

Frequently Asked Questions

Q: If I have an emergency, how do I get to the hospital for care?

A: Have a family member or friend drive you OR call 911 if no one is available to take you.

Q: Should I use my provider first for urgent care or go to the emergency room or urgent care center?

A: Please call your team telephone triage nurse for any urgent medical problem and follow the instructions given. Call 912-435-6633.

Q: Do I still need to see my doctor even if I have been seen in the emergency room?

A: Yes, please call your team care coordinator to schedule a follow up appointment at 912-435-6633.



Helpful Information

Winn Army Community:

Information Line: 912-435-6837

Appointments: 912-435-6633/1-800-652-9221

www.tricareonline.com

Outpatient Records: 912-435-6950

Patient Advocate: 912-435-6225

Tuttle Army Health Clinic:

Information Line: 912-315-6500

Appointments: 912-435-6633/1-800-652-9221

www.tricareonline.com

Outpatient Records: 912-315-2570

Patient Advocate: 912-315-5731

Tricare Service Center:

Ft. Stewart: 872 Harmon Avenue Bldg 202,

Ft. Stewart, GA 31313 (across from Winn Army Hospital)

Hours of Operations: 7:30 a.m. – 4:30 p.m. (Monday – Friday)

Hunter/Tuttle: 230 Duncan Drive Bldg 1440,

HAAF GA 31409

Hours of Operations: 8:30 a.m. – 4:00 p.m. (Monday – Friday)

Closed every 4th Thursday until 1:00 p.m.



Wellness Programs

2451A Hwy 17
Richmond Hill, Ga 31324

Located next to Blockbuster in the Ways Station Shopping Mall

For more information check out our website at
<http://www.winn.amedd.army.mil>

You can email us at:
RichmondHillMH1@amedd.army.mil

Hours of Operation
0800 to 1700
Monday through Friday

Wellness Programs

Richmond Hill Medical Home is always looking to support and educate our patients as best we can.

We put our patients' satisfaction first and desire to share our staff's expertise with now and in the future to provide the best experience possible for those that walk through our doors.



Please feel free to join in one of our recommended classes.



Post Deployment Group for Spouses/Significant Others

The changes that occur in the service member and in the family members over the time that deployment separates them offer challenges when they are reunited.

This group is based on the evidence that when service members return from a deployment there is a normal adjustment process for both them and their spouses/family members.

This group is intended to provide a place to talk and share information about what it is like for spouses/significant others to adjust to post deployment changes in their family. It will focus on discussing the differences and similarities of what is helpful for you in adjusting for each family or couple.

The primary focus each week will be the presentation of a specific topic related to adjusting with the intent to facilitate understanding the service member's family's and the service member's perspectives. The group will explore strategies to facilitate each member's adjustment process and improve satisfaction with themselves, their relationships, and their home environment.

Before you attend this group please schedule a 30 minute meeting with the group facilitator. In that meeting you and she can determine if the group will meet your needs and you can set some goals or markers to monitor whether the group is helpful for you. The markers can be a variety of things, for example, feeling more satisfied with home life or a decrease in the number of arguments you have.

Wellness Mindfulness Group

Welcome to the wellness mindfulness group. This group is based on research and experience that supports the use of mindfulness techniques in assisting each of us toward positive change in our life, health, and wellness.

Mindfulness is an awareness that emerges through paying attention intentionally, in the present moment, and nonjudgmentally to things as they are.

This group will include instruction in mindfulness techniques, ways to apply these techniques on a daily basis, and discuss how these techniques contribute to or facilitate wellness.

Group members will be willing to practice what they learned in the group 10 minutes daily at home and attend weekly group sessions. This is an exciting way to add to our active participation in our health and well-being.

This type of group has been found to be helpful for some people with fibromyalgia, chronic pain, cancer, depression, anxiety, diabetes, heart disease, smoking cessation, and for general stress management.

Before you attend group please schedule a 30 minute meeting with the group facilitator. In that meeting you and she can determine if the group will meet your needs and you can set some goals or markers to monitor whether the group is helpful or not to you. The markers can be a variety of things, for example, feeling more satisfied with home life or a greater sense of well being overall.

