



DHA

09 January 2024

# U.S. Army Health Clinic Wiesbaden (USAHC WBD) Newsletter



## Hours

- **Main Clinic (Bldg 1040)**

-Mon-Fri: 0730-1630

Closed for Lunch:

1200-1300

**Reduced Services** 2nd and 4th Thursdays  
1200-1630

-Kiosks available 0730-1145, 1245-1545

-Closed US Federal Holidays

- **Behavioral Health (Bldg 1526)**

-Mon-Fri: 0700-1700

-Closed US Federal Holidays

- **Combined Acute Care Clinic (CAC2)\***

-see UPDATES & REMINDERS

## Don't Let the Cold Catch You Off Guard ☃

### Winter Weather & Cold Injury Prevention

A multi-phase winter weather system is impacting Europe through mid-January. Whether you're outside for work or recreation, take steps to stay safe and prevent cold weather injuries.

#### What are cold weather injuries?

They occur when the body loses heat faster than it can produce it—often in near- or below-freezing temperatures. Wind, moisture (including sweat), and wet clothing significantly increase risk.

#### Protect yourself this winter:

- \* Fuel your body: eat well, stay hydrated, and get quality sleep
- \* Maintain fitness to improve cold tolerance
- \* Dress smart: wear loose, adjustable layers and keep skin dry
- \* Protect exposed areas: use sunscreen, lip balm, gloves, and UV-protective eyewear to prevent snow blindness
- \* Handle equipment and fuel with gloves
- \* Avoid face camouflage below 32°F

Learn more about cold injury prevention:  
<https://ph.health.mil/topics/discond/cip/Pages/default.aspx>

## Updates & Reminders

### CAC2 UPDATE:

1. Services are for Service Members (SMs) in an active-duty status only.
2. Report/sign-in at the CAC2 waiting area (bottom floor) BLDG 1040, from 0600-0615. Doors will be opened at 0600.
3. CAC2 will be providing patient triage/care from 0600-0700, M-F and closed on weekends and federal holidays.
4. Soldiers should bring an Individual Sick Slip (DD FORM 689) that is filled out prior to arrival.
5. SMs will be dispositioned to one of the 4 following categories:
  - RTD
  - Self-Care
  - Appointment (same day)— scheduled for the SM at the clinic. They will not be required to wait at the clinic until their appointment time and can return to their unit until their scheduled appointment.
  - Emergency department – severity will determine the appropriate transport options (self, buddy, unit, or ambulance).
6. Duty uniform must be worn unless the SM is on leave.

### We are Hiring!

2 Dental Assistant positions closing 23 Jan: <https://www.usajobs.gov/GetJob/ViewDetails/853889800>

## Important Phone Numbers

- Appointment Line: Mon-Fri: 0700-1600

*(Closed US Federal Holidays and after 1200 on the 3rd Thursday each month)*

**06371-9464-5762 or DSN 590-LRMC (5762)**

Option 1 for appointments, then Option 4 for Wiesbaden:

Option 1: Physical Therapy

Option 2: Make an appointment or cancel an appointment scheduled within the next 24 hours (including Optometry and Pediatrics)

Option 3: Cancel an appointment scheduled in more than 24 hours

Option 4: Dental

Option 5: Behavioral Health

Option 6: Armed Forces Wellness Center

Option 7: Soldier Medical Readiness Center (SMRC)

Pharmacy: **06371-9464-1322 or DSN 590-1322**

Tricare: **06371-9464-1302 or DSN 590-1302**