



## Check us out Online

[www.med.navy.mil/sites/nmcp2](http://www.med.navy.mil/sites/nmcp2)

Click Healthcare Services

->Patient Services ->Pediatric Department

Clinic forms and resources available for download:  
Developmental Milestones  
Virginia School Physical Forms  
School Medication Administration Forms  
And More...

## Communicate with your provider online through RelayHealth

**Online Access** to your medical record

- schedule appointments
- request referrals
- review lab results
- refill prescriptions
- email your provider for non-urgent clinical advice

**Register Today at:** [www.relayhealth.com](http://www.relayhealth.com)

Steps to Register:

- > click "Register" on top right of home page
- > select "patient"
- > complete enrollment information, "submit"
- > "Add provider"
- > Search for your Primary Care Manager



**Clinic Hours:**  
**Monday-Friday, 7:30 am – 4:00 pm**

**Contact Us:**  
**TRICARE Hampton Roads**  
**Appointment Center**  
Military Treatment Facility Appointments

1-866-MIL-HLTH  
(1-866-645-4584)  
M-F 0600-2000  
Sat and Sun 0700-1530

**NMCP Pediatrics**  
**During Office Hours:**  
Front Desk (757) 953-7716 Opt 3

**After hours and weekend**  
appointments available at our  
Branch Clinics  
Please call the Apt Center for availability  
1-866-MIL-HLTH (1-866-645-4584)

### Lactation Clinic

Call us to self-refer  
757-953-2971

### TRICARE information

1-877-TRICARE (1-877-874-2273)



Call 1-800-TRICARE (874-2273); Option 1  
24 hours a day, 7 days a week



# Naval Medical Center Portsmouth

## Pediatric Clinic



**Your Family-Centered  
Medical Home**



[www.med.navy.mil/sites/nmcp2](http://www.med.navy.mil/sites/nmcp2)

# Welcome to Pediatrics



The Pediatricians and Pediatric Specialists at Naval Medical Center Portsmouth are dedicated to the care of children, adolescents, and young adults. They have been trained at some of the Nation's best medical schools and residency programs including the Uniformed Services University of the Health Sciences, Walter Reed, Stanford, Harvard, Johns Hopkins, Baylor, University of Virginia, just to name a few. All of our Pediatric Faculty are board-certified physicians, active in research and passionate about training the next generation of military pediatricians. The pediatric training program is ranked among the best in the country.\* You should expect and we aim to provide nothing but an exceptional visit.

\* Please visit the American board of Pediatrics at [www.abp.org](http://www.abp.org) to view the latest data

## Pediatric Specialty Clinics

Adolescent Medicine  
Cardiology  
Pediatric Development  
Endocrinology  
Gastroenterology Genetics  
Hematology /Oncology  
Infectious Disease  
Nephrology  
Neurology  
Nutrition  
Occupational Therapy  
Physical Therapy  
Pulmonary  
Speech Therapy



## Support Resources

**Tricare** beneficiaries may self-refer to a counselor who is a network provider accepting tricare at no cost for eight visits.

1-877-TRICARE or [www.tricare.mil](http://www.tricare.mil)

**Military OneSource** is a free service providing a wide range of support and mental health services.

Call anytime 24/7 to talk, 1-800-342-9647  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

**Fleet and Family Support Services** has centers across Hampton Roads, offering a variety of free resources to service members and their families.

757-444-NAVY or  
[www.cnmc.navy.mil/navylife](http://www.cnmc.navy.mil/navylife)

## We want to see you when you're feeling well!

Well visits are an opportunity to evaluate your child's growth and development, discuss preventative health, ensure immunizations are up-to-date and address any concerns you have.

WELL BABY SCHEDULE	
Birth Date _____	_____
_____ 3-5 days	_____ 9 months
_____ 2 weeks	_____ 12 months
_____ 2 months	_____ 15 months
_____ 4 months	_____ 18 months
_____ 6 months	_____ 24 months
Annual Well Visits start at age 3	

## New to Hampton Roads?

Please bring in any copies of your **medical records, immunizations** and a list of any other providers you have been seeing, along with their contact information so that we may update your electronic medical record. If you do not have copies, our Medical Records Department can help you complete a record request at your initial visit.

