How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

http://www.calguard.ca.gov/G1/sso

CA ARNG State Surgeon's Office
9800 Goethe Road (Box 31)
Sacramento, CA 95826-9101
Fax: 916.854.4200
SSO Email: ng.ca.caarng.mbx.sso@mail.mil

Hypertension

California Army National Guard
State Surgeon's Office

Hypertension

Hypertension is the medical term for high blood pressure. Your heart has to work harder to pump blood to the rest of your body. High blood pressure can lead to a possible heart attack or stroke if left untreated. You will need to see your medical provider for evaluation, diagnosis, and treatment.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Hypertension**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.

What the State Surgeon's Office Initially Needs from your Medical Provider:

- Blood Pressure Readings over 3 Consecutive Days
- Diagnosis (what is your medical condition)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, lifestyle changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)

  -What physical activities you can and cannot do (e.g. running, jumping, and lifting)

For Your Medical Provider:

This patient is an Army National Guard Soldier with blood pressure >140/90 mmHg on recent medical screening. Army deployment guidance states that soldiers may not deploy with untreated HTN. Please evaluate and treat this patient as clinically indicated to achieve goal blood pressure per JNC VII guidelines as shown by a 3 consecutive day BP check. Please provide results of any lab tests deemed clinically relevant and clinic notes including diagnosis, prognosis and treatment plan. Please comment on any physical limitations on attached sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests