

THE TRIBUTE

In honor of those who have
sacrificed to keep our country free.



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HRC MOAA June 2025 Luncheon Speaker



Lt. Gen. Brian T. Kelly, USAF (Ret), is a native of New Jersey. He earned his bachelor's degree in aerospace engineering from the University of Notre Dame and holds two master's degrees, one in national resource strategy from National Defense University and another in military operational arts and sciences from Air University.

Kelly joined the Air Force in 1989, as a graduate of Notre Dame's ROTC program. In his 33-year Air Force career, Kelly served in a number of key command and staff positions, including commander, 92nd Mission Support Squadron, Fairchild AFB, Wash.;

deputy director, manpower and personnel, Multi-National Security Transition Command,

SEE CHAPTER JUNE 2025 LUNCHEON ON PAGE 5



Hampton Roads Chapter, Military
Officers Association of America



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President's Message

Many thanks to those of you who attended our March luncheon with Virginia Beach Sheriff Rocky Holcomb as our guest speaker. By the time you are reading this, we will have had a very informative presentation by attorney Scott Alperin on the importance of estate planning and new laws in the state of Virginia to be aware of regarding trusts, wills, etc. Coming up in May, we have a very special program planned for Spouse Appreciation month. More information on that and our June luncheon featuring MOAA President and Chief Executive Officer, Lt. Gen Brian T. Kelly, USAF (Ret) later in this newsletter. And as a reminder, this year's tri-chapter brunch is being hosted by the Virginia Peninsula Chapter and will be held on Sunday, 13 July at the James River Country Club in Newport News.

Details for these upcoming luncheons and events are available on our chapter website (www.hrcmoaa.org). Be sure to check there often for the latest information and updates on future events.

We are off to a good start with our third year of the current five-year campaign for the MOAA Scholarship Fund. Our goal for 2025 is again \$5,000. Please consider contributing to this year's campaign and help us to meet the goal. Details of how to contribute are in the scholarship update article in this newsletter. Be sure to mark your check "Hampton Roads Chapter Scholarship Fund" in the memo line.

We continue to seek help with the operations of the chapter. Please consider giving back to the chapter by stepping up to help in whatever capacity possible. Treasurer and Secretary are two positions on the board that remain open. Even if you aren't interested in an elected position, the chapter could use your help with one of our committees or with recruiting events throughout the year.

Sincerely,

Loren Heckelman
CAPT, USN (Ret.)
Never Stop Serving

HRCMOAA DIRECTORY

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CAPT Loren Heckelman, USN (Ret.)

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Vacant

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Social Media Clicks



Facebook

Military Officers Association of America (MOAA) • April 23 at 12:21 PM •

What an incredible piece of military history!



MILITARY.COM

WWII Dive Bomber Found on Pacific Floor — with a Bomb Still Attached, NOAA Says

Military Officers Association of America (MOAA) • April 25 at 11:08 AM •

Join our benefits expert to learn about recent legislation that may impact your service-earned benefits and MOAA's continued advocacy on the Hill:



MOAA.ORG

Webinar: MOAA's Legislative Update

APRIL 29: Join us for a FREE comprehensive review of recent legislation and MOAA's priorities

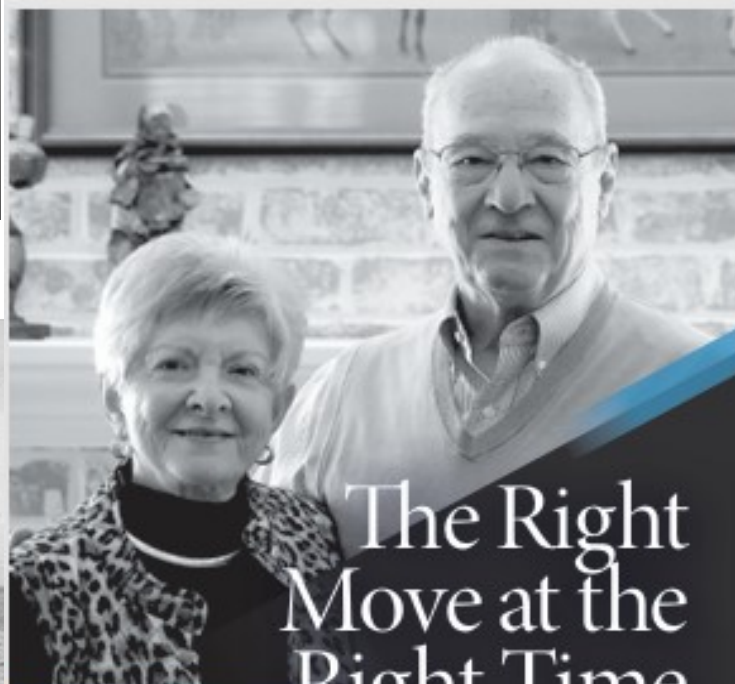
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The Right Move at the Right Time

Bonnie and Wayne Jefferson (USFA '59) decided on Patriots Colony At Williamsburg

Bonnie enjoys bridge and a Bible study group while Wayne tinkers with golf, a painting class and German club.

Patriots Colony is a Riverside Health System active retirement community whose Independent Living is exclusive to former military officers, federal civil employees and their spouses or widow(ers). Enjoy gourmet dining options, an enriching social and activities calendar while being close to all the culture of this historic area.

"When we moved in, it wasn't five minutes before our new neighbors brought us a bottle of wine. It's a great community."



PATRIOTS COLONY
At Williamsburg

Schedule Your Personal Tour Today
800-716-9000 | PatriotsColony.com



UPCOMING Events

March Luncheon

May 23rd, 2025: Atlantic Shores—Magnolia Room Atlantic Shore Drive, Virginia Beach, VA 23454. Social—1100 hours and Lunch—1200 hours. Performers: Chloe “Yahtzee” Young & Trae King. Reservations required NLT 1200 hours Tuesday, May 20, 2025. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at carmelk123@gmail.com. **Remember please, that a reservation made is a reservation paid.**

June Luncheon

June 20th, 2025: Atlantic Shores—Magnolia Room Atlantic Shore Drive, Virginia Beach, VA 23454. Social—1100 hours and Lunch—1200 hours. Speaker: Lt. General Brian T. Kelly, USAF (Ret.). Reservations required NLT 1200 hours Tuesday, June 17, 2025. Please RSVP to Barb Smith: 576-1114 (cell) or via e-mail at carmelk123@gmail.com. **Remember please, that a reservation made is a reservation paid.**



HRC MOAA May 2025 Luncheon Performers

Our chapter luncheon will be held at Atlantic Shores on May 23rd in honor of Spouse Appreciation month. The program will feature entertainers Chloe “Yahtzee” Youtsey and Trae King.

Chloe Youtsey returned to the Hampton Roads area in 2022 after spending four years in Austin, Texas. A multi-talented creative, she is a songwriter, jazz musician, visual artist, and children’s book author. After earning her B.M. in Jazz Studies from JMU in 2017, her time in Austin laid the foundation for her career as both a singer-songwriter and a sought-after jazz sideman for many prominent Texas & nationally renowned instrumentalists. In 2018, was selected to attend the Betty Carter Jazz Ahead program at the Kennedy Center in Washington, D.C. From 2021 to 2024, she served as the music director for Mozart’s in Austin, and in 2023, she was named the winner of the Zeiders American Dream Theater’s Proteus Contest. Most recently, in November 2024, she debuted her first European performances during a two-week recording and tour in Barcelona, Spain. In January 2025, she was nominated for the Veer Awards in the “Best in Jazz Traditional” category, recognizing her as one of the area’s most prominent players, and she is a regular guest with the band, Good Shot Judy.

Trae King grew up in Virginia Beach and attended James Madison University where he received a bachelor’s degree in Music. He returned to the Hampton Roads area in 2017 to attend Regent Law School where he earned his J.D. in 2020. He is a practicing attorney for the Department of the Navy. However, in every other waking moment, he is devoted to his music. A multi-talented musician, he is a songwriter, jazz musician, visual artist, and has his own production label on YouTube named “Torei”. It’s a small world, and he has reunited with an ole JMU music alumni, Chloe Youtsey, and they have performed locally together at the Cavalier Hotel, The Roads Bistro, Roast Rider Coffee & Café and now at our HRCMOAA Luncheon.



CHAPTER JUNE 2025 LUNCHEON CONTINUED FROM PAGE 1

Iraq; director, manpower, personnel and administration, U.S. Southern Command, Fla.; commander, 31st Mission Support Group, Aviano Air Base, Italy; commander, 501st Combat Support Wing, RAF Alconbury, U.K.; director, manpower, personnel and services, Air Combat Command, JB Langley-Eustis, Va.; director, military force management policy for deputy chief of staff for manpower, personnel and services at the Pentagon; and commander, Air Force Personnel Center, JB San Antonio-Randolph, Texas.

At the time of his service retirement in 2022, Kelly had completed 3½ years serving as the Air Force's deputy chief of staff for manpower, personnel and services at the Pentagon.

Kelly took over as MOAA's president and CEO in January 2023.

Thank you to our New and Renewing Chapter Members.

In order to ensure you know how much we appreciate our new members who have joined and our current members who have renewed their membership, we are starting a new practice of listing those members who have renewed since the last newsletter was published. Since this is our first time doing this, we've included new and renewing members going back several months. If we missed anyone, please let our newsletter editor, Hans Juhl Hidle know at (hansjuhlhidle@gmail.com) and we'll be sure to include you in our next "Thank you" list.

RENEWALS

Ms. Ruth Mallek
Ms. Linda Moore
LCDR Homer Cook
Captain Will Cooney
Captain Chris Gabriel
LT David Goldstein

LCDR Fred Hancock
Captain George Orr
LCDR Christopher Sacra
LTC Jonathan Schrader
Col Susan Seaman
Captain William Seaman

NEW MEMBERS

CDR Charles Gilbert
CDR Henry Young

Chapter Member Events



Above pictures are from Scott Alperin's presentation at the April 2025 Luncheon.



SURVIVORS



Improve Your Mental Skills with these Brain Exercises

Most of us have noticed a mental decline in a close friend or family member. Perhaps they don't seem as sharp, witty, or speedy as they once were. You might wonder whether others are noticing this with you as well.

Mental decline is not just a phenomenon of aging. Stress, emotions, and poor diet and sleep reduce cognitive skills and affect all ages.

If you have had a stroke or a brain injury, or if you are concerned about a perceived mental decline, speak to your family doctor. If the doctor recognizes an issue, a neurologist can provide a detailed cognitive skills evaluation.

Physical health and emotional health correlate with mental health. If you are consumed with grief or anxiety or dealing with a disease, deal with that first. If serious grieving extends more than two years, seek grief counseling for help. Complicated grief is seen in 9% of widows ages 60 to 75. A smaller percentage of men are affected.

If you want to improve your mental skills, try adding mental strengthening exercises into daily activities, such as:

- **Recall.** Practice memorizing names, phone numbers, vocabulary words, baseball standings, NCAA March Madness lineups, or TV program schedules. Look at a magazine photo for a few seconds, close your eyes, and try to recall items in the photo.
- **Analysis.** Read a newspaper article. Set it aside, then try to write a recap or summary of the article. Try to remember the who, what, when, where, and why.
- **Spatial.** Rearrange a linen closet, pantry, or garage. Look for the most pragmatic and yet economical use of space. Do the same exercise with drawers in kitchen, bed, or bath. While you're at it, set aside some donation items and throw out expired items.
- **Social.** Have a conversation every day. If you live alone, this might be a challenge. Practice small talk at the

checkout line of stores. Initiate a phone call or an invitation. This is a must. Accept any invitations you receive. Try to remember a joke you can tell at your next social event.

- **Focus.** Stay focused on whatever activity you are engaged. It might be a conversation, gardening, dancing, chores, or workouts at the gym. Focus on listening, strength, the number of repetitions, muscles involved, posture, and breathing. Be in one with your thoughts. Meditation and prayer are very good options of mental focus.

Fun and games. This can be all manner of social get-togethers. But there are some good solitary options. Jigsaw puzzles provide color and form discernment. Manipulation of the pieces is also good hand-eye coordination practice. Sudoku uses number grids, but it is not a math game. It is a logic exercise. Start with easy grids, and progress to expert status. Using computer sites, you can play Bridge, Gin Rummy, or Hearts with robots. These games require a memory of cards played and the counted.

A real estate advertisement for Irene McLaren, Realtor. The background is a dark blue field with white stars, resembling the American flag. In the top left corner, the text "BERKSHIRE HATHAWAY HOMESERVICES" is in white, with "RW TOWNE REALTY" to its right. In the center, the text "Call me for all of your real estate needs!" is written in a white, cursive-style font. Below this, the name "Irene McLaren" is written in a large, white, cursive script, with "REALTOR®" in a smaller, white, sans-serif font to its right. In the bottom left, the text "Cell 757.288.1867" and "IJemiola@cox.net" is in a white, sans-serif font. On the right side of the advertisement is a portrait of Irene McLaren, a woman with short, wavy brown hair, wearing a white blazer and a pearl necklace, smiling. At the bottom left, there is a small white logo that reads "A member of the franchise system of BHH Affiliates LLC."



RSVP Policy (and courtesy)

We have again been experiencing late requests to attend our luncheons, beyond the stated deadline for RSVPs. This results in a lot of extra communication back and forth with the chef to determine if we can accommodate the late adds. Sometimes we can't make contact to confirm the late add, or simply don't have time for the extra emails and phone calls.

We kindly ask that if you plan to attend the luncheon, please confirm your reservation and entrée choice by the stated deadline. This is a common courtesy to our RSVP point of contact and to the chef preparing the meals. It also ensures everyone enjoys a well-prepared luncheon.

Without your RSVP by the stated deadline, we may not be able to accommodate late adds or last-minute arrivals, as meals are planned based on the number of RSVPs received. The chef requests our RSVP count three days in advance so that he can order enough food and prepare the meals properly.

In addition, we must pay the venue for the number of meals we tell them we need, which is why we say "a reservation made, is a reservation paid". We pay for the number of meals we ask the chef to prepare whether our members actually show up or not.

Thank you for your cooperation—we look forward to sharing another great luncheon with you!

Seeking a Dedicated Treasurer – Your Chapter Needs You!

Our chapter is seeking a committed and detail-oriented individual to step into the crucial role of treasurer. This position ensures the financial health of our organization, helps with budgeting and reporting, and plays a key role in maintaining transparency.

If you have strong organizational skills, financial literacy, and a commitment to keeping our chapter thriving, we'd love to hear from you. Your contribution will make a significant impact, and you'll be joining a dedicated team working toward shared goals.

For more details or to express interest, please reach out to chapter president, Loren Heckelman. We appreciate your support in keeping our chapter strong!

Chapter Member Events, cont.



On the left: CAPT Steve Nimitz, USN (Ret) presents Midshipman First Class Noah Canody the MOAA Leadership Award during the Hampton Roads NROTC spring awards ceremony on 17 April 2025. MIDN Canody hails from Fairfax VA and has chosen Submarines as his service selection. He will begin his pipeline training at the Navy Nuclear Power School this summer.

On the right: Chapter President CAPT Loren Heckelman with Virginia Beach Sheriff Rocky Holcomb from our March Luncheon.



Real IDs required by May 2025

Beginning this month, U.S. travelers will be required to have the official document, known as a Real ID, on hand when traveling domestically by air. **As an alternative, they may carry their passports or a military ID with them.**

What is a Real ID?

The Real ID Act, passed by Congress in 2005, establishes minimum security standards for state-issued driver's licenses, permits, and ID cards. It's designed to reduce identity fraud, as it also prohibits Transportation Security Administration (TSA) personnel from accepting cards that don't meet the new minimum standards, according to the DHS.

Who needs one?

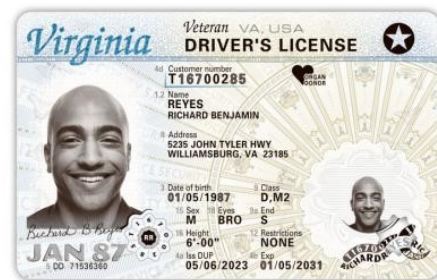
Any traveler who is 18 years or older who plans to fly domestically or visit certain federal facilities will require a Real ID, or an alternative acceptable form of identification, such as a passport. Beginning May 7, 2025, TSA will only accept Real ID cards with the compliant star marking. A handful of states including Washington, Michigan, Minnesota, New York and Vermont are issuing Enhanced Driver's Licenses (EDL) with a flag marking.

Do I have a Real ID?

All Real IDs have a star marking in their top right corner. If you recently renewed your driver's license, it could be an Enhanced Driver's License, or EDL, which also meets Real ID standards. Check the top right corner of your license for an American flag, indicating it is Real ID-compliant. If it doesn't have the stamp, it is not in compliance with the act.

How much does it cost?

There is no additional fee for a Real ID, but standard DMV processing fees do apply. Getting an enhanced ID costs \$30.



Military ID Card Notification Program

This voluntary program is designed to help Chapter members and their dependent's to renew their ID cards in a timely fashion. Once you and your dependents are enrolled, you will be notified of your impending ID card expiration date in sufficient time for renewal prior to the expiration date.

To enroll by mail: make copies of the form below for each dependent and fill out the required information. Mail to Military ID Card Notification Program, HRCMOAA, PO Box 4612, Virginia Beach, VA 23454-0612.

To enroll by email: visit our website, www.hrcmoaa.org and click on About Our Chapter and the ID Card Notification Program link and follow the instructions.

Note: Over age 75 members, who are eligible uniform family members and survivors of deceased personnel are now eligible for Permanent Identification Cards. Apply within 90 days of expiration of current ID card.

PLEASE PRINT LEGIBLY---PLEASE USE A SEPARATE FORM FOR EACH INDIVIDUAL
(Cut along dotted line)

Name: _____ ID CARD EXPIRE _____
(Last, First, MI) (Day, Month, Year)

STREET ADDRESS: _____

CITY, STATE, ZIP: _____

TELEPHONE: _____ E-MAIL _____
(Include area code)

ALTERNATE CONTACT: _____
RELATIONSHIP _____

STREET ADDRESS: _____

CITY, STATE, ZIP: _____

TELEPHONE (include area code): _____
E-MAIL _____

Please notify me of my ID card expiration by:
Tel: _____ E-Mail _____ Mail _____

Signature and Date



New Five-Year Scholarship Fund Campaign Update

Below is the current status of our chapter scholarship fund campaign as of April 30, 2025. We are in our third year of the five-year campaign that will cover 2023-2027.

HRCMOAA Scholarship Drive Status as of April 30, 2025	GOAL	<u>Amount Contributed</u>	<u>% of Goal</u>	<u>Need by Date</u>	<u>\$ Still Needed</u>
	Total 5-Year Goal: \$25,000	\$9,760.10	39.0%	12/31/2027	\$15,239.90
	Annual Goal for 2024 (Year 2 of 5): \$5,000	\$882.50	17.7%	12/31/2025	4,117.5

2025 Contributions

PLATINUM— \$500 and above

GOLD— \$250 to \$499

CAPT Roger Blood, USN (Ret.)

Major & Mrs. Clifton Furedy, USAF (Ret.)

CAPT Kenneth Marks, USN (Ret.)

SILVER— \$100 to \$249

BRONZE— Under \$100

Colonel Charles Shaver, USA (Ret.)

Major General John McLaren, USA (Ret.)

Current Five-Year Campaign began January 1, 2023 and runs through December 31, 2027

The MOAA Scholarship Fund Board gives preference in awarding scholarships and grants to children with HRCMOAA member parents. While not guaranteed to go to the child of a chapter member, those children applying for MOAA scholarships with a parent who is a chapter member will receive favorable consideration and the review board will give preference in awarding scholarships to those children. Regardless of whether the student’s parent is a chapter member or not, students selected for the MOAA scholarships in the chapter’s name will always be from the area represented by our Hampton Roads Chapter.

How You Can Contribute to the Hampton Roads Chapter Scholarship Fund

The Hampton Roads Chapter has been very successful and fortunate in its previous two five-year scholarship fund campaigns thanks to the generosity of the chapter members and their commitment to helping young men and women attend college through scholarships and grants from MOAA. As a result of the success in the previous two campaigns, the board decided to commission another five-year scholarship fund campaign to run from 2023 through 2027 with an annual goal in each year of \$5,000.00 and an overall five-year goal of \$25,000.00.

There are several ways you can donate to the HRCMOAA scholarship fund. All donations are tax deductible as the MOAA Scholarship Fund is a qualified IRS 501(c)(3) entity.

The first way is for members to submit their donations online by using the following website URL:
<https://charities.moaa.org/>

The second way is to submit a check, made out to the MOAA Scholarship Fund and mail it to:
MOAA Scholarship Fund
P.O. Box 1824
Merrifield, VA 22116-9917

Note on your check that it is for the Hampton Roads Chapter Scholarship Fund. MOAA will continue to send receipts to all contributors. A third way is to make a Qualified Charitable Distribution. The fund tax identification number is 54-1659039. By contributing from the Required Minimum Distribution (RMD) of a qualified IRA, the taxable IRA income can be reduced by the amount of the contribution. The contribution check must be marked as a charitable contribution. With the recent changes in the tax laws, some of our members have found this method to be beneficial. You can make qualified charitable distributions (QCDs) of varying amounts to more than one charitable organization each year. IRA owners age 70 ½ or older can give up to \$100,000 a year directly from their IRA to qualified charities. But you can split that amount among multiple charities. Say you want to give a total of \$50,000 through the QCD move. You could give five charities \$10,000 each, for instance, or two charities \$25,000 each. Just tell your custodian which charities you want to support and how much to transfer directly from your IRA.

Not only will the charity benefit from the QCDs, but you will too. The QCD amount is excluded from your taxable income and can also count toward your annual required minimum distribution. It's a win-win-win. For additional details, it would be best to contact your IRA fund manager, personal financial planner or tax accountant for specifics.

You also may contribute directly from bequests, wills, or trusts. You can find suggested language here:
<https://www.moaa.org/content/about-moaa/scholarship-fund/scholarship-fund-planned-giving/>
Finally, the chapter treasurer or president will accept cash contributions or checks at any of our chapter events.

[2024 SCHOLARSHIP FROM PAGE 9](#)





Chapter Membership or Renewal Application

Army • Marine Corps • Navy • Air Force • Space Force • Coast Guard • Public Health Service

National Oceanic and Atmospheric Administration

Join or Renew on-line: www.hrcmoaa.org/join.shtml

Hampton Roads Chapter MOAA
P.O. Box 4612
Virginia Beach, VA 23454-0612

Make checks payable to **HRCMOAA**

Regular Dues

1 Year: \$20.00

2 Years: \$35.00

3 Years: \$45.00

NEW

RENEWAL

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Circle years & amount

Surviving

Spouse Dues

1 Year: \$10.00

2 Years: \$17.00

3 Years: \$23.00

Regular Member: Active, Reserve, Retired or Former Commissioned or Warrant Officer of the eight Uniformed Services.

Surviving Spouse: Survivor of any deceased individual who would, if living, be eligible for regular membership.

Please print (If renewing , enter only your name and information that has changed)

Date _____ / _____ / _____ Recruiter _____
MM DD YYYY

Name** _____, _____ Date of birth ____ / ____ / ____
Last First Middle or Initial MM DD YYYY

Grade _____ Service _____ Component _____ (Ex: USAR, USMCR, USAFR, USNR, ANG, ARNG)

Status Active - Reserve - Retired - Former - Surviving Spouse Service Dates _____ / _____ to _____ / _____ Retired Date _____ / _____ / _____
Circle one MM YY MM YY MM DD YYYY

Spouse's Name _____, _____
Last First Middle or Initial

E-mail address _____ Spouse's Date of birth ____ / ____ / ____
MM DD YYYY

Mailing Address _____

Number and Street _____ City _____ State _____ Zip code _____

Home Phone _____ Work Phone _____ Cell Phone _____

Member of National MOAA?	Yes	No	If Yes, MOAA Number**	MOAA Life Member?	Yes	No
--------------------------	-----	----	-----------------------	-------------------	-----	----

Not a National MOAA member yet? Check here to receive a BASIC National Membership at no cost to you

Enclosed is \$ _____ in dues payment

** Surviving spouse enter your Name and MOAA Number, where indicated.

Signature _____

Click on the above form to renew online (or print and mail)

From the Editor

Hans Peter Juhl Hidle, LT USN (Ret.)

Celebrated 60 laps around the sun by taking the BOSS on a week long cruise, which was wonderful. And, yes, that is us getting dressed up for the evening. It was nice to be back at sea, that is at sea with a few changes from most of my other “deployments”. I don’t remember cocktails for dinner and being served on fine china during those cruises. Then again, it is a few years ago since my last working “deployment” so I could be wrong.

Our next vacation, scheduled for early October, is to Thailand of the wedding of our son, Martin. It is going to be interesting to see what my wife Nancy thinks of Thailand. I have been there a couple of times for exercise Cobra Gold.

Please read our notice on reserving your seat for our monthly Luncheons. Remember, we are all volunteers doing everything for HRC MOAA and most of the Board Members have other jobs, which means we do most of it on the weekends. Additionally, we need to someone to step up and become the next treasurer for our organization. Contact any board member to volunteer.

In the next newsletter, we will be past the halfway point of 2025 and in the middle of our annual heatwave. .Therefore, if you find anything newsworthy, send it my way at hansjuhlhidle@gmail.com

Sincerely, Hans



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MEMBERSHIP ALERT

If the date on your mailing label shows 2025, your membership expires on December 31, 2025. Please complete the membership renewal form on page 11. You may contact COL Larry King, USMC-Ret. at (757) 650-1086, Membership Chair. Rather than recycling your newsletter, please consider sharing your copy with a prospective member.





VA's Claim Status Tool allows Veterans to view the status of their VA claims online using their VA.gov login. This tool displays which claims are in process and identifies any actions Veterans need to take. It also gives Veterans the ability to review recent claim activity.

Claim Status Tool enhancements

VA recently enhanced the Claim Status Tool to improve your digital, self-service experience. The tool now shows a breakdown of the eight-step disability claims process, making it easier to understand where your claim currently is. The steps include:

- Step 1: Claim received
 - o VA receives your claim in its system.
 - o Step 2: Initial review
 - o VA reviews your claim for basic information (e.g., name, Social Security Number).
 - o Step 3: Evidence gathering
 - o VA reviews your claim to ensure it contains all necessary information. VA may ask for more evidence at this step of the claims process. Additional evidence could include a claim-related medical exam or medical records from a VA or non-VA provider.
 - o Step 4: Evidence review
 - o VA reviews all collected evidence for a claim.
 - o Step 5: Rating
 - o VA decides your claim and determines the disability rating.
 - o Step 6: Preparing decision letter
 - o VA prepares the decision letter. Though this letter cannot be viewed in VA.gov until Step 8, it will identify if you are eligible for additional benefits. This letter will include details such as disability ratings, amount of monthly payments and when payments begin.
 - o Step 7: Final review
 - o A senior reviewer from VA will conduct a final review of the claim and decision letter.
 - o Step 8: Decision letter available

You can view and download your decision letter for the claim on the Status page of the Claim Status Tool.

More about the Claim Status Tool

The Claim Status Tool contains three main tabs:

- Status: The Status tab tells you what actions you can take to support your claim and lists requests for third parties.
- Files: The Files tab displays information requests to you, a button for uploading files and a list of supporting documents you have submitted to VA.
- Overview: The Overview tab provides you with a description of the claims process, spotlights each step, and explains the process may return to a previous step if more information is needed.

You no longer have to contact a call center or regional office for claims information. The claim status tool allows you to access important claim information when you need it. This tool is another step forward in VBA's ongoing mission to support Veterans and their families. To learn more about using the claim status tool, please visit [the Claims Status page](http://www.va.gov/claim-or-appeal-status/) (<http://www.va.gov/claim-or-appeal-status/>)





Transition to Digital Prescriptions

E-prescriptions are safer and quicker to process than hard copy (paper) prescriptions. Naval Medical Center Portsmouth Pharmacy will soon transition to only accepting E-prescriptions.

What this means for you, our patrons:

As of 3 January 2023, hard copy (paper) prescriptions will no longer be accepted at Naval Medical Center Portsmouth or its Branch and TRICARE Prime Pharmacies.

Hard copy (paper) prescriptions for controlled substances will be accepted through 1 February 2023

Please share this information with all of your healthcare providers.

Starting 3 January 2023, all non-controlled prescriptions must be sent electronically from your Doctor's office.

The Doctor's office can E-prescribe to our pharmacy at:

DoD PORTS VA NMC ePhcy (Pharmacy NCPDP/NPI Number is 4845371/1548673205)

We will only accept hard copy (paper) prescriptions for controlled substances until 1 February 2023 at which point, all prescriptions must be submitted electronically.

Before presenting to the Pharmacy to pick up your medications, activate your new or renewed prescription by texting "get in line" to 1-833-217-2199.

Please ask any pharmacy staff member for clarification or additional information.



Q-Anywhere

New Prescription Activation by Text



It's easy to activate your new prescriptions at the pharmacy by text using the Q-Anywhere system.

Just follow these 10 steps.

Step 1 – Just text the words “get in line” to **833-217-2199**.

Step 2 – The system will ask for the 10-digit DoD Id number for the patient receiving the medication.

Step 3 – Enter the DoD ID Number - found on the patients ID or in DEERS.

Step 4 – The system will verify who the prescription is for.

Step 5 – Reply “edit” if the information needs to be changed. Reply “done” if it is correct. Or add an additional patients DoD ID if you are activating prescriptions for multiple patients.

Step 6 – The system will ask you to select the pharmacy you would like to pick up your prescription from.

Step 7 – Once you choose you will receive a confirmation and a Q-number for your prescription.

Step 8 – If there is a problem or question regarding your request, a pharmacy representative may reach out to you via phone or via text for clarification.

Step 9 – You will receive a text when your prescription is ready to pick up. Please do not report to the pharmacy until you receive this text.

Simply text “I am here” when you arrive at the pharmacy you chose that day.

If you are returning any day within the following 14 days, you will need to check in at the kiosk and get a Return for Pickup ticket.

Step 10 – The system will send you a message acknowledging your arrival. When it is your turn to be served, your Q-number will then be called to a pharmacy window.

Activate your prescription from anywhere
Pick them up when they are ready

January 6, 2023



MILITARY HEALTH SYSTEM **MHS GENESIS**

**You can now request prescription
REFILLS online**

*Through the MHS GENESIS
Patient Portal*



To access the MHS GENESIS
Patient Portal, visit
patientportal.mhsgenesis.health.mil
or scan this QR code.
(CAC or DS Logon Required)

Log in to your account and look for the
Rx Refills tab.



DEPARTMENT OF DEFENSE
**MHS
GENESIS**
MILITARY HEALTH SYSTEM

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14 March 2024

For more information, visit health.mil/MHS/GENESIS

