthier force.

DEFENSE & VETERANS CENTER FOR INTEGRATIVE PAIN MANAGEMENT (DVCIPM)

The Defense and Veterans Center for Integrative Pain Management, a DoD Center of Excellence, was established in 2003 and formally moved to USU in 2013. The DVCIPM is organized within the USU Department of Anesthesiology and supports tri-Service and Veterans Health Administration collaborations in clinical practice, research and education.

INFECTIOUS DISEASE CLINICAL RESEARCH PROGRAM (IDCRP)

The IDCRP's mission is to conduct infectious disease clinical research of importance to the military through a unique, adaptive, and collaborative network, to inform health policy and practice and disseminate findings in peer reviewed literature.

MURTHA CANCER CENTER RESEARCH PROGRAM (MCCRP)

The Murtha Cancer Center Research Program (MCCRP)

was established at USU to conduct and support basic and advanced cancer research and translational cancer research programs aligned with public and private partnerships to improve the outcomes of active duty members and DoD beneficiaries with cancer and cancer risk factors.

NATIONAL CENTER FOR DISASTER MEDICINE AND PUBLIC HEALTH (NCDMPH)

The National Center for Disaster Medicine and Public Health (NCDMPH) is an academic center tasked with leading federal, and coordinating national, efforts to develop and propagate core curricula, education, training and research in all-hazards disaster health. It was established in 2008 by Homeland Security Presidential Directive-21 as a USU center. By establishing core curricula and competencies in disaster medicine and public health education, the NCDMPH will better prepare the nation to respond to natural and man-made disasters or other catastrophic public health events.

SURGICAL CRITICAL CARE INITIATIVE (SC2i)

The Surgical Critical Care Initiative (SC2i) is a USU research program established in October 2013 to develop, translate, and validate biology-driven critical care. SC2i largely builds upon legacy efforts to provide care that is centered on an individual patient's biology and oriented to both long- and short-term outcomes.

To realize its vision, SC2i draws considerable expertise from the premier academic centers and research-focused organizations which form its core: Uniformed Services University of Health, Duke University, Emory University–Grady Memorial Hospital, the Naval Medical Research Center, the Walter Reed National Military Medical Center, and the Henry M. Jackson Foundation for the Advancement of Military Medicine, and Decision Q.

Facilitating tissue acquisition and data analysis for improved decision-making algorithms are SC2i's principal focuses. Once validated, it is expected these efforts will subsequently lead to the rapid integration of

these data streams into clinical practice, maximizing outcomes across any discipline requiring complex medical decision-making, including surgery, critical care, emergency medicine, orthopedics, transplant, and oncology. Approaches developed by SC2i are expected to simultaneously improve the quality and reduce the cost of care in critically ill patients, for the benefit of both military and civilian healthcare systems. Center for Biotechnology (4DBio3)

The Center for Biotechnology supports and enhances the readiness, health, and well-being of America's warfighters, veterans, and their families by innovation, modernization, and translation of state-of-the-art biomedical technologies and services.

The Center develops and adapts promising new biotechnology for the benefit of warfighter readiness, resilience, and lethality. They champion a multi-disciplinary approach that combines various DoD, federal, and non-federal experts across traditional and emerging fields. The Center consists of three main core missions: Research, scholarship, and technology development; Operational support and translation; and Education and training. The Center's goal is to perform research and provide assessment of emerging biotechnology, translate biotechnology to both DoD/federal and civilian markets and promote through education utilization of promising biotechnologies.

THE CENTER FOR BIOTECHNOLOGY HAS THREE MAIN PROGRAMS:

- Fabrication in Austere Military Environment (FAME)
- On-Demand Blood (ODB) Program
- Organ-on-Chip

Through partnerships, the Center for Biotechnology facilitates the adaptation of promising biotechnology for warfighter benefit. Capable of exploring and researching biotechnology at all TRL/MRL levels, the Center for Biotechnology provides unique opportunities for research and education.

CENTER FOR HEALTH PROFESSIONS EDUCATION (CHPE)

The Center for Health Professions Education is designed to be the premier provider of health professions education

for the Military Health System. Through leadership in teaching, research, and scholarship, CHPE provides the direct benefit to the uniformed services and other federal agencies by producing a cadre of leaders with expertise in the field of health professions education. The CHPE has several core activities that include graduate programs in Health Professions Education (certificates as well as master and doctorate degrees), the Long-Term Career Outcome Study, the Distance Learning Lab, and multiple programs of research and educational consultations.

CENTER FOR HEALTH SERVICES RESEARCH (CHSR)

The Center for Health Services Research is a requirements-driven center developed in direct response to the 2014 Military Health System Review. The Center develops the necessary capacity and produces timely relevant, translatable findings to support the MHS and the nation through the following avenues:

- Education and Training: Providing training opportunities for those who support military health services research, educating students and faculty in health services research methods, and supporting researcher access to grants and awards.
- Research: Conducting research that measurably supports the MHS strategic goals and objectives and contributes to learning and policy across the MHS; expanding USU's HSR capacity; and becoming recognized as the thought leader for military HSR across MHS, the DoD, and the nation
- Direct Support Services: Responding to requirements and ad hoc queries generated from organizations and units within the DoD and the MHS, particularly emerging HA/DHA priorities, and establishing enduring relationships with MHS health services research program customers
- Service to the Nation: Supporting civilian health services research organizations as well as interagency and national efforts on demand

CENTER FOR PRECISION MILITARY MEDICINE (CPMM)

The Center for Precision Military Medicine is a

collaboration between USU and the National Heart Lung and Blood Institute (NHLBI). The Center provides standardized genome profiling services, genomic data analysis, and genomic data storage under DoD security and privacy compliance policies, addressing eight separate DoD requirements across the MHS while also providing education in genomic information and performing clinical implementation research in the field of genomic medicine to inform policy and clinical practice guidelines for use of genomics in the MHS.

Within the CPMM, The American Genome Center (TAGC) was created to provide the technology and expertise to conduct studies of larger populations by rapid, precise genomic sequencing. Scientists from many disciplines came together to harness genomics, supercomputers and bioinformatics to predict and pre-empt disease, mitigate and repair traumatic injury, and optimize human performance and resilience. In concert with clinical scientists, their studies can contribute to novel personalized therapies that benefit civilians and Service members alike. By looking at patients' genomes, healthcare providers can potentially identify unique targets and pathways of military-relevant diseases to facilitate improved detection and, potentially, effective intervention or prevention. TAGC sequences more than 18,000 genomes per year and is projected to continue to expand in the years ahead.

CPMM's Military Cardiovascular Outcomes Research (MiCOR) program addresses gap areas identified in the Initial Capabilities Document for Cardiovascular Care. NHLBI- and DOD-centric cohorts have been studied in terms of their association with post-traumatic stress disorder (PTSD), major depressive disorder, cardiovascular disease, pulmonary disorders (including chronic obstructive pulmonary disease), lung cancer and other cancers, traumatic brain injury and dementia, and others. Current projects focus on the prevention of obesity, the cardiovascular consequences of

traumatic brain injury and other cardiovascular outcomes, integration of pharmacogenomics into the Military Health System, and identifying potential deleterious effects of intense endurance exercise.

TRI-SERVICE CENTER FOR ORAL HEALTH STUDIES (TSCOHS)

The Tri-Service Center for Oral Health Studies (TSCOHS), a center under USU's Postgraduate Dental College, was chartered by the Department of Defense TRICARE Management Activity to provide research and data collection services relating to the provision of dental care to all beneficiaries in the Department of Defense. TSCOHS provides consultative services to students and faculty in the Uniformed Services University regarding oral health research topics, general dental and oral health subjects, and data sources relating to dental care in the military.

DEFENSE MEDICAL ETHICS CENTER

The mission of the Defense Medical Ethics Centers at USU is to serve as the national and international lead in military medical ethics for all health care providers in the MHS/DoD, as outlined in DoDI 6025.27, Section 2.3(a). In addition, and internal to USU, the DMEC coordinates its tasks in military medical ethics with USU's military medical leadership and professional development curriculum and programs to ensure that USU students become ethical practitioners and leaders at all levels in the nation's uniformed health services.

GRIFFITH INSTITUTE

USU's Griffith Institute, named for the late retired Army GEN Ronald Griffith, a former member of the University's Board of Regents, was established to design, coordinate and implement a comprehensive medical leader development program that produces military health professionals who are uncompromising in their ethics, firmly grounded in military medical history and law, focused on the patient and deeply committed to the profession of arms.



ARMED FORCES RADIOBIOLOGY RESEARCH INSTITUTE (AFRRI)

USU's Armed Forces Radiobiology Research Institute works to preserve and protect the health and performance of U.S. military personnel through research and training that advance understanding of the effects of ionizing radiation. This mission includes education and training to maintain a pool of qualified radiation biologists, and basic and applied research to identify and perform early development of measures to prevent, assess and treat radiation injury. AFRRI scientists conduct and publish research critical to the Department of Defense for force health protection and contributes to the health and well-being of the population at large. AFRRI research thrusts include medical countermeasures, diagnosis of injury (biodosimetry), low dose/low dose rate/late effects, internalized radionuclides, and combined injury.

THE NATIONAL CAPITAL CONSORTIUM

The mission of the National Capital Consortium (NCC) is to train physicians, dentists, and other healthcare professionals who care for active and retired service members and their families. The NCC, headquartered at USU, provides a scholarly environment and is committed to excellence in both education and healthcare. The NCC is dedicated to instilling in these trainees the ethical values and standards expected of those devoting their lives to public service.

USU SOUTHERN REGION

USU-South, based in San Antonio, Texas, on Joint Base-Fort Sam Houston, is the home to two of the university's four schools, the Postgraduate Dental College (PDC) and the College of Allied Health Sciences (CAHS) and supports the University's mission in its area of operations.

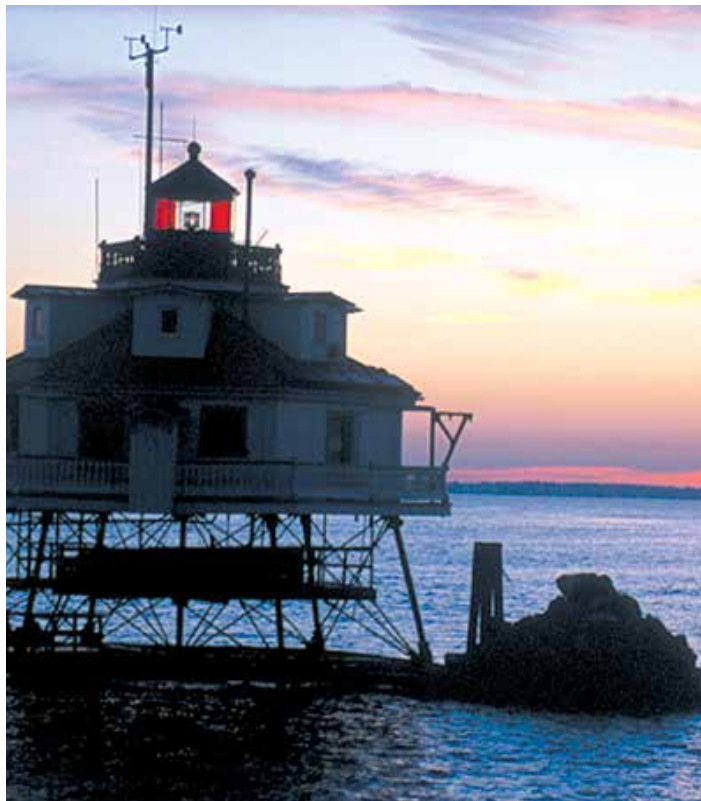
LOCAL AREA ATTRACTIONS

You can purchase discount tickets for local sporting events, amusement parks, movie theaters, special events, area attractions, nearby ski resorts and popular parks in the U.S., including Disney theme parks, Universal Studios and Colonial Williamsburg from MWR Tickets and Travel Office or call 301-295-0434.

There is so much to see and do in Washington, D.C., and the surrounding areas of Maryland and Northern Virginia. The NCR is one of the most exciting places in our great country.

MARYLAND

Maryland surrounds almost three-quarters of Washington, D.C., and is a cornucopia of interesting places to visit, from life on the Chesapeake Bay with its tasty, fresh crab, to the U.S. Naval Academy in Annapolis that prepares young men and women to become professional officers in the U.S. Navy and Marine Corps. The great city of Baltimore is nearby, as is the Eastern Shore with its beautiful beaches and shoreline. Maryland offers the chance for an exciting new excursion every weekend.



DOWNTOWN BETHESDA

Just south of NSA Bethesda is downtown Bethesda, offering dining, shopping, arts and entertainment. Whether you're looking for a four-star restaurant or just a quick bite to eat, flea markets or movie theaters, this local thriving community is the place to go. With ample parking and access to the Metro, Bethesda also has several art galleries, shops and parks. Visit www.bcccchamber.org for more information.

ANNAPOLIS WATERFRONT

Annapolis is the Maryland state capital and is also known as the "sailboat capital of the world." Home of the U.S. Naval Academy and Saint John's College, Annapolis is located at the mouth of the Severn River on the Chesapeake Bay. Downtown in the historic area, originally established in 1695, City Dock is a favorite place to visit. Known to local boaters as "Ego Alley," it's the weekend and evening scene of a steady parade of expensive yachts. There is plenty to eat and drink in the area and power boat shows every October. The nearby U.S. Naval Academy has the world's largest dormitory housing over 4,000 midshipmen. Favorite sights are the crypt of John Paul Jones in the Academy Chapel and the Severn seawall with its mast from the battleship Maine (sunk in Havana in 1898). There is also an early submarine, a Mark XIV torpedo (memorial for 52 U.S. submarines lost in World War II with 3,505 men) and other Navy hardware.

BALTIMORE'S INNER HARBOR

One of America's oldest seaports, Baltimore's Inner Harbor is part of a colorful city that allows visitors to let go and explore at their own pace, either walking or by water taxis. The Inner Harbor was established in the 17th century and is a mix of rich maritime heritage, now expanding into neighborhoods like the swank Harbor East, eclectic Fell's Point and the historic Federal Hill. There are many sights to see including the National Aquarium, the East Coast's largest museum of African American history, M&T Bank Stadium (home of the National Football League's Baltimore Ravens), Orioles Park at Camden Yards and the Maryland Science Center. For more information, visit baltimore.org.

NORTHERN VIRGINIA (NOVA)

Northern Virginia is a region of striking contrasts, distinct from the rest of the state in many ways. Arlington and Alexandria, decidedly “inside the Beltway,” are fast-paced urban settings. Slightly further away, Northern Virginia yields to leisurely scenic byways with its award-winning wineries, white-fenced horse farms and a variety of local, regional and national parks. Shoppers can delight in the upscale offerings of malls or enjoy browsing one of the many outlet stores of NOVA. History buffs can enjoy a never ending choice of places to visit like Arlington National Cemetery, the home of George Washington Mount Vernon and the Iwo Jima Memorial. For more information, visit: alexchamber.com

ARLINGTON NATIONAL CEMETERY

Arlington National Cemetery has a number of fascinating sites to visit, including the Tomb of Unknowns, the Amphitheater, Arlington House, and the grave of President John F. Kennedy. Outside of the Tomb of Unknowns, there is a changing of the guard every half hour in the summer and every hour the rest of the year. The cemetery opens daily at 0800 to visitors. From April through September, the cemetery closes at 1900; from October to March, the cemetery closes at 1700.

MARINE CORPS MEMORIAL IWO JIMA STATUE

This 78-foot memorial, created by Felix de Weldon, commemorates all the Marines and Corpsmen who have died in battle since 1775. It is open daily 0600 to 0000. It is located on Route 50 at Arlington Boulevard and Ridge Road. During the summer, the U.S. Marine Corps holds Sunset Parades at the memorial on Tuesday evenings.

THE WOMEN IN MILITARY SERVICE FOR AMERICA MEMORIAL

Situated on 4.2 acres of land at the ceremonial entrance to Arlington National Cemetery, the Women’s Memorial is the first major national memorial honoring women who have served in our nation’s armed forces during all eras and in all services. The history of women serving in defense of our nation began more

than 220 years ago with women who served in the American Revolution and continues with those who serve today. It is open daily, from 0800 to 1700, except Christmas. Admission is free.

OLD TOWN ALEXANDRIA

Alexandria is unique – an historical place that keeps pace with the modern world. The city is part of a large metropolitan area surrounding the nation’s capital, yet it has retained its period character. About one quarter of the town’s 15 square miles has been designated as a national or local historic district. Alexandria was home to those who made American history – George Washington, George Mason and Robert E. Lee – and many other men and women.

WASHINGTON, D.C.

The District of Columbia, our nation’s capital and the most powerful city in the world, is the hub of American political life and broad, international cultural diversity. The city is a textbook come to life for the entire family. From its majestic monuments, many free museums and historical treasures to its unique neighborhoods and numerous street festivals, the city is a glorious mix of delightful contrasts. For ease in getting around town, D.C.’s Metro system is one of the best and easiest to navigate systems in the country. It provides a connection to the surrounding neighborhoods in the city, Maryland and Northern Virginia. For more information regarding WMATA (Metrorail and Metrobus), call 202-637-7000. Visit dcchamber.org for visitor information.



Terms and Definitions

AD - Active Duty

ASBP - Armed Services Blood Program

Building 1 - Building 1 is the central tower at Walter Reed National Military Medical Center and the oldest building on NSA Bethesda.

CAC - Common Access Card. CAC IDs are issued to eligible employees and contractors for access to the installation and their email. They may also be used to enter controlled-access areas including garages.

CDC - Child Development Center

Comfort Hall - Bldg. 60. Part of unaccompanied housing on NSA Bethesda.

CVI - Commercial Vehicle Inspection. The CVI point for NSA Bethesda is located at Gate 5.

CYP - Child Youth Program. CDCs I and II run under the CYP.

DBIDS - Defense Biometric Identification System. DBIDS is the system used to approve access to the installation. DBIDS ID cards and passes can be issued to personnel and visitors who are not eligible for CAC IDs.

ECP - Entry Control Point. ECPs are the Gates located around the installation.

Fisher House - Fisher House Foundation operates five houses on NSA Bethesda serving as lodging for eligible families of service members while they or their family members are receiving treatment at WRNMMC.

Gate 1 - North Gate off Wisconsin Avenue, where the Visitor Control Center is located.

Gate 2 - South Gate off Wisconsin Avenue, located across from Medical Center Metro Station

Gate 3 - NEX Gate, located on Jones Bridge Road

Gate 4 - Navy Lodge Gate, located on Jones Bridge Road

Gate 5 - USU Gate, located on Jones Bridge Road. Gate 5 is the CVI point.

Historic Flagpole - The historic flagpole was built at the same time as Building 1 and sits atop the historic viewshed area between Gates 1 and 2 on Wisconsin Avenue (MD 355).

J Lot - Located behind Bldgs. 11 and 27

MCAA - Medical Center Additions and Alterations. This refers to the ongoing projects to upgrade the facilities at Walter Reed National Military Medical Center.

MFSC - Military and Family Support Center

MoCo - Montgomery County

MRB - Medical Readiness Brigade

MRC - Medical Readiness Command

MWR - Morale, Welfare, and Recreation

NEX - Navy Exchange

NICoE - National Intrepid Center of Excellence

NMA - Non-medical Attendant

NMLPDC - Naval Medical Leader and Professional Development Command (NMLPDC)

NMRTC - Navy Medicine Readiness & Training Command

Sanctuary Hall - Bldg. 64. Part of unaccompanied housing on NSA Bethesda.

Sports Complex - The MWR Sports Complex, located on Perimeter Road behind USU, is an outdoor recreation

area with a football field, baseball diamond, picnic pavilions, tennis court, and running track.

SRB-NCR - Soldier Recovery Brigade-National Capital Region.

Tranquility Hall - Bldg. 62. Housing on NSA Bethesda dedicated to housing wounded, ill, and injured service members during their recovery.

Unaccompanied Housing - Housing, including barracks, for service members stationed at NSA Bethesda without spouses.

USO - United Service Organizations

USUHS - Uniformed Services University of the Health Sciences, sometimes referred to as USU.

VCC - Visitor Control Center. The VCC is located in Bldg. 102 at Gate 1.

Warrior Food Court - MWR dining facility located in Bldg. 62

WII - Wounded, ill and injured refers to service members and veterans who are recovering from injuries and illness.

WRNMMC - Walter Reed National Military Medical Center

Z Lot - Located on Taylor Road in the northeast corner of NSA Bethesda.

Parking Garages:

Bldg. 17 - Rixey Road

Bldg. 32 - South Palmer Road

Bldg. 33 - NEX Garage

Bldg. 54 - Brown Drive

Bldg. 55 - South Garage

Bldg. 57 - Stokes Road by CDCs

Bldg. 63 - North Garage. Patient parking on North Palmer Road

Bldg. 68 - Unaccompanied housing parking on Taylor Avenue across from the USO

Bldg. 71 - USU parking via University Road

INSTALLATION DIRECTORY

WRNMMC QUICK REFERENCE

CLINIC/DEPARTMENT	BUILDING/FLOOR	PHONE NUMBER
(area code 301 unless otherwise noted)		
3 Center (Inpatient Telemetry Ward) (10/3)		295-4700
3 East (Ambulatory Procedures Unit) (10/3)		295-2560
3 West (Inpatient Pediatrics Ward) (10/3)		319-2400
4 Center (Inpatient Surgical Ward) (10/4)		295-8857
4 East (Inpatient Surgical Ward) (10/4)		295-4143
4 West (Inpatient Surgical Ward) (10/4)		295-8828
5 Center (Inpatient Medicine Ward) (10/5)		295-4160
5 East (Inpatient Medicine Ward) (10/5)		319-2300
5 West (Inpatient Hematology/Oncology Ward) (10/5)		295-2989
6 Center (Mother Infant Care/Labor Delivery) (10/6)		319-5000
6 East (Maternal Infant Child Center/Postpartum) (10/6)		319-5000/5001
6 West (Neonatal Intensive Care Unit) (10/6)		319-6428
7 East (Inpatient Traumatic Brain Injury Ward) (10/7)		319-4600
7 West (Inpatient Psychiatry Ward) (10/7)		295-4095
Command Duty Office/Main Line (10/1)		295-8335
Facilities Management		295-1115
Facilities Emergencies (Trouble Desk)		295-1070
Fire Department		295-0319
Housekeeping Internal Medicine Clinic (Primary Care Medical Home)(19/2)		
Hospital Command Duty Office, WRNMMC (10/1)		295-4611
Housekeeping (4/1)		295-1050
IRMAC/NCR		Appointment Call Center
Patient Administration (Admission/Disposition) (10/1)		295-2126
Patient Relations (9/1)		295-0156
Pediatrics: Primary Care (19/4)		295-4900
Pharmacy Call Center (All Locations)		295-2123
Pharmacy Refill Line		1-800-377-1723

OFFICE/ORGANIZATIONS BUILDING/FLOOR PHONE NUMBER

(Area code is 301 unless otherwise note. Dial 93 first where indicated.)

A	
Active Duty Outpatient Medical Records (7/2)	295-0644
Addiction Treatment Services (85T/2)	400-1298
Administration, Director for (1/5)	295-5804
Admissions & Dispositions (10/1)	295-2126
Adolescent Medicine (19/4)	319-7070
Adult Outpatient Behavioral Health (19-6)	295-0500
Allergy, Immunology & Immunizations (19/4)	295-4510
America Pharmacy (19/1)	295-2123
Ambulatory Procedures Unit (APU) Check-In (10/3)	295-2560
Ambulatory Procedures Unit (APU) Pre-screen (9/3)	295-2319
American Red Cross Office (10/1)	295-1538
Amputee Center (MATC) (19/1)	319-2909
Anatomic Pathology (9/B)	295-2520
Anesthesia (9/3)	295-4455
Antiterrorism Officer, NSAB	295-4037
Apheresis/Donor Services (9/1)	295-2104
Armed Services Blood Bank Center (241)	295-1737
Armed Forces Center for Child Protection (AFCCCP) (1/10)	295-4100

Armed Forces Radiobiology Research Institute (AFRRI) (46)	(93) 295-1210
Armed Services Blood Program (ASBP) (241)	295-2106
Army Community Service (11/120)	400-0174
Army Emergency Relief (11/124)	400-0071
Army Military Pay Office (AMPO) (62/2)	400-1065/1067
Army Troop Command (WRNMMC)	400-0887
Arrowhead Pharmacy (9/2)	295-2123
Audiology and Speech Pathology Center (19/5)	295/7820

B

Barber Shop (2/1)	295-6390
Bariatric Surgery (9/1)	295-4440
Behavioral Health - Outpatient (19/6)	295-0500
Behavioral Health - Child and Adolescent Outpatient (19/4)	295-0576
Behavioral Health - Inpatient (10/7)	295-4095
Behavioral Health - Neuropsychology Assessment Services (19/6)	400-1972
Behavioral Health - Older Adult Outpatient (19/6)	319-8852
Behavioral Health - Staff Resiliency (10/7)	400-1974
Behavioral Health - Psychiatric Continuity Service (PCS)	400-2110
Biomedical Engineering	295-5515
Birth Registration (10/1)	295-2195
Blood Donor Center (241)	295-2106
Bloodborne Infection Center	295-6590
Breast Care Center (19/3)	295-3899

C

Café 8901 (Medical Center Dining Room) (9/B)	400-3776
Cardiac Rehabilitation (9/2)	295-1840
Cardiothoracic Surgery (9/2)	295-2552
Cardiology Services (9/2)	295-4500
Career Counselor, NMRTC (17/1)	295-1066
Case Management	295-1100
Center for Prostate Disease Research (19/3)	319-2900
Central Distribution (9/B)	295-4539
Chapel, WRNMMC (Pastoral Care) (85T/1)	295-1510
Chaplain, WRNMMC (Phone)	301-366-2824
Chief of Staff, WRNMMC (1/5)	295-2427
Child & Adolescent Behavioral Health (19/4)	295-0576
Child Development Center I (NSAB MWR) (26)	295-0014
Child Development Center II (NSAB MWR) (87)	400-1200
Child Protection, Armed Forces Center for (1/10)	295-4100
Chiropractic Clinic (19/1)	295-2223
Civilian Payroll Office, WRNMMC (17A,3)	295-9309
Clinical Case Management (295-1100
Clinical Pathology (9/B)	295-0250
Clinical Support, Director for (1/5)	295-6033
Command Communications (1/11)	295-5727
Command Duty Officer, NSAB	301-538-2843
Command Senior Enlisted Leader, NSAB (27/3)	295-3964
Command Senior Enlisted Leader, WRNMMC (1/5)	295-2429
Command Suite, NSAB (27/3)	295-3964
Command Suite, WRNMMC (1/5)	295-5800

NSA BETHESDA EMERGENCY SERVICES (POLICE/FIRE/EMS) 777 (BASE LANDLINES) OR 301-295-0999 (CELL PHONES)

Community Recreation - Equipment Rentals ...	400-1783
Community Recreation - Pavilion Rentals ...	400-1783
Community Recreation - Tickets and Travel (MWR) (2/1) ...	295-0434
Comprehensive Dentistry (NPDS)	295-0145
Comptroller, WRNMMC (1/5).....	295-8909
Computer Help Desk	800-600-9332
Contract Services, Logistics, WRNMMC (54/1)	295-1063
Convenience Store Dry Dock (2/1).....	301-951-6442
Coumadin Clinic (Cardiology) (9/2)	295-4497
Credentialing (Medical Staff Services) (17/3)	295-2737

D

Darnall Medical Library (1/3).....	295-1184
Decedent Affairs/ Mortuary Affairs (10/1)	295-8962/2216
Dental Readiness (2/2)	295-5411/4059
Dentistry, Director for (1/5)	400-2911
Deployment Health Center (8/2)	295-5411/4059
Dermatology (19/3).....	295-4551
Dialysis Center/Nephrology (9/1)	295-4330
Diabetes Care Center (9/1)	295-3037/5165
DiLorenzo Tricare Health Clinic	703-692-8810
Dining Facility (Café 8901) (9/B)	400-3776
DoD Safe Helpline	877-995-5247
DRMO/Excess Equipment, WRNMMC (54/B)	295-3874
Dry Dock, Convenience Store (2/1).....	301-951-6442
Dunkin' Donuts/Subway, WRNMMC (2/1)	301-652-4667

E

Ear, Nose and Throat/Otolaryngology (19/5)	295-4664
Education - Staff and Faculty Development (5/4).....	319-5209
Emergency Department/Emergency Medicine (9/1).....	295-4810
Emergency Management (NSAB)	295-2219/319-2554/319-8304
Emergency Management (54) (WRNMMC).....	295-3115/319-4906
Endocrinology, Diabetes & Metabolism Service (19/5).....	295-5165
Endodontics (NPDS) (1/2)	295-1830
Environmental Health, WRNMMC (17B/3)	400-3870
Environmental Programs, NSAB (27/2)	(93) 295-2482
Equipment Management, WRNMMC (3/2)	295-1063
Exceptional Family Members Coordinators (19/4)	400-1688/4096
Exceptional Family Member Program, NSAB (EFMP) (11/1).....	400-2542
Exceptional Family Member Program, WRNMMC (EFMP) (19/4) .	400-1688/295-4092
Executive Officer, NSAB.....	295-3964
Executive Medicine Clinic (7/1).....	319-4408/295-6776
Executive & Legislative Affairs, WRNMMC (10/2)	295-4688
Executive Secretary, WRNMMC (1,1).....	295-5805
Exercise Physiology (Nutrition Clinic) (7/3).....	295-4065
Eye Care - Ophthalmology (8/1)	295-1339
Eye Care - Refractive Surgery Center (85T/1).....	295-1133

F

Family Advocacy (Duty Line)	301-312-7686
Facilities Management	295-1115

Facilities Emergencies WRNMMC (Trouble Desk)	295-1070
Fire Department	295-0319
Fisher House ...	301-857-9494
Fitness Center, NSAB (17B)	295-2450
Fort Belvoir Community Hospital	571-231-3224

G

Gastroenterology/Hepatology (9/1).....	295-5035 opt.5
General Internal Medicine Clinic (Primary Care Medical Home) (19/2)....	295-0196
General Surgery.....	295-4440
Gynecological Cancer Center (19/3)	400-1257
Gynecology (9/2)	400-2140

H

Health Education and Training (HEAT)	319-5209
Health Physics/Radiation Safety Office (8/5)	295-1043
Health Professions Education (5/3)	319-5209
Healthcare Resolutions (9/1).....	295-5434
Hearing Conservation/Occupational Audiology (7/2).....	295-1329
Hematology/Oncology (19/3)	319-2100
Hepatology (Transplant Services)/Nephrology (9/1FL).....	295-4331
HIPAA Compliance Office.....	319-4775
Hospital Dentistry (9/2).....	400-2060
Household Goods/Personal Property (HHG/PPO) (17B/3D).....	400-0231/0229
Housekeeping (7/1).....	295-1050
Housing Service Center.....	295-6564

I

Industrial Hygiene	295-5498
Infectious Diseases (7/1)	295-6400
Infectious Diseases - Travel Clinic (7/1).....	319-8369
Information Desk, Bldg. 19	295-1865
Information Desk (Tranquility Hall) (62/1).....	400-0200
Inpatient Meal Services (Room Service – Call Center).....	295-0272
Inpatient Meal Services (Admin).....	400-3344/3858
Inpatient Medical Records (10/1).....	295-2201
Inpatient Nutrition Center (10/2)	400-3344
Inpatient Physical Therapy/Occupational Therapy (10/3).....	295-2883
Inpatient Pharmacy (9/2)	295-2121
Inpatient Ward, 3 Center (10/3)	295-4700
Inpatient Ward, 3 West (10/3)	319-2400
Inpatient Ward, 4 Center (10/4)	295-8857
Inpatient Ward, 4 West (10/4)	295-8828
Inpatient Ward, 5 Center (10/5)	295-4160
Inpatient Ward, 5 East (10/5)	319-2300
Inpatient Ward, 5 West (10/5)	295-2589
Inpatient Ward, 6 East (Post Partum) (10/6)	319-5100
Inpatient Ward, 6 West (NICU) (10/6)	319-6428
Inpatient Ward, 7 East (10/7)	319-4600
Inpatient Ward, 7 West (10/7)	295-4095
Inpatient Warrior And Family Liaison Office (IWFO) (10/2).....	319-6805
Inspector General, WRNMMC (10A)	703-681-9700

NSA BETHESDA EMERGENCY SERVICES (POLICE/FIRE/EMS)

777 (BASE LANDLINES) OR 301-295-0999 (CELL PHONES)

Insurance Claims Inpatient Private Health (10/1)	295-4934
Insurance Claims Liability (Third Party Collections) (17/3)	295-4934
Insurance Claims Outpatient Private Health (17/3)	295-4934
Integrated Referral Management & Appointing Center (IRMAC)	1-855-227-6331
Internal Medicine (19/2)	295-0196
Intensive Care Unit, Medical (9/4)	319-4190
Intensive Care Unit, Neonatal (10/6)	319-6428
Intensive Care Unit, Pediatric (9A/3)	400-2010
Intensive Care Unit, Surgical (9A/3)	295-4830
Interventional Radiology (9/2)	295-4334
Investigational Pharmacy (9/2)	400-0907
IT Service Desk (DHA Global Service Center)	1-800-600-9332
IT Trouble Desk, NSAB/WRNMMC	1-800-600-9332
IVF (In Vitro Fertilization) (10/2)	400-2144

J

Joint Commission Specialist	319-4618
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L

Labor and Delivery (Maternal Infant Child Center) (10/6)	319-5000
Laboratory/ outpatient phlebotomy (9/2)	319-3420
Lean Six Sigma Program	295-9044
Legal (NMRTC Staff Judge Advocate General)	295-2226
Legal Services (RLSO NSAB - Legal Assistance)	400-0182
Liability Insurance Claims (17/3)	295-4934
Library (Darnall Medical Library) (1/3)	295-1184
Linen Management (9/B)	295-2205/5311
Linen Management (9/B)	295-2205/5311
Lisa's Goodies	
Logistics, WRNMMC (54)	295-1063

M

Main Operating Room (9/3)	295-4991
Main Radiology (9/1)	295-5030/5032
Manpower Management (8/2)	295-4611
Marine Corps Liaison Office (62)	295-6111
Maternal Infant Child Center (MICC) (10/6)	319-5100
Medevac Office (10/1)	295-2620
Media Relations, NSA Bethesda (27/3)	295-1803
Media Relations, Walter Reed Bethesda (1/11)	295-5727
Meditation Chapel Pastoral Care Services (9A/3)	295-1510
Medical Board/Physical Evaluation (62/2)	400-0203
Medical Graphic Arts (NMLPDC)	319-2760
Medical Intensive Care Unit (MICU) (9A/4)	319-4190
Medical Photography (NMLPDC) (2/1)	295-1014/5
Medical Readiness (7/2)	295-5483
Medical Records, Inpatient (10/1)	295-5709
Medical Records Correspondence (3/1)	400-3075
Medical Records, Outpatient (3/1)	295-5150
Medical Staff Services (17/3)	319-8923
Medicine, Director for (1/5)	295-6917
Microbiology (9/B)	295-2043

Military Advanced Training Center (MATC) (19/1)	400-0763
Military and Family Support Center (11/1)	319-4087
Military Medical/Dental Records (Active Duty) (7/2)	295-0644
Military Medical Records (7/2)	295-0644
Military Personnel Division (MPD)	400-1096
Mission Assurance Officer, NSAB (17)	400-1755
Mind-Body Medicine (7/2)	295-0196
Mortuary Affairs/Decedent Affairs (10/1)	295-896/2216
Mother Infant Care Center (MICC):	
Labor and Delivery (6 East) (10/6)	319-5000
Mother Infant Care Center (MICC): Postpartum (6 East) (10/1)	319-5100
Morgue	295-2507
MRI (9A/1)	295-6585
Murtha Cancer Center Program Manager	400-1477
Murtha Cancer Center: Adult Hematology/Oncology Clinic	319-2100
Murtha Cancer Center: Pediatric Hematology/Oncology Clinic	400-1663
MWR - Community Rec - Equipment Rentals	400-1783
MWR - Community Rec - Pavilion Rentals	400-1783
MWR - Fitness Center (NSAB MWR) (17B)	295-2450
MWR - Sports (17B)	295-0031
MWR - Tickets and Travel (MWR) (2/1)	295-0434

N

National Capital Region Market	319-8400
National Intrepid Center of Excellence (NICoE) (51)	319-3600
Naval Criminal Investigation Service	295-0570/71
Naval Dosimetry Center (84T)	295-0142
Naval Postgraduate Dental School (1/4)	295-0064
Naval Postgraduate Dental School Faculty Practice	400-2422
Naval Postgraduate Dental School (NPDS) –	
Oral & Maxillofacial Pathology (1/4)	319-5120
Naval Postgraduate Dental School (NPDS) – Orofacial Pain (2/3)	295-1495
Naval Postgraduate Dental School (NPDS) – Pediatric Dentistry (1/3)	295-1364
Naval Postgraduate Dental School (NPDS) – Periodontics (1/2)	295-0077
Naval Postgraduate Dental School (NPDS) – Prosthodontics (1/3)	295-1550
Naval Postgraduate Dental School (NPDS) – Prosthodontics Lab	295-0202
Naval Postgraduate Dental School (NPDS) – Research	295-0565
Naval Support Activity Bethesda Command Suite (27/3)	295-3964
Naval Support Activity Bethesda MAIN Line	295-6246
Navy Bloodborne Infection Management Center (NBIMC) (17/3)	295-6590
Navy Exchange Barber Shop (2/1)	(93) 295-6390
Navy Exchange Main Store (82)	240-743-4200
Navy Exchange Main Store Barber	240-743-4615
Navy Exchange Main Store Barber Shop	240-743-4610
Navy Exchange Mini-Mart (31)	(93) 295-6129
Navy Exchange Uniform Center and Embroidery Shop (82)	295-1489
Navy Exchange Vending Warehouse (152)	295-6385
Navy Federal Credit Union (2/1 & 82)	1-888-842-6328
Navy Lodge	301-654-1795/800-628-9466
Navy-Marine Corps Relief Society (11/1)	295-1207
Navy Medical Inspector General's Office - Administration & Inquiries	295 / 10
Navy Medical Inspector General Hotline	800-637-6175

NSA BETHESDA EMERGENCY SERVICES (POLICE/FIRE/EMS) 777 (BASE LANDLINES) OR 301-295-0999 (CELL PHONES)

Naval Medical Leader and Professional Development Command (NMLPDC) (1/18)	400-2721
Naval Medical Leader and Professional Development Command (NMLPDC) Command Suite (1/18)	295-5594
Navy Medicine Readiness and Training (NMRTC) (17/1)	400-3859
Navy Operational Forces Medical Liaison Services (OFMLS)	202-255-3391
Navy Warrior Transition Company (NWTC)	301-213-6972
Neonatal Intensive Care Unit (NICU) (6 West) (10/6)	319-6428
Nephrology/Dialysis/Transplant Services (9/3)	295-4330
Neurology, EEG, EMG (19/6)	295-4771/1006
Neuropsychology Assessment Clinic (10/7)	400-1972
Neuropsychology Health Services (19/6)	400-1972
Neurosurgery (9/1)	295-4421/4420
NEX Barber Shop	295-6390
NEX Exchange Uniform	240-743-4200
NEX Main Store Barber	240-743-4610
NEX Main Store Beauty Salon	240-743-4615
NEX Main Store Optical	240-743-4300
NEX Mini-Mart	240-858-6192
NEX Uniform Center	240-743-4702
NEX Vending Warehouse	240-743-4118
NSA Bethesda Commanding Officer	295-3964
NSA Bethesda Executive Officer	295-3964
NSA Bethesda Senior Enlisted Leader	295-3964
Nuclear Medicine (9/1)	295-4974
Nursing Administration (10/1)	400-0564
Nursing, Director for (1/5)	319-6800
Nutrition Clinic Services (Outpatient) (7/3)	295-4065
Nutrition Services Department (Admin) (9/B)	400-2801

O

Obstetrics (9/2)	295-6906
Occupational Audiology/Hearing Conservation (7/2)	295-1329
Occupational Medicine (7/2)	295-0786
Occupational Therapy (19/1)	295-4866
Oncology Clinic (19/3)	319-2100
One Stop Shop (ITD) (10/2)	1-800-600-9332
Operating Rooms (Surgical Suites) (9/3)	295-4991
Operational Readiness (7/4)	319-2514
Operational Support Office (17/1)	295-0974
Operative Dentistry (NPDS)	319-4687
Ophthalmology (8/1)	295-1339
Optometry (8/1)	319-7001
Oral and Maxillofacial Surgery (WRNMMC) (9/2)	295-4340
Oral Medicine and Radiology (NPDS) (1/2)	295-6490
Oral Pathology (NPDS)	295-0404
Organ Transplant (9/1)	295-4330
Orthodontics (NPDS)	295-5451
Orthopedics and Podiatry (19/2)	295-4290
Orthotics/Prosthetics (19/1)	400-1383
Otolaryngology/Ear, Nose and Throat Clinic (19/5)	295-4664
Outpatient Behavioral Health (19/6)	295-0500

Outpatient Laboratory-Arrowhead (9/2)	319-3420
Outpatient Laboratory-Americas (19/1)	319-3420
Outpatient Medical Records (3/1)	295-5150
Outpatient Private Health Insurance Claims (17/3)	295-4934

P

Pain Clinic (9/3)	319-8600
Panda Express (NEX Food Court)	240-396-6522
Parking & Commuting Information Line, NSAB	400-2277
Pastoral Care (85T/1)	295-1510
Patient Accounts (10/1)	295-1874
Patient Administration (Admission/Disposition) (10/1)	295-2126
Patient Relations (9/1)	295-0156
Patient Transport	295-4010
Payroll Office (Civilian) (17/3)	295-2020/4637
Pediatric Dentistry (NPDS) (1/3)	295-1364
Pediatric Intensive Care Unit (PICU) (9/3)	400-2010
Pediatric Primary Care (19/4)	295-4900/4941/6168
Pediatric Sedation (9A/3)	400-2030
Pediatrics - Armed Forces Center for Child Protection (1/10)	295-4100/2150
Pediatrics: Case Manager	400-1716
Pediatrics: Inpatient Ward (3 West) (10/3)	319-2400
Pediatrics: Hematology and Oncology (19/4)	400-1664
Pediatrics: Lactation	319-4407
Pediatrics: Nutrition	295-7872
Pediatrics: Psychology (19/4)	295-0576
Pediatrics Specialty Care (19/4)	295-4959
Pentagon Tri-Service Dental Clinic	703-692-8700
Personal Property/Household Goods (PPO/HHG) (17B/3D)	400-0231
Pharmacy Call Center (All Locations)	295-2123
Pharmacy Refill Line	1-800-377-1723
Physical and Occupational Therapy, Inpatient (10/3)	295-2883
Physical Medicine (19/1)	295-7850
Physical Readiness Training (PRT) Office, WRNMMC (17B/3)	295-5502
Physical Therapy (19/1)	295-4880
Plastic and Reconstructive Surgery (9/2)	319-4226
Platelet Donation - ASBP (9/1)	295-2104/2105
Podiatry/Orthopedics (19/2)	295-4290/4295/319-4195
Post Anesthesia Care Unit (PACU) (9/3)	295-4111
Postal Services (2/1)	295-0162/5161
Postpartum (labor & Delivery)(10/6)	319-5100
Prenatal Assessment Center (10/6)	319-5050
Primary Care Dentistry (2/2)	295-5411
Property Book Officer (3/2)	295-3938
Prostate Clinic (19/3)	319-2900
Prosthetics/Orthotics (19/3)	400-1383
Prosthodontics (NPDS) (1/3)	295-1550
Public Affairs, NSA Bethesda (27/3)	295-1803
Public Affairs, Walter Reed Bethesda (1/11)	295-5727
Public Health/Preventive Medicine (7/5)	400-0075
Pulmonary (9/1)	295-4191

NSA BETHESDA EMERGENCY SERVICES (POLICE/FIRE/EMS) 777 (BASE LANDLINES) OR 301-295-0999 (CELL PHONES)

Q

Quality Management Department (1/2).....295-5815

R

Radiation Oncology (19/B).....295-5000
Radiology, Main (9/1)295-5030
Radiology, Satellite (19/2)295-4321
Radiation Safety Office (8/5)295-1043
Records, Active Duty (7/2)295-0644
Records, Inpatient (10/1)295-5709
Records, Outpatient (3/1).....295-5150
Records, Outpatient - Correspondence.....400-3075
Red Cross Office (10/5).....295-1538
Refractive Surgery Center (85T/1)295-1133
Release of Health Information (3/1).....400-3075
Religious Services (NSAB) (11/B).....319-5058
Reproductive Health Clinic
(Reproductive Endocrinology & Infertility) (9/2)400-2432
Reprographic Services (85T/1)295-6176/7
Resiliency (Staff) (7/5).....400-1974
Rheumatology (19/3)295-4512

S

Safe Helpline877-995-5247
Safety Office, NSAB.....295-2870
Satellite Radiology (19/2)295-1851
School Liaison (11/1)295-7849
Security Office, NSAB Desk Sgt. (17/B).....319-8937
Senior Enlisted Leader, NSAB (27/3).....295-3964
Senior Enlisted Leader, WRNMMC (1/5)295-2429
Sexual Assault Prevention & Response Program (SAPR) (11/1).....400-2411
Sexual Assault Prevention & Response Victim Advocate Hotline.....240-814-7624
Sexual Harassment/Assault Response
& Prevention Program (SHARP), WRNMMC319-0262/Cell 274-1856
Sleep Disorder Clinic (9/2)295-4547
Sleep Lab (9/2).....295-4547
Social Work, WRNMMC295-1719
Soldier Recovery Brigade-National Capital Region (62/3)301-400-0131
Speech Pathology and Audiology Center (19/5)295-7820/7840
Sponsor Program, NMRTC (17/1).....319-4860
Staff and Faculty Development (19/5).....319-5209
Staff Resiliency (7/5).....400-1974
Sterile Processing (9/B)295-4545
Substance Abuse (Addiction Treatment Services) (85T/2).....400-1298
Subway/Dunkin' Donuts, WRNMMC (2/1)652-4667
Suicide ; Crisis Hotline988
Supply - Central Distribution, WRNMMC (9/B)295-4539/38
Supply Chain Service Chief (9/B).....295-4175
Surgical Intensive Care Unit (SICU) (9A/3)295-4830
Surgical Oncology (19/3)319-2316
Surgical Suites (Main Operating Rooms) (9/3).....295-4991

T

Tickets and Travel Office (MWR) (2/1)295-0434
Time and Attendance Office, WRNMMC (17/3)295-8909
Training, WRNMMC (HEAT)319-5209
Training Officer, NSAB (17)400-1755
Transfusion Services (9/3).....295-0968
Transplant Surgery (9/1).....295-4330
Transportation Officer, NSAB (17/1).....319-3819
Transportation Motor Pool (TMP) (54/1)295-2503
Transport (Patients).....295-4010
Travel Clinic (Infectious Diseases) (7/1).....319-6295
Troop Command(WRNMMC)301-319-2648
Tropical Smoothie Cafe.....240-800-3974

U

Ultrasound/Nuclear Medicine (9/1).....295-5030
Uniform Center (NEX).....240-743-4702
Uniformed Services University of the Health Sciences Health Clinic... (93) 295-3630
Urogynecology (9/2).....400-2468
Urology (9/2)295-4270/4271
USO Warrior and Family Center Bethesda (29).....240-552-9350

V

Vaccine Healthcare Center/Immunizations (19/4).....295-4510
Vascular Surgery (9/2)295-4779
Veterans Crisis Line988
Vision Center of Excellence (VCE) ((85T/1)400-1130
Visitor Control Center (102)301-295-4607
Visual Information Services (NMLPDC)295-0052

W

Warehouse Receiving/Shipping (54/B).....295-2025
WRNMMC Research Programs.....295-8239
Warrior Café (MWR) (62)400-0127
Warrior Café Catering (MWR) (62).....319-2957
Warrior Clinic.....400-1012
Warrior Family Coordination Cell (62).....855-360-4376
Wendy's (31).....240-800-7161
William III café(10/1)295-5387
Women's Health (9/2)400-2140
Wound Care (9/1)295-4440

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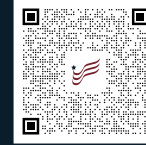
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