

Welcome to our unit – we aim to make your stay as easy, informative and painless as possible. In order to do that, I'll try to walk you through some preliminary information.

Dress is appropriate civilian for a workplace, bring your military ID and government travel card, and if at all possible bring a copy of your medical records. (For the MEB) If coming from overseas, it would be prudent to bring a couple of uniforms just in case you need to be assigned local duties while awaiting CONUS reassignment.

Don't eat or drink anything but water (and medications if you take any) after midnight on Sunday of your arrival, for fasting blood tests on Monday. After your blood is drawn, you can hit the BAMC café, located on the lower level, which is cheap and good.

You will be in San Antonio 10-14 days to complete a series of classes and appointments for your first evaluation, 3-4 days for your follow-up semiannual visits. Most of these are at Brooke Army Medical Center (BAMC), ward 7E, tower section but some will be at Wilford Hall Medical Center/Lackland AFB. There are AF activities at Brooks City Base, the old Brooks Field – don't confuse the two facilities because they are miles apart.

You will need to arrange your own billeting, by calling 1-888-235-6343 and reserving a room beginning Sunday night before your first scheduled appointment through Friday night two weeks later. If traveling from a CONUS base, you may be able to leave sooner, but it's best to reserve the room for this period. If coming from an OCONUS assignment, consider a 30 day reservation just in case reassignment issues arise. There will be a variety of other individuals attending the unit orientation and group classes, 8-14 in number depending on the class, and you will find them invaluable sources of information and support.

Your first appointment is at BAMC 07:00 on Monday AM. A rental car is really desirable, since you will be here at least 10-14 days and will be traveling between two facilities for some appointments.

If not, there is a shuttle that runs between the clinic entrances of BAMC and Wilford Hall that you can also use. It leaves Wilford Hall on the half-hour beginning at 0630 and leaves BAMC on the hour. You'll need to make the 0630 shuttle on Monday morning.

If you are quartered at Inns of Lackland, across military highway from Wilford Hall, a foot bridge connection takes you to Wilford Hall, and some van travel to Wilford Hall may be available from the Inns of Lackland, The MPs at Lackland can provide directions to the Wilford Hall clinic entrance.

If you are driving, it's a good idea to leave early – the parking lots here tend to fill up by 0700 because of construction and parking shortage. Enter the base at the George Beach gate since other gates require decals. The George Beach exit from Interstate 35 North is just past the exit to Loop 410 south. It is marked exit #163 "Brooke Army Medical Center". The Muzak building is on your right, as you exit and turn left crossing I35 to enter the gate. Show the guard your military ID, and ask them where patients can park. Lots A and B are most convenient to the tower entrance.

Your appointments at BAMC will all be in the tower section of the hospital which is the main (Flagpole) entrance beyond the donut shaped Center for the Intrepid and main plantings. Once you go in the tower entrance, you'll see elevators right behind the information desk, go up to 7 and turn to 7E. Depending on the elevator bank you'll turn immediately right or left into a corridor facing a bank of windows- 7E is to the left, marked as Infectious Disease/Travel clinic. If you get lost or have any other problems, phone 210-916-5554, the clinic front desk.

You no longer are required to sign in at the Patient Squadron at WHMC when you come to San Antonio for your clinic visit. Instead, you will sign in with the clerk at the front desk when you

come to the clinic on Monday morning. Please bring a copy of your TDY orders and give them to the clerk at that time. We will fax the sign in sheet and a copy of your TDY orders to Patient Squadron. You will be given further instructions regarding unit sign out when you schedule your next appointment date. If you have any questions, please call the front desk or 1-800-468-6961 and ask for the Unit Community Liaison Nurse.

After you have checked in and had blood specimens taken, you'll be briefed by the Community Liaison Nurse after which you may check out the cafeteria on the lower level before meeting other unit personnel and patients during the orientation period.