

DHHQ GAZETTE

QUARTERLY NEWSPAPER FOR DHHQ MILITARY, GOVERNMENT, AND CONTRACTOR TENANTS



First Look: The DHHQ Visitor Management System

BY GLEN WINZENBURG, DHHQ FACILITY SECURITY COUNCIL CHAIR

The DHHQ Facility Security Council, in coordination with the DHHQ Partnership Council, will use the Visitor Management System (VMS) for vetting all DHHQ visitors.

The VMS is a web-based system used to screen all visitors for wants and warrants prior to visiting the DHHQ. Once the visitor is approved to visit the DHHQ, their processing time at the visitor entrance will be faster and more efficient. Visitors are issued a visitor badge that is electronically tethered to their sponsor for the duration of their visit; making accountability more achievable if an emergency evacuation occurs during their visit.

What is the VMS?

The VMS is a secure web-based portal that streamlines the visitor processing for personnel visiting the DHHQ. DHHQ sponsoring personnel input their visitor's information directly into an online form that creates an email, with a link to a registration form, which is sent to the visitor.

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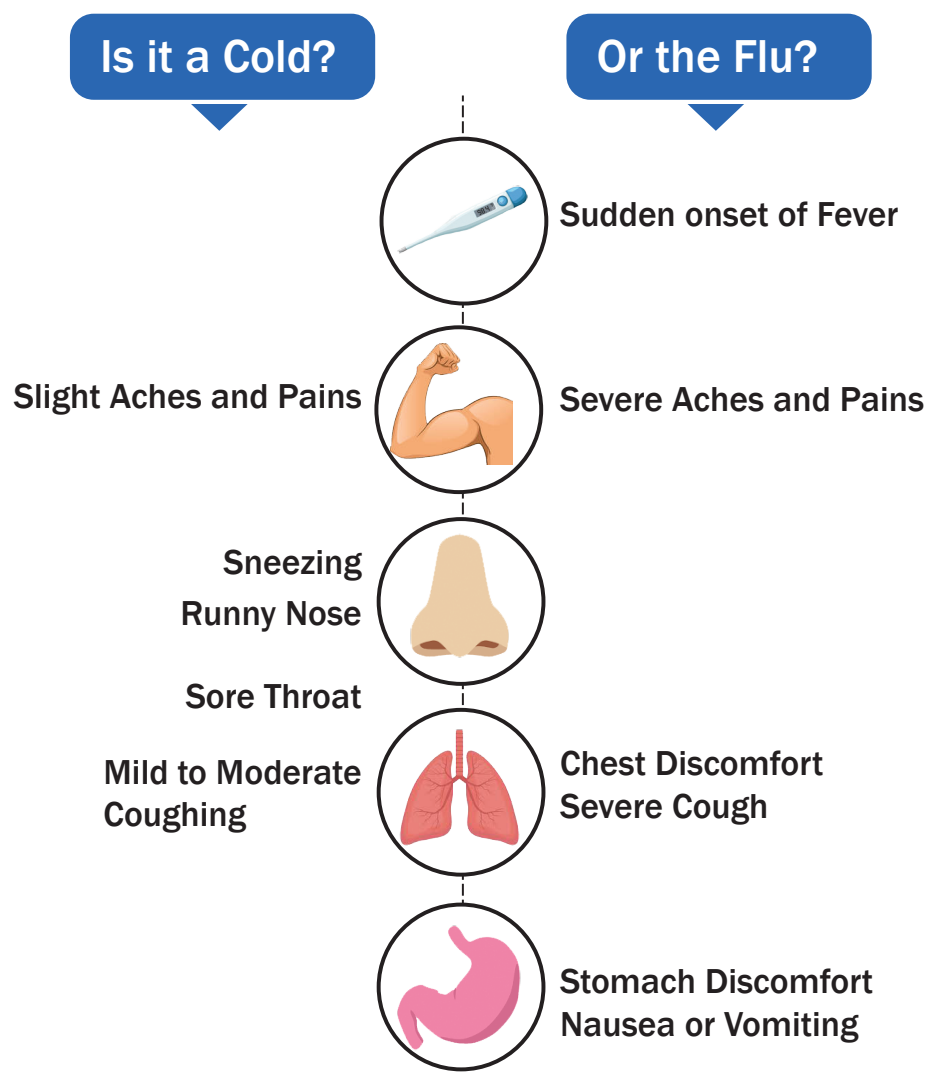
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What's Making You Sniffle, the Cold or Flu?

BY DHHQ WELLNESS COUNCIL

This year the flu season has hit particularly hard, based on data from the Center for Disease Control (CDC), the 2017-2018 flu season peaked in early February and is now on the decline.

However, 34 states plus Puerto Rico continue to report widespread flu activity. Twenty-one states plus New York City continue to experience high influenza-like illness activity. The info-graphic below illustrates the difference between some common symptoms of the common cold and flu. Please consult your primary care physician (PCP) for any medical advice or guidance.



New Process for Requesting Visitors at the DHHQ!

BY GLEN WINZENBURG, DHHQ FACILITY SECURITY COUNCIL CHAIR

The form is completed online by the visitor and submitted for processing. Once the screening is complete both the sponsor and the visitor receive an email stating their approval or disapproval to visit the DHHQ. Visitors who routinely visit the DHHQ can be approved for up to six months at a time. The system is available through an unclassified online link (NIPR-only): <https://visitorsponsor.pfpa.mil>.

Who can request visitors through the VMS?

Any DHHQ civilian, military or contractor personnel with an active DoD-issued Common Access Card (CAC) and Privilege Management Program (PMP)/swipe access into the DHHQ can sponsor and escort visitors. The sponsor is responsible for initiating the pre-registration process. If you are unsure whether you have escort privileges, please contact your organizational security manager.

When can I request a visitor?

For U.S. visitors, a visitor request must be submitted one (1) full business day prior to the visit. For non-U.S visitors, the request must be submitted two (2) business days prior.

After a visitor is approved, what are the next steps?

Once a visitor is pre-registered in the system, he or she is cleared to obtain a visitor badge. Once a visitor arrives at the DHHQ, he or she must report to the DHHQ Visitor Control Center (Main Entrance, Lobby I) with a government-issued

identification (e.g., state ID, driver's license, passport, etc.). A designated badge will then be issued to the visitor; this badge will only be allowed for entry into the perimeter and must be returned to the Visitor Control Center every time the visitor leaves the building. Visitors can access the building during normal business hours, which are Mondays through Fridays from 0600 to 1800. Visitors will not be granted access outside of these hours or on weekends and holidays unless

they are pre-registered through the VMS. Should a visitor require parking, a separate parking request needs to be submitted to the DHHQ Parking Office following their existing process.

What happens if a visitor is not approved?

The sponsor and potential visitor will receive notification if a visitor is not approved.

How can I learn how to use the VMS?

Training will be offered onsite at the DHHQ, the dates are listed in the table.

The benefit to you!

This is an improvement to the current manual process and allows for improved vetting of visitors, ultimately for the safety of you and your colleagues at the DHHQ. If you have any further questions about the system itself, a guidebook to the system is located under the "Help" link in the portal.

For questions regarding VMS please contact Mission Assurance, (703) 681-6777 or dha.mission-assurance@mail.mil.

VMS Training Dates

Date	Location	Time
Monday, April 2nd	1SW113	0900 - 1000
Wednesday*, April 4th	1M615	0900 - 1000
Wednesday*, April 11th	1M109	0900 - 1000
Wednesday*, April 18th	3M161	0900 - 1000
Monday, April 23th	1SW113	0900 - 1000
Wednesday*, April 25th	1M109	0900 - 1000
Wednesday*, May 2nd	1M615	0900 - 1000
Friday, May 4th	1M275	0900 - 1000
Wednesday*, May 9th	1M109	0900 - 1000
Wednesday*, May 16th	1M615	0900 - 1000
Friday, May 18th	1SW113	0900 - 1000
Wednesday*, May 23nd	1M109	0900 - 1000
Wednesday*, May 30th	1M109	0900 - 1000
Friday, June 1st	1M275	0900 - 1000
Wednesday*, June 6th	1M275	0900 - 1000
Wednesday*, June 13th	1M199	0900 - 1000
Friday, June 15th	1SW113	0900 - 1000
Wednesday*, June 20th	1M275	0900 - 1000
Friday, June 22nd	1SW113	0900 - 1000
Wednesday*, June 27th*	1M109	0900 - 1000

* Bring your laptop to training

New Facilities Staff at the DHHQ?

BY DHHQ JOINING FORCES COMMITTEE

Maintaining the DHHQ campus is no small feat during the holidays and managing all the issues that arise can be taxing. The J 1/8 Infrastructure Support Division brought in some helping hands during the 2017 DHHQ Winterfest on 18 December 2017.

Cos-play, a contraction of the words costume play, is a hobby in which participants called cos-players wear costumes and fashion accessories to represent a specific character.

Cos-players dressed in Star Wars costumes stood guard at the Winterfest entrance. Winterfest participants had a chance to act out their Star Wars fantasies with props for the perfect picture by posing with the cos-players. Santa Clause was on hand to check his list and take a selfie or two with all the good and bad Winterfest participants.

The highly anticipated annual event hosted 25 diversified vendors featuring hand-crafted products, art, beauty and body products, household gift ideas, textiles and accessories.



Mr. Brandon Smith, poses with cos-players at the 2017 DHHQ Winterfest.

We Want to Hear from You!

Looking for a platform to voice your opinion on amenities offered at the DHHQ? The DHHQ Quarterly Amenities Survey is your opportunity to be heard.

About the Survey

Each survey should take no longer than 5 minutes, and all responses will remain confidential, as the survey is managed independently.

Who Can Participate

The survey is open to all civilian and military personnel who frequently visit or reside at the DHHQ.

How You Benefit

Past surveys have provided valuable results that have been used to better your experience at the DHHQ. Examples include the addition of JJ Dry Cleaners and Beanetics Coffee Shop.

The quarterly DHHQ Amenities Surveys will highlight specific focus areas, along with questions on DHHQ events and activities. The focuses for each quarter are as follows:



Q2: June 4-18, 2018

Fitness Center Utilization, DHHQ CAC Office, DHHQ Base Supply Store



Q3: September 4-18, 2018

DHHQ Cafeteria & Other Food Options



Q4: December 3-17, 2018

DHHQ Conferencing

TRICARE Changes Continue

BY DHA STRATEGIC COMMUNICATIONS

TRICARE modernization continues as additional changes take hold for beneficiaries.

At the beginning of the year, TRICARE Select, a self-managed, preferred-provider network plan, replaced TRICARE Standard and TRICARE Extra. Beginning in 2019, beneficiaries will be able to switch health plans for which they're eligible only during the annual Open Enrollment Season, or if they have a qualifying life event, or QLE, such as getting married or divorced, having a baby, or moving.

Urgent care is now easier to access, and there is no limit to the number of urgent care visits most TRICARE Prime enrollees can make without a referral.

On 1 February 2018 all TRICARE beneficiaries, except Active Duty Service Members, began paying new pharmacy copayments for prescriptions filled at retail network pharmacies or through home delivery. Formulary drugs at military pharmacies continue to have no copay.

To see costs, go to tricare.mil/prescriptioncosts. Other changes, such as in dental and vision coverage, are on the horizon. The current TRICARE Retiree Dental Program will end 31 December 2018.



It will be replaced with the Office of Personnel Management's Federal Employee Dental and Vision Insurance Program (FEDVIP). Vision plans will be available to eligible TRICARE beneficiaries through FEDVIP as well.

For more information about these and other changes, go to tricare.mil/changes. Please help us get the word out about these changes and, if you are a TRICARE beneficiary, get informed and take command of your health!

Psssttt...there's space for you on page five!

An advertisement for the DHHQ Gazette. It has a purple and white color scheme. At the top left, it says 'Are you hip?'. To the right, it says 'To what's hot at the DHHQ?'. Below that, it says 'Then pick up a copy of the latest DHHQ Gazette!'. Underneath, it describes the Gazette as 'Your source for health and wellness articles, event recaps and inspiration to be the healthiest version of you at the DHHQ.' It lists publication dates: April, July, and October. At the bottom, it says 'Want to contribute? If you have a story or event you would like featured in an upcoming issue, please contact Voice of the Customer at dha.ncr.dha-cs-mgt.mbx.voice-of-the-customer@mail.mil'. It also mentions that copies can be found at various locations.

Do you enjoy the event recaps, or the health facts on page six? Want to share information or advertise an upcoming event?

The DHHQ Gazette is your source for health and wellness articles, event recaps and inspiration to be the healthiest version of you at the DHHQ.

If you have a story, article or event you would like featured in an upcoming issue, please contact Voice of the Customer at dha.ncr.dha-cs-mgt.mbx.voice-of-the-customer@mail.mil.

A New Year Offers a Fresh Start, To Walk Into Healthy Habits

BY DHHQ WELLNESS COUNCIL

New Years resolutions and healthy habits go hand and hand. The DHHQ Wellness Council provides opportunities for DHHQ residents to keep up with their fitness goals with events throughout the year.

The Center for Disease Control's (CDC) Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.

Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits.

Walking does not require any special skills. It also does not require a gym membership or expensive equipment.



MSG Lopez in front of New Year, New You event sign



The Wellness Council, chaired by MSG Daniel Lopez-Bonaglia hosted the New Year, New You Walk on 31 January 2018. The event was attended by over forty participants and highlighted the beginner and intermediate indoor trails found on the DHHQ campus. Wellness Council members guided participants on a one mile walk with a chance to enter a raffle, with prizes provided by the Wellness Council.

The benefit of utilizing the indoor trails are the convenience of being indoors with no exposure to the outdoor elements. As well as having a well mapped route with distance



calculations already provided. The Wellness Council also provided step counts for the trail in an effort to entice participants currently utilizing fitness tracking applications.

For more information on DHHQ Indoor trails, please visit the DHHQ Fitness Center for a brochure or contact Voice of the Customer at: dha.ncr.dha-cs-mgt.mbx.voice-of-the-customer@mail.mil.

Black History Month Observance

BY THE EQUAL OPPORTUNITY AND DIVERSITY MANAGEMENT

Diversity and acceptance allow society to flourish and prosper, through contributions made by those of all backgrounds.

Black History Month began as a way to remember important people and events in the history of the African diaspora. Black History Month was being celebrated all across the country in educational institutions, centers of Black culture and community centers when President Gerald Ford recognized Black History Month.

During the celebration of the United States Bicentennial, President Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Mr. James Kelly, President of the National Association Advancement of Colored People (NAACP) spoke to a diverse crowd of listeners during the DHA Black History Month Observance on 24 February 2018. In his speech he highlighted the struggles and ultimately achievements people of color have made through collaboration and determination.



Mr. James Kelly, Black History Month Observance Guest Speaker

Speaking on the current state of the United States, and the social differences that have arose in the past two years. Mr. Kelly suggested those on both sides come to the table with open ears and hearts. Coming together for the good and advancement of generations to come, those in positions of change and power can achieve these goals through open discussion and collaboration.

2018 DHHQ Health Fair

The Defense Health Headquarters (DHHQ) Health Fair is an annual event where residents can interact and gain knowledge on positive steps to take to increase their health and overall wellness.

This years event will take place on 21 June 2018. Approximately 45 vendors will participate including fitness and health professionals. There will be multiple demonstrations throughout the event ranging from physical health, stress-reduction, as well as resources on nutrition, mental/emotional wellbeing, and finances.

If you are interested in participating or volunteering please contact: DHAGetFit@mail.mil

CPR Certification

BY DHHQ WELLNESS COUNCIL

Are you a service member or civilian in need of CPR certification and would like to find a local class?

Contact MSG Daniel Lopez-Bonaglia for more information on CPR certification at Ft. Belvoir and potential classes held at the DHHQ.

MSG Lopez can be reached at daniel.a.lopezbonaglia.mil@mail.mil.

Important Contacts

Please use the following numbers for any issues or questions:

Police/Fire/EMT:
911

PFFA Security Operations Center:
703-681-9111

DHHQ CAC/Badge Office:
703-681-5744

DHHQ Conference Center Reservations:
DHAConferenceReservations@mail.mil

DHHQ Data Center Services:
dha.ncr.health-it-supp.list.dhhq-data-center-supp-services-dir@mail.mil

DHHQ Facilities:
703-681-8707/DHA.Facilities@mail.mil

DHHQ Gazette Feedback:
dha.ncr.dha-cs-mgt.mbx.voice-of-the-customer@mail.mil

DHHQ Lost & Found:
Located in the DHHQ CAC/Badge Office
703-681-5744

DHHQ Network Help Desk:
703-681-9411/DHA.ITCallCenter@mail.mil

DHHQ Visitor & Parking Office:
703-681-9532
DHADHHQParkingVisitorRequest@mail.mil

DHHQ Webpage:
<https://mhs.health.mil/DHHQ/>

DHA Duplication Center:
703-681-7353/dhaduplicationcenter@mail.mil

DHA SharePoint Website:
<https://info.health.mil/SitePages/Home.aspx>

Defense Medical Virtual Library:
www.health.mil/dmvl

IT Support:
(Each Service has central helpdesk)
DHHQ Network Support Services (NSS)

IT Call Center:
703-681-9411/DHA.ITCallCenter@mail.mil

VTC Technical Assistance:
703-681-5226/dha.vtcrequest@mail.mil

Army Facilities:
703-681-3236/3234/4233

Air Force Facilities:
703-681-6085/7875

Navy Facilities:
703-681-0078/0092



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Upcoming Events

April 2018

- April 5 - Blood Drive
(Pavilion - Salons A & C)
- April 26 - Take Our Children to Work
(Pavilion - Salons A, B & C)

May 2018

- May 8 - DHA Employee Recognition Ceremony
- May 13 - Mother's Day
- May 28 - Memorial Day

June 2018

- June 5 - DHA Town Hall
- June 14 - Blood Drive
(Pavilion - Salons A & C)
- June 17 - Father's Day
- June 21 - 2018 DHHQ Health Fair
(Pavilion - Salons A & C)

Promotions & Retirements

Promotions

- Capt Lopez
- MAJ Luggs
- LTC Davidson
- BG Murphy

Retirements

- MAJ Hayden
- COL Ratliff
- COL Jaghab
- Brigadier General Burks
- COL White
- CAPT Walter
- MSgt Bamby

Promotional Visits

VA DMV2Go - Located in Parking Lot E, outside Entrance III

- April 4
- June 5

DHHQ Amenities

Beanetics (Coffee Shop)

Monday through Friday: 7:00AM - 3:00PM
3rd Floor Main Building

Cafeteria

DHHQ Pavilion

Monday through Friday
Breakfast: 7:00AM - 10:00AM
Lunch: 11:00AM - 2:30PM

Mike's Deli

1SW321/ 703-681-5342
Monday through Friday: 7:00AM - 3:30PM
Breakfast: 7:00AM - 10:00AM
Lunch: 11:00AM - 2:00PM

Monumental Market

3rd Floor Breezeway between Main & NW Buildings; Open 24/7

VIB Base Supply Center

Operated by Virginia Industries for the Blind
1SW317
Monday through Friday: 8:00AM - 4:00PM
571-237-5394
dhhq@vibonline.org

Fitness Center

1SW412/ 703-681-5391; Open 24/7

Lactation Rooms

1SW322, 1M105 & 3NW123

J&J Cleaners

1M164
Monday through Friday: 7:30AM - 3:00PM