

# JOINING FORCES



## Joining Families

HELPING, CARING AND LEARNING

### Healthcare on the Move

*Military family moves are not complete when the boxes are unpacked. Reestablishing routine healthcare is an important part of every move to a new community — an important way to keep ARMY FAMILIES strong!*

Army Families move — around the nation and around the globe. Moving can disrupt important family tasks. One of the most important is routine healthcare for children and parents.

A cornerstone of ACS work is helping Army Families manage relocation. When advising families about their finances, assisting in spousal employment, providing outreach for new parent support or helping with mobilization and deployment issues, it is important to also emphasize continuity of healthcare to protect family health and resilience.

**Practical and simple advice can help Army Families ensure their healthcare continuity.**

1. Carry and guard healthcare records during travel.
2. Those with existing medical conditions should obtain and keep contact information of healthcare providers from their previous post.
3. Ask for extra refills of medication prior to departure.

4. Upon arrival at their new facility families should contact their new healthcare facility as part of their routine in-processing.

Healthcare continuity is particularly important for young families who are expecting a child, as well as those with young children and families with ongoing health care needs. The resumption of routine healthcare appointments can help prevent medical emergencies and decrease the fear of facing an illness alone.

Healthcare continuity, yours included, is another way to keep our Army Families strong!

**For further information about family relocation and moving with young children:**

<http://www.myarmylifetoo.com>

<http://www.usuhs.mil/csts>