

Naval Branch Health Clinic (NBHC) Information Sheet
Providing Healthcare services to military communities at Port Hueneme,
Point Mugu and San Nicolas Island

Port Hueneme:

Monday – Friday: 0730-1630

Closed Saturday, Sunday and all federal holidays

Point Mugu Clinic: Active Duty personnel only

Monday – Thursday : 0730-1630

Friday: 0730-1200

General Information Phone: 805- 989-7213

For Emergencies (Possible loss of life, limb, or eye sight) CALL 911

If you are a TRICARE beneficiary, have an urgent medical issue and wish to speak with a nurse for 24/7 medical advice

Call the Nurse Advice Line (NAL) 1-800 TRICARE (874-2273) option 1

For after hours dental concerns (Active Duty only)

Please contact the Dental Officer of the Day: 805-797-4544

If outside local area (Leave/PCS etc...) you must contact your Primary Care Manager (PCM) for a referral or call 1-877-988-9378 (United Healthcare Military and Veterans) for advice and authorization for urgent care before receiving care.
(This number is manned 24 hours a day, for your convenience.)

Appointment Information Port Hueneme Clinics

Medical Home Port Green Team	805-982-6342
Medical Home Port Blue Team	805-982-6320
Immunizations	805-982-6320 or 6342
Pharmacy	805-982-6450
Medical Records	805-982-6364
Optometry	805-982-6336
Overseas Screening	805-982-6152
Medical Readiness (PHA)	805-982-6366
Laboratory	805-982-6408
Physical Therapy	805-982-6335
Occupational Health	805-982-6360
Dental (Building 914, AD only)	805-982-5584

Appointment Information Point Mugu Clinics

Medical Clinic	805-989-7213	Active Duty only
Dental	805-989-7603	Active Duty only

San Nicolas Island

Quarterdeck/Duty Office (24 hours)	805-989-2370
Medical	805-989-2357

TRICARE

TRICARE (United Healthcare Military and Veterans) Service Center number	1-877-988-9378 www.uhcmilitarywest.com
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1. Update your TRICARE Prime enrollment with United Healthcare Military and Veterans by phone, online, or by mail.

2. All eligible beneficiaries must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) and present a valid ID card when receiving services. **Children 10 and above are required to have an ID card. Children under 10 should have an ID card of their own when in the custody of a parent who is not eligible for benefits.**

Managed Care

Beneficiary Counseling and Assistance Coordinator (BCAC) and Debt Collections Assistance Officer (DCAO)	805- 982-6369
Consults and referrals	805- 982- 6322 /6323

NOTE: Make sure your address is current in DEERS. Specialty care authorizations will be sent to the beneficiary's address listed in DEERS.

Base information

Base information line	805-982-4711
Fleet Family Support Center	805-982-5037
Chaplain Office	805-982-4358

RELAYHEALTH

NBHC Port Hueneme is now on line! Get registered with Relay Health to e-mail your team a question, book appointments, and request medication refills, laboratory and test results. Get connected at: <https://app.relayhealth.com/>

TRICARE On-line: You may also book appointments, review clinical visits and test results by logging on to www.tricareonline.com

PHARMACY

Port Hueneme Pharmacy Hours: Monday – Friday, 0730-1600.

-Refills may be picked up Monday –Friday until 1600. Walk up refills can be processed and will be ready for pick up in 3 working days. No civilian prescriptions will be filled after 1500, except emergency medications. For questions, please call **805 982-6450**. This phone number may also be used to find out if we carry the particular medication you are requesting.

-Pharmacy Refill Line: 1-866-286-8249. At your next visit to the clinic pharmacy, ask about the Mail Order Pharmacy program or go to www.express-scripts.com/TRICARE or call 1-877-363-1303. To utilize network pharmacies with low co-pay, go to <http://www.tricare.osd.mil/pharmacy/>.