

## 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
- Avoid Activities that Could Lead to Another Head Injury (e.g. Contact Sports)
- Healthy Diet
- Healthy Weight Control

## Website Link to Low Cost Clinics

NeedyMeds

[http://www.needymeds.org/free\\_clinics.taf](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/ss0>



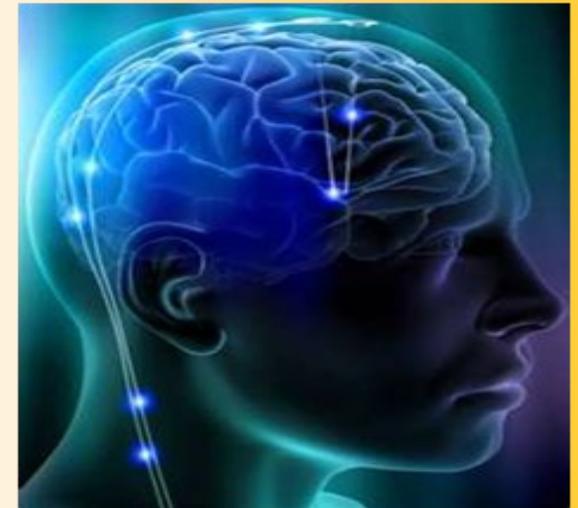
CA ARNG State Surgeon's Office  
9800 Goethe Road (Box 31)  
Sacramento, CA 95826-9101  
Fax: 916.854.4200

SSD Email: [ca-mail.sso.ngca@ng.army.mil](mailto:ca-mail.sso.ngca@ng.army.mil)



## Mild Traumatic Brain Injury (mTBI)

California Army National Guard  
State Surgeon's Office



## Mild Traumatic Brain Injury (mTBI)

You have reported a recent concussion or injury that may have resulted in a **Mild Traumatic Brain Injury**. You may have experienced a loss of consciousness, disorientation, blurred vision, headaches, ringing in your ears, changes in your behavior, dizziness, or trouble with your memory or concentration. You will need to be evaluated by your doctor for proper diagnosis and treatment.

## Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Mild Traumatic Brain Injury**. 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:

- Diagnosis (what is your medical condition)
- Copies of Reports of Any Imaging Studies\* (e.g. X-ray, CT scan, MRI) and/or lab tests done
  - \* **Please do not send X-ray and MRI films**
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, lifestyle changes, medications, etc.)
- Comment on Functional Activities 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 reports prior exposure to **Mild Traumatic Brain Injury**. Please evaluate for suspected mild traumatic brain injury and refer for further evaluation/imaging study as clinically indicated. Please comment on diagnosis, prognosis and treatment plan. Please list any functional limitations on attached sheet. Thank you.

## Acceptable Medical Documents:

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