



31 MAR 2021

Dear Prospective Cadet,

As the Medical Director of the United States Coast Guard Academy Regional Clinic, I would like to welcome and congratulate you on your appointment to the Class of 2025. In preparation for Swearing-In Day (Day One), I would like to orient you to the Clinic's services and let you know what you and your parents need to do before arriving.

Our practice provides primary medical and dental care for all cadets and is open around the clock to respond to acute illness or injury. The Academy Clinic includes an Outpatient Department, Dental Clinic, Pharmacy, Physical Therapy Department, Ancillary Services such as Radiology and a moderate-complexity Laboratory. Additional information concerning our facilities is in the Cadet Handbook that you should download from your class website and read thoroughly. For specialty care beyond our scope of practice, cadet patients are transported to nearby specialists and healthcare facilities.

Please review the Medical Services section of your class website so you are familiar with Clinic procedures and requirements before Day One. I encourage you to make any necessary appointments now. Please take the following actions:

- Make arrangements to have the Immunization Record Form completed. Fax the Immunization Record Form as soon as possible to 860-701-6475 and also mail it by 1 June 2021. Note that copies of certain lab reports may be required.
- To ensure good dental health, it is recommended that you have a complete dental exam. Any recommended dental treatment, including extraction of wisdom teeth, should be completed by 1 June 2021 to allow complete recovery prior to Day One. Any active orthodontic treatment must be completed prior to arriving; retainers are allowable. If you have significant dental history, such as cleft palate repair, orthognathic surgery or oral facial trauma, please submit a copy of those records. You may submit any current dental x-rays taken after 1 January 2021 on a CD. The x-rays must have your name and the exposure date clearly marked. X-rays and records may be mailed with the Immunization Record Form. Please do not fax dental records.
- Contact lens wearers must only use glasses until your vision exam during the first week. Ensure that you have two pairs of glasses with you on Day One. Primary and back-up pairs are necessary because there are times when contact lenses cannot be worn. If you wear contacts, please bring an initial supply.

Your primary insurance, which you must always use, will be Tricare through the Coast Guard. If you do have a private insurance plan, it will become your secondary insurance. Please note that cadets must obtain permission and counseling before making any appointments outside the Clinic referral system. This is very important and a Coast Guard requirement. Cadets cannot obtain non-emergency medical care at home or elsewhere without prior authorization. Although we will provide all of your health care, please be advised that each year, for a wide variety of reasons, a few cadets withdraw from the Academy. To ensure uninterrupted coverage of your health insurance, I encourage your parents to retain you on their health insurance plan for at least the next two years. However, if you are the dependent of an active duty or retired military service member you will be removed as a dependent from DEERS by Cadet Administration when you are entered into the system as an active duty member. Should you leave the Academy, your parent can make arrangements for reinstatement of Tricare coverage.

In closing, my staff and I will be happy to discuss any medical or dental concerns you or your parents have. Keep in mind that due to federal privacy laws, once you swear in, we need permission from you to disclose health information to your parents. Please inform the Admissions Office immediately of any significant injury or other changes in your medical condition that arise before arriving to the Academy. We look forward to meeting you at your Pre-Training Screening exam during Swab Summer.

Very respectfully,

Esan O. Simon
CAPT, MD, MBA, FS, USPHS
Medical Director
U.S. Coast Guard Academy Regional Clinic