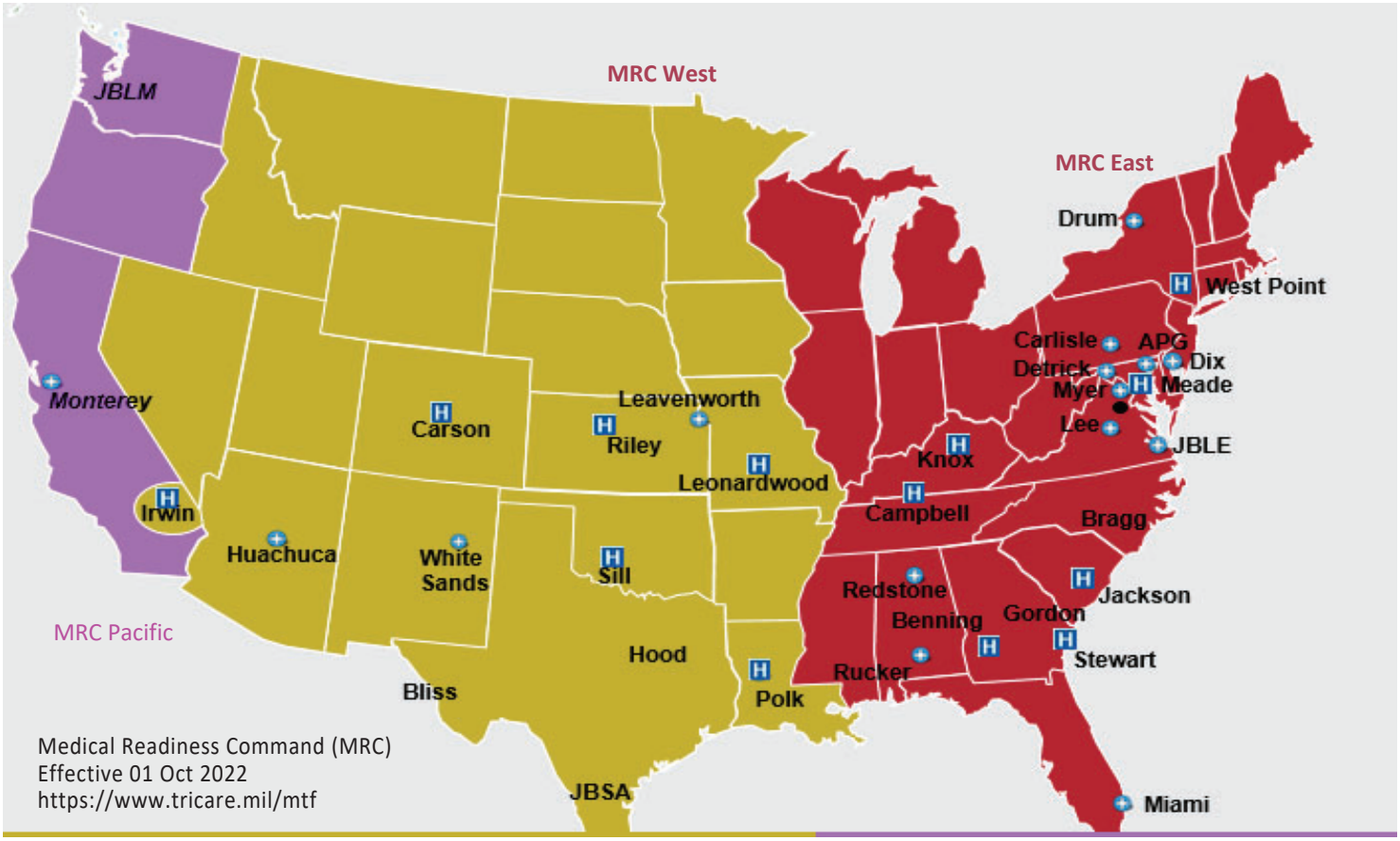
Tricare Prime Remote

MEDICAL PROFILE PACKET

For AD, AGR, or Reserve/NG on Active Duty > 30 days

Revised October 2022



Tricare Prime Remote (TPR) Profile Packet: **Only one medical diagnosis (condition) per profile packet.**

Profile packets must have supporting medical documents pertaining to profile request condition. (Dictated doctor's notes from your visit, lab results, x-ray and MRI/radiology reports, etc). Medical provider (MD, NP, PA) must fill out ACFT Functional Capabilities Form and Chronological Record Medical Care (Standard Form 600) and sign in highlighted areas.

***Send completed profile packet to the Military Treatment Facility (MTF) based on your work county zip code. If unsure of MTF go to the MilSuite site and reference the "Pick Your MTF" guidance. *MTF TPR Nurse Case Manager POC's* listed under AGR,ADOS, and TPR on the MilSuite site: https://www.milsuite.mil/book/groups/ar-mmc**

Note: Temporary Pregnancy profiles need to fill out complete packet.

MEDICAL READINESS COMMAND
PROFILE REQUEST

This form is subject to Privacy Act of 1974.
Complete the following information. All demographic fields are **mandatory**.

NAME (Last, First MI) | DOD ID# | DOB | AC/AGR/TPU/NG | Active Orders Start/End dates

Work County/ Zip/State | USAREC Yes No | Soldiers Military Email

CDR Name and Rank | CDR Phone | Soldiers Phone: Work /Cell

Profile Request Type: Permanent Temporary
Profile Request Status: New Continued

Profile for Condition **(1) per packet**

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* **Must have supporting medical documents** as applies to medical **or** behavioral health condition,

- ☐ Clinical notes (hard copies) from latest visit (s) related to this condition.
- ☐ Chronological Record of Medical Care (Standard Form 600 included) (Signed by **MD,PA or NP)**.
- ☐ ACFT Functional Capability Form (included) **(**Signed by **MD, PA or NP).**
- ☐ Expected recovery time in days (30, 60, and 90). (Can be noted on SF 600).
- ☐ Diagnostic radiology/imaging reports should be hard copy not films.
- ☐ All therapy notes to include physical therapy and occupational therapy.
- ☐ Chiropractic records accepted for musculoskeletal conditions **only.**
- ☐ Lab results related to diagnosis. **Note: Pregnancy** should include HCG or Positive Pregnancy results.

  Pregnancy: Memo on letterhead or medical record stating expected due date and if high risk. May also be noted on SF 600 and signed by **MD, NP or PA.**

*Behavioral Health Profiles ONLY:

- ☐ Clinical notes and therapy notes from Behavioral Health provider. Medical records pertaining to profile condition.

Certification:
I certify that this Medical Profile Request packet is accurate and complete. I understand that incomplete or inaccurate information will result in return without action.

Soldier Signature: _____

Date: _____

MEDICAL RECORD	CHRONOLOGICAL RECORD OF MEDICAL CARE

PRIVACY ACT STATEMENT: This information is subject to the Privacy Act of 1974 (5 U.S.C. Section 552a). This information may be provided to appropriate Government agencies when relevant to civil, criminal or regulatory investigations or prosecutions. The Social Security Number, authorized by Public Law 93-579 Section 7 (b) and Executive Order 9397, is used as a unique identifier to distinguish between employees with the same names and birth dates and to ensure that each individual's record in the system is complete and accurate and the information is properly attributed.

SUMMARY OF CARE BY NON-MILITARY/ARMY MEDICAL PROVIDER - Note to medical provider: Your patient is a Soldier. This form will become part of their official military health record. Any conditions found that impact your patients' ability to perform his/her functional activities (listed below) may impact the soldier's military medical readiness. This is NOT a workers compensation claim.

1. REASON for visit

2. REPORTABLE CONDITIONS from Medical History (to be completed by medical provider check all that apply)

a. ADD / ADHD ☐	b. Anxiety ☐	c. Arthritis ☐	d. Concussion / TBI / Head Trauma ☐
e. Asthma ☐	f. PTSD ☐	g. Depression ☐	h. Headaches / Migraines ☐
i. Dizziness ☐	j. Diabetes ☐	k. Fainting ☐	l. High Blood Pressure ☐
m. Insomnia ☐	n. Sleep Apnea ☐	o. Seizures ☐	p. High Cholesterol ☐

q. Other (e.g. past surgical procedures please list)

3. FUNCTIONAL ACTIVITIES are required for service in the Military (check all activities the Soldier should not perform)

APFT Events: a. 2 Minute timed Push-Up ☐	b. 2 Minute timed Sit-up ☐	c. 2 Mile timed Run ☐

Physically and Mentally able to carry and fire assigned weapon (rifle) ☐

Wear helmet (~3 lbs.), body armor (~30 lbs.), and equipment (~10 lbs.) up to 12 hours per day ☐

Wear gas mask and full protection (HAZMAT) outfit for at least 2 continuous hours per day ☐

Move greater than 40 lbs. while wearing helmet, body armor, and equipment up to 100 yards ☐

Live and function without restrictions in ANY geographical or climatic area ☐

Ride in military vehicle with helmet, body armor, and equipment for up to 12 hours per day ☐

Wear military uniform and boots for up to 12 hours per day ☐

Walk in all terrains with standard uniform, helmet, body armor, and equipment (~45 lbs.) ☐

CONTINUED ON NEXT PAGE

PATIENT'S IDENTIFICATION: *(For typed or written entries, give: Name - last, first, middle; ID NUMBER or Social Security Number; Gender; Date of Birth; Rank/Grade.)*

LAST NAME, FIRST NAME _____

RANK / DATE OF BIRTH _____

3. FUNCTIONAL ACTIVITIES (Cont.) (check all activities the Soldier should not perform)

Sprint 3 to 5 seconds while wearing standard uniform, boots, helmet, body armor, and equipment (~45 lbs.)	☐						
Run at own pace and distance	☐	Jump	☐	Squat / Kneel	☐	Climb	☐
Throw up to 10 lbs.	☐	Bend	☐	Crawl	☐	Dangle	☐
Pivot	☐	Pull-up	☐	Punch	☐	Wrestle	☐
Wear a pack up to 50 lbs.	☐	Lift Weights	☐	Walk	☐	Hear	☐
Participate in group exercises	☐	Sprints	☐	Endurance runs	☐	Rappelling	☐

4. ALTERNATE ACTIVITIES (check all activities the Soldier can perform with current injury / illness)

APFT Alternate Events: a. 2.5 Mile walk	☐	b. 6.2 Mile Bike	☐	c. 600 Yard Swim	☐
Run at own pace / distance	☐	Walk at own pace / distance	☐	Walk / Run Progression	☐
Wear brace / splint	☐	Free weight training at own tolerance	☐	Do PT with Therapist	☐
Use treadmill / Elliptical	☐	Swim at own pace and distance	☐	Ice 1 - 2 Times per day	☐

Other (briefly explain)

5. WORK ACTIVITIES (check least restrictive activity that the Soldier can perform with current injury / illness)

Remain at home (Quarters, indicate time frame) ☐

Light duty (answering phones, using computer, sitting at desk) ☐

Work indoors / outdoors with moderate physical exertion (moving supplies) ☐

Able to work shortened hours (indicate how many hours to work) ☐

Indicate if physical limitations are temporary or permanent

6. TREATMENT PLAN (indicate if re-evaluation will be needed in 30, 60, or 90 days)

How long would you expect this condition to last?

Does Soldier need Opioid therapy > 14 days?

Provider Full Name, Specialty | Office Number | Signature / Date

PATIENT'S IDENTIFICATION: *(For typed or written entries, give: Name - last, first, middle; ID NUMBER or Social Security Number; Gender; Date of Birth; Rank/Grade.)*

STANDARD FORM 600 (REV. 8/2018) **BACK**

LAST NAME, FIRST NAME RANK / DATE OF BIRTH

Functional Capability Form – Army Combat Fitness Test (ACFT)

Soldier's Name: _____ Soldier's DoD ID Number: _____

Event #1 - Maximum Dead Lift (MDL)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Squat to touch the hands to mid-calf level while maintaining a flat back? ☐ Yes ☐ No

b. Lift a weighted bar from the floor with the arms straight at the side? Wt varies on age. Minimum 140 males and minimum 120 females ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #1 (MDL) - 3-rep Maximum Dead Lift ☐ **May Participate**

Event #2 – Standing Power Throw (SPT)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Grasp a 10 pound medicine ball with both hands and bend at the hips/knees to lower it between the legs? ☐ Yes ☐ No

b. Throw a 10 pound medicine ball backward and overhead? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #2 (SPT) – Standing Power Throw ☐ **May Participate**

Event #3 – Hand Release Push-up (HRP)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Perform a standard push-up from start to finish? ☐ Yes ☐ No

b. Lie down in a push-up position and move both arms out to the side, extending the elbows to a T position? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #3 (HRP) – Hand Release Push-up ☐ **May Participate**

Event #4 – Sprint Drag Carry (SDC)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Sprint 50 meters? ☐ Yes ☐ No

b. Grasp a two-handled strap and move backwards pulling a sled with two 45-pound weights? ☐ Yes ☐ No

c. Move in a lateral direction while leading with the left foot and repeat while leading with the right foot? ☐ Yes ☐ No

d. Move in a forward direction while carrying a 40 pound kettle bell in each hand? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #4 (SDC) – Sprint-Drag-Carry ☐ **May Participate**

Functional Capability Form – Army Combat Fitness Test (ACFT)

Event #5 – PLank (PLK)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Soldier may perform plank exercise ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #5 (PLK) ☐ **May Participate**

Time to hold plank position based on age. ☐Yes ☐ No

Event #6 – 2 Mile Run (2MR)

Given this Soldier's permanent joint condition or restriction is he/she able to:

a. Run 2 miles on level terrain? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #6 (2MR) – 2 Mile Run ☐ **May Participate**

One Cardio Event is Mandatory to PASS ACFT

Alternate Cardio Event

*** Alternate Cardio Event is only to be included if Soldier is deemed unable to participate in ACFT Event #6 above ***

Given this Soldier's permanent joint condition or restriction is he/she able to: ☐ Yes ☐ No

a. Ride a stationary bike 12 kilometer ☐ Yes ☐ No

b. Row an ergo-metric rowing machine 5 kilometer ☐ Yes ☐ No

c. Swim laps in a pool 1 kilometer ☐ Yes ☐ No

d. Walk 2.5 miles

A "yes" in the above boxes means Soldier may participate in that particular alternate cardio event for the ACFT

Soldier's Name: _____ Soldier's DoD ID number: _____

Physician's Name: _____ Physician's Signature: _____

Date: _____

For overall information on the ACFT and for links to ACFT training apps, visit the link below:

https://www.army.mil/acft/

AUTHORIZATION FOR DISCLOSURE OF MEDICAL OR DENTAL INFORMATION

PRIVACY ACT STATEMENT

In accordance with the Privacy Act of 1974 (Public Law 93-579), the notice informs you of the purpose of the form and how it will be used. Please read it carefully.
AUTHORITY: Public Law 104-191; E.O. 9397 (SSAN); DoD 6025.18-R.
PRINCIPAL PURPOSE(S): This form is to provide the Military Treatment Facility/Dental Treatment Facility/TRICARE Health Plan with a means to request the use and/or disclosure of an individual's protected health information.
ROUTINE USE(S): To any third party or the individual upon authorization for the disclosure from the individual for: personal use; insurance; continued medical care; school; legal; retirement/separation; or other reasons.
DISCLOSURE: Voluntary. Failure to sign the authorization form will result in the non-release of the protected health information.
This form will not be used for the authorization to disclose alcohol or drug abuse patient information from medical records or for authorization to disclose information from records of an alcohol or drug abuse treatment program. In addition, any use as an authorization to use or disclose psychotherapy notes may not be combined with another authorization except one to use or disclose psychotherapy notes.

SECTION I - PATIENT DATA

1. NAME *(Last, First, Middle Initial)*	2. DATE OF BIRTH *(YYYYMMDD)*	3. SOCIAL SECURITY NUMBER

4. PERIOD OF TREATMENT: FROM - TO *(YYYYMMDD)*	5. TYPE OF TREATMENT *(X one)*
	☐ OUTPATIENT ☐ INPATIENT ☑ BOTH

SECTION II - DISCLOSURE

6. I AUTHORIZE _____ TO RELEASE MY PATIENT INFORMATION TO:
(Name of Facility/TRICARE Health Plan)

a. NAME OF PHYSICIAN, FACILITY, OR TRICARE HEALTH PLAN	b. ADDRESS *(Street, City, State and ZIP Code)*
Regional Health Command Central Department of Tricare Prime Remote - RHC-C (CLINOPS)	4070 Stanley Road Joint Base San Antonio, TX 78234-2715
c. TELEPHONE *(Include Area Code)* (210) 295-2587	d. FAX *(Include Area Code)*

7. REASON FOR REQUEST/USE OF MEDICAL INFORMATION *(X as applicable)*

☐ PERSONAL USE	☑ CONTINUED MEDICAL CARE	☐ SCHOOL	☐ OTHER *(Specify)*
☐ INSURANCE	☐ RETIREMENT/SEPARATION	☐ LEGAL	

8. INFORMATION TO BE RELEASED
Medical notes, Radiology Studies, Labs if applicable for continuation of care

9. AUTHORIZATION START DATE *(YYYYMMDD)*	10. AUTHORIZATION EXPIRATION DATE *(YYYYMMDD)*	☐ ACTION COMPLETED
	☐	

SECTION III - RELEASE AUTHORIZATION

I understand that:
a. I have the right to revoke this authorization at any time. My revocation must be in writing and provided to the facility where my medical records are kept or to the TMA Privacy Officer if this is an authorization for information possessed by the TRICARE Health Plan rather than an MTF or DTF. I am aware that if I later revoke this authorization, the person(s) I herein name will have used and/or disclosed my protected information on the basis of this authorization.
b. If I authorize my protected health information to be disclosed to someone who is not required to comply with federal privacy protection regulations, then such information may be re-disclosed and would no longer be protected.
c. I have a right to inspect and receive a copy of my own protected health information to be used or disclosed, in accordance with the requirements of the federal privacy protection regulations found in the Privacy Act and 45 CFR s 164.524.
d. The Military Health System (which includes the TRICARE Health Plan) may not condition treatment in MTFs/DTFs, payment by the TRICARE Health Plan, enrollment in the TRICARE Health Plan or eligibility for TRICARE Health Plan benefits on failure to obtain this authorization.
I request and authorize the named provider/treatment facility/TRICARE Health Plan to release the information described above to the named individual/organization indicated.

11. SIGNATURE OF PATIENT/PARENT/LEGAL REPRESENTATIVE	12. RELATIONSHIP TO PATIENT *(If applicable)*	13. DATE *(YYYYMMDD)*
	Self	

SECTION IV - FOR STAFF USE ONLY *(To be completed only upon receipt of written revocation)*

14. X IF APPLICABLE:	15. REVOCATION COMPLETED BY	16. DATE *(YYYYMMDD)*
☐ AUTHORIZATION REVOKED		

17. IMPRINT OF PATIENT IDENTIFICATION PLATE WHEN AVAILABLE	SPONSOR NAME: SPONSOR RANK: FMP/SPONSOR SSN: BRANCH OF SERVICE: PHONE NUMBER:

Reset

MEDICAL RECORD - CONSENT FORM
Authorization To Send And Receive Medical Information By Electronic Mail

For use of this form see, MEDCOM Supplement 1 to AR 40-66; the proponent agency is MCHO

SECTION I - PATIENT DATA

1. NAME (Last, First, Middle Initial)	2. DATE OF BIRTH (YYYYMMDD)	3. SOCIAL SECURITY NUMBER (Last four only)
4. E-MAIL ADDRESS		5. TELEPHONE NUMBER

SECTION II - CONDITIONS FOR USE OF E-MAIL

Health care providers cannot guarantee but will use reasonable means to maintain security and confidentially of electronic mail (E-mail) information sent and received. You must acknowledge and consent to the following conditions:

1. E-mail is not appropriate for urgent or emergency situations. Healthcare providers will respond within_____.
   Contact the clinic telephonically if you have not received a response after _____.
2. E-mail must be concise. You should schedule an appointment if the issue is complex or sensitive precluding discussion by E-mail.
3. E-mail should not be used for communications regarding sensitive medical conditions such as sexually transmitted diseases. HIV/AIDS, spouse or child abuse, chemical dependency, etc.
4. Medical or dental treatment facility staff may receive and read your messages.
5. E-mails related to health consultation will be copied, pasted, and filed.

SECTION III - RISKS OF USING E-MAIL

Transmitting information by E-mail has risks that you should consider these include, but are not limited to the following risks:

1. E-mails can be intercepted, altered, forwarded. or used without authorization or detection.
2. E-mails can be circulated, forwarded and stored in paper and electronic files.
3. E-mail senders can easily type in the wrong E-mail address.
4. E-mail may be lost due to technical failure during composition, transmission, and/or storage.

SECTION IV - PATIENT GUIDELINES

To communicate by E-mail, the patient shall:

1. Place the category (topic) of the communication in the subject line of the E-mail (for example, appointment, prescription, medical advice, etc.)
2. Include the patient's name, telephone number, family member prefix, and the last 4 numbers of the sponsor's social security number (for example: 30/0858) in the body of the E-mail.
3. Acknowledge receipt of the E-mail when requested to do so by a health care provider.
4. Inform the medical or dental treatment facility of changes in E-mail address by completing a new consent form.
5. Notify the health care provider of any types of information considered by the patient to be inappropriate for E-mail.
6. Take precautions to preserve the confidentiality of E-mail.

SECTION V - PATIENT ACKNOWLEDGEMENT AND AGREEMENT

I have read and fully understand the information in this authorization form. I consent to the E-mail conditions and agree to abide by the guidelines listed above. I futher understand that this E-mail relationship may be terminated if I repeatedly fail to adhere to these guidelines.

I understand and accept the risks associated with the use of unsecure E-mail communications. I further understand that, as with all means of electronic communication, there may be instances beyond the control of the family and the health care provider where information may be lost or inadvertently exposed, such as during technical failures, acts of God, acts of war, and so forth.

I understand that I have he right to revoke this authorization, in writing, at any time.

By signing this form I acknowledge the privacy risks associated with using E-mail and authorize health care providers to communicate with me or any minor dependent/ward for purpose of medical advice, education, and treatment.

_____	_____	_____
(Date)	SIGNATURE of Patient or Parent/Guardian	RELATIONSHIP (if other than patient)

PATIENT IDENTIFICATION *(For typed or written entries note: Name-last, first, middle initial; hospital or medical facility)*	Patient's Name		Sex
	Year of Birth	Relationship to Sponsor	Component/Status
	Depart/Service	Sponsor's Name	
	Rank/Grade	FMP-SSAN (Last four only)	
	Organization		