

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

SSD Email: ca-mail.sso.ngca@ng.army.mil



Obesity

➤➤➤ California Army National Guard
State Surgeon's Office



Obesity

Using your recorded height and weight, your calculated Body Mass Index (BMI) is greater than 35. **Obesity** can increase your risk for other serious medical conditions such as heart disease or diabetes. You will need to see your medical provider for further evaluation, diagnosis, and treatment.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Obesity**. 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:

- Labs
 - Repeat Fasting Labs
- Diagnosis (what is your medical condition)
- Current Height and Weight
- 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 who was identified on recent health screening with BMI ≥ 35 . Please evaluate patient for underlying medical condition(s) as a cause of weight gain; evaluate and treat dyslipidemia and other metabolic abnormalities as indicated. Please assess for any limitations in the patient's participation in an aggressive weight management/exercise program, and provide comments on attached assessment tool. 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