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Look for this button when you want to return to the contents. It's shown on every page except the contents pages.



On tablets, slide your finger across the screen from side to side to scroll between pages. Some tablets may require sliding from top to bottom instead of side to side.

Lines of blue text like this, or boxes with glowing blue outlines are hyperlinks and will open an internet link in your device's default web browser. Some links may also open an e-mail program, to allow you to send an email from your device. Hyperlinks require an internet connection to work.



Wounded Warrior Service Programs

Lines of red text like this are bookmarks and jump to another page within the guide.

These icons are not links, but mark the location of key information or an address, phone number, or website.









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ort Belvoir Community Hospital photos in this booklet courtesy of HDR Architecture, Inc. @ 2011 Ari Burling







Welcome to National Capital Region Medical and Fort Belvoir Community Hospital!

With this Warrior & Family Quick Reference Guide, our goal is to provide important information as you prepare for your arrival at Fort Belvoir Community Hospital. We realize how important it is for you to care for your Warrior at the bedside without excessive worry about administrative matters. Our team is prepared to assist you in any way we can to make your stay as comfortable as possible. Our goal is to provide an optimal healing environment and a team of professionals who deliver excellent, efficient, patient-centered care to Warriors and their families.

Warrior care is the ultimate goal of our efforts in creating a healing environment — one that is safe, comfortable, and that supports the service member and family. We are committed to partnering with our patients and their family members to create evidence-based world-class health care in the NCR that is surrounded by a Culture of Excellence while providing a warm family-friendly atmosphere. Expert, excellent, exceptional care is the expectation.

This guide provides information about the hospital, services offered on Fort Belvoir, lodging, transportation and more to assist you during your stay in the National Capital Region. If you need additional information, please contact the Warrior Family Coordination Center. The WFCC works directly for the commander and will provide information and services you may require. Please do not hesitate to contact them 24 hours a day, seven days a week at 571.232.7034.

We thank you for your service and sacrifice to our great nation and we welcome you into the NCR Medical Directorate and Fort Belvoir Community Hospital Family.

Raquel Bono

Rear Admiral, Medical Corps, U.S. Navy

Director

National Capital Region Medical Directorate

Jennifer L. Vedral-Baron Captain, Nurse Corps, U.S. Navy

Director Fort Belvoir Community Hospital



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Travel Preparation



Key InformationBe prepared for a 30-day trip.



NCR Medical Liaison 301.295.0514

Hospital Liaison / Admin Officer of the Day 571,296,4319

1.1 Travel Documents

- Military ID or government issued ID (e.g. driver's license)
- Power of attorney documents
- Name and phone number of your Warrior's unit
- Health insurance information for traveling family members
- Original prescription for any needed medications
- Immunization record for children
- Important contact numbers (doctors, dentist, boss, neighbors, children's school, etc.)
- Bank information (name, account number, routing number)
- Voided bank check
 Note: Per diem will be direct
 deposited into your bank account.
 There are ATMs on the hospital
 campus for access to the funds.

1.2 Household Preparation

- Stop mail or arrange for someone to pick up and forward mail to you
- Schedule bill payments or web pay with financial institutions
- Contact your homeowner's insurance and let them know your situation
- Ensure your homeowner's insurance policy is current and stored securely
- Secure all valuables and notify a trusted neighbor or friend of your departure
- Arrange for pet care

Travel Preparation

1.3 Things to Pack

- Glasses / contacts / associated supplies
- Prescription medications for up to 30 days plus refill information
- Toiletries
- Comfortable clothing / sleepwear / shoes / socks / belt

- Light sweater or jacket
- Cell phone and charger
- Seasonally appropriate outerwear / umbrella
- Journal / calendar
- Phone numbers of key people
- Books, laptop, iPad, Kindle, etc.



Phone Number Quick Reference



Key Information

Your service liaison is your primary contact for all non-medical support services during your stay at Fort Belvoir Community Hospital. Use the phone numbers on the next page to contact your service liaison.

2.1 Emergency Services Dispatch

Police	703.805.4024
Fire	703.781.1800
EMS	911

Note: 911 may be used for all emergencies on Fort Belvoir

2.2 Critical Care Units

Intensive Care Unit	571.231.4344
Emergency Department	571.231.3124 / 3126

2.3 Fort Belvoir Lodging

Fisher House	703.805.5203
IHG Army Hotels	703.704.8600

2.4 Area Lodging

Hampton Inn	703.619.7026
Candlewood Suites	703 780 1111



Phone Number Quick Reference



Army Liaison 571.231.5840 / 5839

Marine Corps Liaison

Navy Liaison 301 312 5276

Air Force Liaison 301.380.0154

Coast Guard Liaison 301.213.6972

2.5 Warrior and Family Support Services

Child and Youth Services	703.805.9149
The Body Shop (South)	703.806.3100
Graves Gym (North)	703.806.5368
Soldier Family Assistance Center	571.231.7001
MWR Information Center	703.805.4590
MWR Outdoor Recreation	703.805.3081
Post Exchange	703.806.5800
Pastoral Care	571.231.4178
Red Cross	571.231.4160
Warrior Clinic	703.805.1099 / 0960
Warrior Family Coordination Center	571.232.7034



3.0 Lodging



Key Information

Your service liaison will assist in coordination of family lodging accommodations.



IHG Army Hotels

Fort Belvoir Fisher House

3.1 Fort Belvoir Lodging

IHG Army Hotel

9775 Gaillard Road, Bldg. 470 Fort Belvoir, VA 22060 703.704.8600

Fisher House

9201 Woodbury Road, Bldg. 1204 Fort Belvoir, VA 22060 703.805.5203

Unaccompanied Personnel Housing (Warrior Outpatient)

5960 9th Street, Bldg. 1260 Fort Belvoir, VA 22060 A Company: 571.231.5840 B Company: 571.231.5839

3.2 Area Lodging

Hampton Inn

8843 Richmond Hwy. Alexandria, VA 22309 703 619 7026

Candlewood Suites

8847 Richmond Hwy. Alexandria, VA 22309 703 780 1111

Embassy Suites

8100 Loisdale Road Springfield, VA 22150 571 339 2000

Quality Inn & Suites

8849 Richmond Hwy. Alexandria, VA 22039 703 780 0300

4.0 Childcare

4.1 Program Phone Numbers

Child and Youth Services Coordinator	703.805.9149
South Post Child Development Center	703.806.4347
North Post Child Development Center	703.806.6540
Youth Center	703.805.4515
School Age Services	703.805.9100
Outreach Services Assistant Director	703.805.9110
Parental Central Services / Registration Office	703.806.0791
Youth Sports and Fitness Director	703.805.9139
Family Childcare Home Program703.805.913	37 / 9132 / 9134

4.2 Full-Time Care

Child and Youth Services

9500 Barlow Road, Bldg. 950 Fort Belvoir, VA 22060

4.3 Drop-In Care

Soldier Family Assistance Center

5965 6th Street, Bldg. 1263 Fort Belvoir, VA 22060

4.4 Playgrounds

Soldier Family Assistance Center

5965 6th Street, Bldg. 1263 Fort Belvoir, VA 22060

Child and Youth Services

9500 Barlow Road, Bldg. 950 Fort Belvoir, VA 22060



Key Information

Your service liaison will assist in coordination to meet childcare requirements.

5.0Worship Services & Support



Key Information

Our chaplains and Fort Belvoir's post chaplains serve in a variety of faith traditions. If the activities listed here do not include your faith tradition, please contact our chaplains for assistance with specific religious needs





Fort Belvoir Community Hospital Chapel Oaks Pavilion, Floor 1, Room 01.210 571 231 4178

5.1 Fort Belvoir Community Hospital Chapel Schedule

Roman Catholic Mass	
Monday, Tuesday, Thursday, Friday	Noon
Sunday, Wednesday	11 a.m.
Bible Study Wednesday	Noon
Protestant Worship Service	
Sunday	9:30 a.m.



5.0Worship Services & Support





Belvoir Chapel

5920 12th Street, Suite 10 Fort Belvoir, VA 22060 703.806.3006

Woodlawn Chapel

1801 Wright Road, Bldg. 1801 Fort Belvoir, VA 22060 703.806.5911

Fairfax Chapel

5675 21st Street Fort Belvoir, VA 22060

5.2 Belvoir Chapel Schedule

Catholic Mass Sunday	9:30 am
Protestant Service Sunday	8 a.m. and 11 a.m.
Jewish Service Friday	8 p.m.
Contemporary Service (ChapelNext) Sunday	2 p.m.
5.3 Woodlawn Chapel Schedule	
Catholic Mass SaturdaySunday	
Catholic Daily Mass Weekdays	12:05 p.m.
Gospel Service Sunday	11 a.m.
5.4 Fairfax Chapel Schedule	
Hispanic Catholic Mass Sunday	9 a.m.
Catholic Mass Sunday	11:15 a.m.

Warrior & Family Support





Warrior Family Coordination Center

Fort Belvoir Community Hospital Warrior Pavilion, Room D192 703.805.9180 (information) 571.232.7034 (24-hour on call)

Hours

Weekdays, 7:30 a.m. to 5 p.m. On call weekends and federal holidays

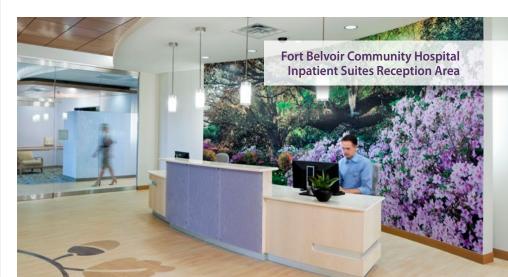


fbch.capmed.mil/patients/ wfcc.aspx

6.1 Warrior Family Coordination Center

The Warrior Family Coordination Center provides a centralized, coordinated operational platform within Fort Belvoir Community Hospital and the service's Wounded, Ill and Injured programs to optimize a healing environment for recovering Warriors and their families.

We believe your care is impacted not only by your medical team, but also by the relationship this team has with your family and friends. The Warrior Family Coordination Center seeks to provide a patient- and family-centered care approach, where you and your loved ones are partners in your medical care. If you have a concern or unmet needs, please contact the WFCC staff 24 hours a day, seven days a week, using the contact information shown at left.



Warrior & Family Support





Soldier Family Assistance Center

5965 6th Street, Bldg. 1263 Fort Belvoir, VA 22060 571.231.7002

American Red Cross

Fort Belvoir Community Hospital Oaks Pavilion, Floor 1, Room O1.206 571.231.4160

USO Warrior & Family Center

5940 9th Street, Bldg. 1285 Fort Belvoir, VA 22060 571,267,2080

Hours

Sun.-Sat., 6 a.m. to 10 p.m.

6.2 Soldier Family Assistance Center

The Soldier Family Assistance Center provides tailored, compassionate and coordinated services to our Warriors in Transition, retirees, and family members. SFAC assists Warriors with navigating and accessing critical services expeditiously, so they can focus on their primary mission of healing.

6.3 American Red Cross

American Red Cross support activities include emergency financial assistance; emergency message communication; personal hygiene products; reading materials; recreational activities, snacks and more.

6.4 USO Warrior & Family Center

The USO Warrior & Family Center is the largest USO ever built and also the first of its kind: a place designed for wounded, ill and injured troops, their family members and caregivers. The center gives Warriors and their families access to state-of-the-art, ADA-compliant spaces to relax, have fun and learn. Some of the center amenities include:

- Kitchen, outdoor grill, dining room and fireside lounge
- Sports lounge and golf simulator
- Game room which includes pool, poker, XBox 360 and games
- Healing gardens
- •Theater, satellite television, DVD movies
- Music room and art studio
- Free WiFi and wired Internet access
- Fully-equipped computer stations

7.0Legal Assistance

7.1 Power of Attorney

A Power of Attorney, or POA, is a powerful document that allows you (the "principal") to authorize an agent (the "attorney-in-fact") to conduct certain business on your behalf. It is one of the strongest legal documents that can be given to another person. It should only be given to a trustworthy person, and only when absolutely necessary. The Fort Belvoir Legal Assistance office can advise you about, and help you prepare for the appropriate POA. Contact information for the Legal Assistance Office is included at left.

- continued next page



Legal Assistance Office 9900 Belvoir Drive Hill Hall, Bldg. 257 Fort Belvoir, VA 22060 703.805.2856

Hours
Weekdays, 8 a.m. to 4 p.m.



7.0Legal Assistance

7.2 POA Types

There are two POA types dealing with non-health care matters; "general" and "special" (or limited).

- A General POA gives an agent very broad a power to act on another person's behalf; and
- A Special POA limits the agent's authority to act only on certain matters. Every act performed by an agent within the authority of the POA is legally binding upon the principal.

In addition, there is a special kind of durable POA for dealing with health care matters, called a Health Care Power of Attorney, or HCPA.

 An HCPA deals with health care planning. You appoint someone else to make health care decisions, including, if desired, the decision to refuse intravenous feeding or turn off the respirator if you are brain-dead (if you become incapable of making that decision). The form can be used to make decisions about things like nursing homes, surgeries, and artificial feeding. Since it is impossible to predict every possible contingency in an advance medical directive, having both a living will and a HCPA enables you to handle other kinds of disability, or gray-area cases where it's not certain that you are terminally ill.

8.0 Warrior Clinic



Warrior Clinic

Fort Belvoir Community Hospital Warrior Pavilion, Room NE147 703 805 9181 / 9182

Hours

Weekdays, 7 a.m. to 4 p.m Training Holidays: 7 a.m. to 2 p.m.



fbch.capmed.mil/healthcare/ warrior_clinic.aspx Located in the Fort Belvoir Community Hospital Warrior Pavilion, the Warrior Clinic provides world class primary care management to Warriors in Transition through collaboration, coordination, and communication.

8.1 Patients

Warrior Clinic patients include Army Wounded, Ill and Injured, or WII, assigned or attached to the Army Warrior Transition Unit Brigade; Marine Corps, Navy, Air Force and Coast Guard personnel designated WII by their service programs; and eligible adult family members and non-medical attendants needing acute primary care.

8.2 Services

- Acute care
- Minor procedures
- Wound care
- Physical exams
- Medication education
- Electronic Medication Management Assistant, or EMMA

- · Plan of care follow-up
- Referrals to specialty services
- Pain management
- Periodic Health Assessments, or PHA
- Smoking cessation





9.1 Air Force

The Air Force Warrior and Survivor Care program is a multifaceted support system that leverages existing programs and includes assignment of a Recovery Care Coordinator through all phases of recovery, rehabilitation, and the reintegration process. It includes all non-clinical support to seriously Wounded, Ill and Injured Airmen and their families. It provides policy and oversight for the Air Force Wounded Warrior — AFW2 — program, the Recovery Care Program, the Casualty Services Program and the Air Force Survivor Assistance Program.

The AFW2 program, located at Headquarters Air Force Personnel Center on Randolph Air Force Base in San Antonio, TX, provides individualized support to those severely wounded in overseas contingency operations. An AFW2 is an Airman who has a combat-related injury or illness requiring long-term care that will require a Medical Evaluation Board or Physical Evaluation Board to determine fitness for duty.



Air Force Wounded Warrior Program





Warrior Transition Units are located at major military treatment facilities around the world. WTUs provide personal support to wounded Soldiers who require at least six months of rehabilitative care and complex medical management.

The Warrior Transition Brigade is the Warrior Transition Unit responsible for the care and transition of Warriors receiving care at Fort Belvoir Community Hospital.

The Army Wounded Warrior Program, or AW2, assists and supports the most severely wounded, ill and injured Soldiers and veterans who suffer from injuries or illness incurred in the line of duty after Sept. 10, 2001 in support of overseas contingency operations since 9/11. AW2 supports Soldiers and their families wherever they are located, regardless of military status, throughout their recovery and transition, even into Veteran status.



Warrior Transition Unit wtc.army.mil/about_us/wtu.html

Army Wounded Warrior Program wtc.army.mil/aw2



9.3 Marine Corps

The Wounded Warrior Regiment provides and facilitates non-medical care to combat and non-combat wounded, ill and injured Marines, and Sailors attached to or in direct support of Marine units, and their family members in order to assist them as they return to duty or transition to civilian life. The Wounded Warrior Regiment serves the total force — active-duty, reserve, and veteran Marines.

The Regimental Headquarters element located in Quantico, Va., commands the operations of two Wounded Warrior Battalions located at Camp Pendleton and Camp Lejeune, and multiple detachments in locations around the world. Marines at Fort Belvoir Community Hospital are supported by the Marine Corps Liaison Office, which is an element of the Wounded Warrior Battalion – Detachment Bethesda.

The District Injured Support Cells are integral part to the Wounded Warrior Regiment support structure. DISCs are mobilized reserve Marines who are located throughout the country to conduct face-to-face visits and telephone outreach with wounded, ill, and injured Marines and their families who are recovering within their assigned region. For Marines who move to veteran status and require continued transition support, Recovery Care Coordinators will coordinate the transfer of their case to the DISCs who have access to Wounded Warrior Regiment support assets.



Marine Corps Wounded Warrior Regiment woundedwarriorregiment.org





9.4 Navy & Coast Guard

Navy Safe Harbor serves as the Navy's lead organization for coordinating the non-medical care of wounded, ill and injured Sailors, Coast Guardsmen, and their families. They provide a lifetime of individually tailored assistance designed to optimize the success of our shipmates' recovery, rehabilitation, and reintegration activities. Navy Safe Harbor Headquarters is located in Arlington, Va., and there are more than 21 non-medical care managers located at 12 Navy, Army, and VA treatment facilities across the country.



Navy Safe Harbor safeharbor.navylive. dodlive.mil

10.0 Dining

10.1 Fort Belvoir Community Hospital Dining

<u>Facility</u>	<u>Location</u>	<u>Phone</u>	<u>Hours</u>
Dining Facility	Oaks , Floor 3		Breakfast, 6 to 9 a.m.
			Lunch, 11 a.m. to 3 p.m.
		V	Weekend & Holiday Lunch, 11 a.m. to 2 p.m.
			Dinner, 4 to 7 p.m.
Hasty Snack	Oaks , Floor 3		Weekdays, 10 a.m. to 4 p.m.
Attack (Grab & Go)			Weekdays, 7 p.m. to 12:30 a.m.
			Weekends & Holidays, 7 p.m. to 12:30 a.m.
Subway	Meadows	703.781.8	3904Weekdays, 6 a.m. to 5 p.m.
	Floor 3 Lobby		Weekends and holidays, closed
Starbucks	River, Floor 3 Lobby	703.781.8	3903Weekdays, 6 a.m. to 6:30 p.m.
			- continued next page



10.0 Dining

Weekends and holidays, closed

10.2 Fort Belvoir Morale, Welfare & Recreation Dining

Facility The Golf Club	Location 8450 Beulah Street		Hours sday-Friday, 11 a.m. to 1:30 p.m. ends (Lounge) 11 a.m. to 9 p.m. Holidays 11 a.m. to 6 p.m.
The Officers' Club.	5500 Schulz Circle	703.780.0930	Weekdays, 11 a.m. to 1:30 p.m.
Vortex Grill	Bowling Center 5975 Middleton Road		Sunday, 11 a.m. to 4:30 p.m. y-Thursday, 10 a.m. to 9:30 p.m. Friday, 10 a.m. to 11:30 p.m. Saturday, Noon to 11:30 p.m.
Bozzelli's Deli	Community Center 1200 Taylor Road	703.781.6860	
			- continued next page



10.0 Dining

10.3 Fort Belvoir Exchange Restaurants

Facility Subway(South Post)	Location 6010 12th Street	Phone .703.781.7770	Hours Weekdays, 7 a.m. to 6 p.m. eekends, 10 a.m. to 7 p.m.
Starbucks(South Post)	5986 12th Street	.703.781.9280Sa	Weekdays, 6 a.m. to 6 p.m. turday, 7:30 a.m. to 5 p.m. Sunday, 8 a.m. to 5 p.m.
Dunkin Donuts (South Post)	5985 13th Street	.703.781.3000Wec	ekdays, 5:30 a.m. to 6 p.m. turday, 6:30 a.m. to 4 p.m. Sunday, 6 a.m. to 3 p.m.
Dunkin Donuts (North Post)	.Exchange Class Six / Gas Station 6095 Gorgas Road	.703.780.5850Monday	-Saturday, 7 a.m. to 9 p.m. Sunday, 9 a.m. to 6 p.m.
5	Exchange Gas Station 9600 Pohick Road	.571.339.8312Wed	ekdays, 5:30 a.m. to 9 p.m. Saturday, 7 a.m. to 9 p.m. Sunday, 8 a.m. to 9 p.m.
	Fort Belvoir Exchange 8651 John J. Kingman Roa	. 703.806.5625 Monday-S	Saturday, 10 a.m. to 8 p.m. Sunday, 10 a.m. to 7 p.m.

10.0 Dining

10.3 Fort Belvoir Exchange Restaurants

Burger King	Fort Belvoir Exchange 8651 John J. Kingman Roa		onday-Saturday, 8 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.
Taco Bell	Fort Belvoir Exchange 8651 John J. Kingman Roa		nday-Saturday, 10 a.m. to 7 p.m. Sunday, 10:30 a.m. to 7 p.m.
Subway	Fort Belvoir Exchange 8651 John J. Kingman Roa		onday-Saturday, 7 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.
Pizza Hut	Fort Belvoir Exchange 8651 John J. Kingman Roa		nday-Saturday, 10 a.m. to 8 p.m. Sunday, 10:30 a.m. to 7 p.m.
Popeyes	Fort Belvoir Exchange 8651 John J. Kingman Roa		nday-Saturday, 10 a.m. to 8 p.m. Sunday, 10 a.m. to 7 p.m.
Starbucks	Fort Belvoir Exchange 8651 John J. Kingman Roa		onday-Saturday, 6 a.m. to 9 p.m. Sunday, 8 a.m. to 7 p.m.
Subway(Hospital)	Fort Belvoir Community Hospital Meadows , Floor 3 Lobby	703.781.8904	Weekdays, 6 a.m. to 5 p.m. Weekends and holidays, closed
Starbucks(Hospital)	Fort Belvoir Community Hospital River, Floor 3 Lobby	703.781.8903	

11.0 Post Offices

11.1 Garrison Post Office

Address

9001 Gunston Road Fort Belvoir, VA 22060

Phone

703.781.8005

Hours

Weekdays, 9:30 a.m. to 1:30 p.m.; 2:30 to 5 p.m.

11.2 South Post Office

Address

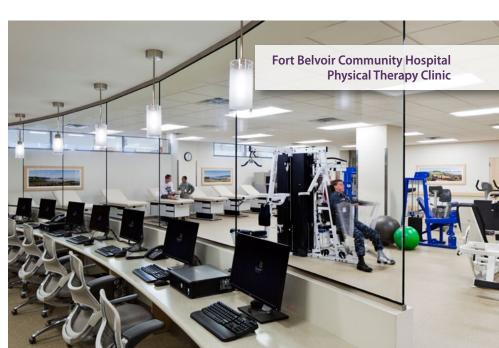
5875 21st Street Fort Belvoir, VA 22060

Phone

703.781.7735

Hours

Weekdays, 9 a.m. to 5 p.m. Saturday, 9 a.m. to 1 p.m.



12.0 Financial Centers

12.1 Belvoir Federal Credit Union

Address Phone Hours

5982 13th Street 703.730.1800 Monday-Friday, 9 a.m. to 5 p.m.; Fort Belvoir, VA 22060 Saturday, 9 a.m. to 1 p.m.

Two Belvoir Federal Credit Union ATMs are located in Fort Belvoir Community Hospital Oaks Pavilion. The first is near the Laboratory / Blood Draw department on Floor 1, and the second is near the Dining Facility main entrance on Floor 3.

12.2 SunTrust Bank

Fort Belvoir, VA 22060

AddressPhoneHours6025 Gorgas Road703.781.4703Weekdays, 9 a.m. to 5 p.m.



13.1 Community Center

Address	Phone	Hours
10300 Taylor Road	703.805.3714	Monday-Saturday, 8 a.m. to 8 p.m.
Fort Belvoir, VA 22060		

Website

belvoirmwr.com/facilities/comcenter

Lounge Hours

Wednesday, 4 to 9 p.m. Thursday-Friday, 4 to 10 p.m.

13.2 Kawamura Auto Skills Center

Address	Phone	Hours
9290 Gunston Road	703.806.4088	Wednesday-Friday, Noon to 8 p.m.
Fort Belvoir, VA 22060		Friday, 10 a.m. to 9 p.m.
		Weekends, 9 a.m. to 5 p.m.
MALE PER		

Website

belvoirmwr.com/facilities/artscrafts/autoskillsshop.php

13.3 Bowling Center

Address	Phone	Hours
5975 Middleton Road	703.805.2991	Sunday, 11 a.m. to 5 p.m.
Fort Belvoir, VA 22060		Monday-Thursday, 10 a.m. to 10 p.m.
		Friday, 10 a.m. to Midnight
Website		Saturday, Noon to Midnight
belvoirmwr.com/facilit	es/bowling	

13.4 Marina

Address Pl 5465 Hudson Road 70 Fort Belvoir, VA 22060

Phone 703.781.8282

Hours (Sept. 15 through May 15) Wednesday-Sunday, 8 a.m. to 4:30 p.m. Hours (May 16 through Sept. 14) Wednesday-Sunday, 9 a.m. to 5:30 p.m.

Website

belvoirmwr.com/facilities/marina

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13.5 Swimming Pools

Bldg. 182	703.805.2620	Days and hours vary for each pool. Call for information.
Officers' Club Pool Bldg. 259	Phone 703.780.0930	Hours Days and hours vary for each pool. Call for information.
North Post Outdoor Bldg. 2340	Phone 703.806.5012	Hours Days and hours vary for each pool. Call for information.



13.6 Fort Belvoir Golf Club

Address	Phone
8450 Beulah Street	703.806.5878, clubhouse
Fort Belvoir, VA 22060	703.806.5899, play coordinator
	703.806.5892, tee times
Website	Spring & Summer Hours
belvoirmwr.com/facilities/golf	Weekdays, 7 a.m. to 7:30 p.m.

13.7 Outdoor Recreation

Address	Phone	Hours
10155 Johnston Road	703.805.3081	Monday-Saturday, 8 a.m. to 8 p.m.
Fort Belvoir, VA 22060		Sunday, 10 a.m. to 6 p.m.

Website

belvoirmwr.com/facilities/odr

13.8 Better Opportunities for Single Soldiers – BOSS

Address	Phone	Hours
2115 Abbot Road	703.806.5225, BOSS Center	Weekdays, 8 a.m. to 9 p.m.
Fort Belvoir, VA 22060	703.805.4382, MWR advisor	Weekends, 1 to 9 p.m.

Website

belvoirmwr.com/facilities/boss

13.9 Fitness Centers

Website

belvoirmwr.com/facilities/sportsfitness

Graves Fitness Center 2116 Abbot Road Fort Belvoir, VA 22060	Phone 703.806.5368	Hours Weekdays, 5 a.m. to 9 p.m. Weekends, 9 a.m. to 5 p.m.
Wells Field House 1810 Goethals Road Fort Belvoir, VA 22060	Phone 703.806.5093	Hours Reservation by request
The Body Shop 1023 12th Street Fort Belvoir, VA 22060	Phone 703.806.3100	Hours Weekdays, 5:30 a.m. to 8 p.m. Weekends and federal holidays, 9 a.m. to 5 p.m.
Specker Field House 1182 12th Street Fort Belvoir, VA 22060	Phone 703.806.3100	Hours Weekdays, 6 a.m. to 2 p.m.
Kawamura Human Performance Center 9250 Gunston Road Fort Belvoir, VA 22060	Phone 703.806.3100	Hours Weekdays, 5:30 a.m. to 8 p.m.

14.0 Shopping & Services

14.1 Hospital Exchange Express

Location	Phone	Hours
Oaks Pavilion, Floor 1, Rm O1.204	571.231.4148	Weekdays, 8 a.m. to 5:30 p.m.

14.2 Hospital Barber Shop

Location	Phone	Hours
Oaks Pavilion, Floor 1, Rm O1.211	571.231.4150	Weekdays, 8 a.m. to 4 p.m.

14.3 Fort Belvoir Exchange

e Hours
06.5416 MonSat., 9 a.m. to 9 p.m.
Sunday, 10 a.m. to 7 p.m.
-

Website

shopmyexchange.com/exchangelocations/ftbelvoirstore.htm

North Post Express	Phone	Hours
6095 Gorgas Road	703.806.5850	Weekdays, 6 a.m. to 10 p.m.
		Sat., 7:30 a.m. to 10:30 p.m.
		Sunday, 8 a.m. to 9 p.m.
South Post Express	Phone	
9600 Pohick Road	571.339.8312	Weekdays, 6 a.m. to 9:30 p.m.
9600 Pohick Road	571.339.8312	Weekdays, 6 a.m. to 9:30 p.m. Saturday, 8 a.m. to 10:30 p.m.

14.0 Shopping & Services

14.4 Exchange Mobile Center

Location Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.0674	Hours MonFri., 9 a.m. to 8 p.m. Saturday, 8 a.m. to 8 p.m. Sunday, 10 a.m. to 7 p.m.			
14.5 Military Clothing Sales					
Location Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.806.5654	Hours MonFri., 9 a.m. to 6 p.m. Saturday, 9 a.m. to 5 p.m.			
14.6 Exchange Concessions					
Paul Mitchell Salon Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.780.6600	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.			
Barber Shop Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.799.4975	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 5 p.m.			
Dry Cleaners Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.0119	Hours MonFri., 8 a.m. to 7 p.m. Saturday, 9 a.m. to 5 p.m. Sunday, 11 a.m. to 3 p.m.			

14.0 Shopping & Services

14.6 Exchange Concessions

Tactical Shop

Fort Belvoir Exchange 8651 John J. Kingman Road	703.781.2321	MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Beauty Supply Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.3070	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Elite Sports Fort Belvoir Exchange 8651 John J. Kingman Road		Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Lighting & Decor Fort Belvoir Exchange 8651 John J. Kingman Road		Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
The Lynch Collection Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.0193	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Watch & Jewelry Shop Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.1900	Hours MonSat., 10 a.m. to 6 p.m. Sunday, 10 a.m. to 5 p.m.

Phone

Hours

14.0 Shopping & Services

14.6 Exchange Concessions

Beautiful Skin Care Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.0188	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Things Remembered Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.781.7318	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Art Frame Shop Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.405.7449	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Olive Vine Gourmet Fort Belvoir Exchange 8651 John J. Kingman Road	Phone 703.277.9644	Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.
Michael Walker Rugs Fort Belvoir Exchange 8651 John J. Kingman Road		Hours MonSat., 9 a.m. to 7 p.m. Sunday, 10 a.m. to 6 p.m.

14.7 Commissary

Phone	Hours
703.806.6674	Weekdays, 9 a.m. to 9 p.m.
	Saturday, 8 a.m. to 8 p.m.
	Sunday, 9 a.m. to 7 p.m.

15.0 Finding Your Way

15.1 Colors & Themes

Finding your way in Fort Belvoir Community Hospital is simple, thanks to a wayfinding system designed with our patients in mind. Each building and outlying clinic is identified by a unique nature- or patriotic-themed logo and color, shown here:

Pavilions Outlying Clinics



















To locate a clinic or department, simply use the location information provided in the hospital directory in section 16.0 of this booklet. In the hospital, you'll be able to use directories along with the directional signs which use the logos and colors shown above. The information in the directory provides the location, and signs throughout the hospital will guide you there using the logos and colors shown above

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15.0 Finding Your Way

15.2 Clinic & Department Identification

The location of clinics and departments is identified by building, floor number, and reception or room number. For example, the location of Family Medicine is listed as "Eagle Pavilion, Floor 1, Reception 2." Patients going to Family Medicine would simply follow directional signs throughout the hospital to Eagle Pavilion, and then use easily identifiable signs within Eagle Pavilion to find the clinic.

If you've been provided with a room number, once again using Eagle Pavilion as an example, simply follow the building and floor signs, and then look for the specific room sign.

Building, floor and reception number

Building, floor and room number





Please let us know if you need assistance finding your way in the hospital. Our Ambassadors and Information Desk staff are available to provide personal assistance at each main entrance, and we invite you to request assistance from any staff member at any time. The phone numbers for each clinic are included on the directory in this booklet as well — please use them to reach the clinics for additional personal assistance.

A hospital campus map is also available in section 17.0 of this booklet. This map provides an overview of the main campus, along with the locations of the Warrior Pavilion, Intrepid Pavilion (NICoE Satellite), Fisher House and more.

16.0Hospital Directory

Click the directory image below to view an alphabetical directory of hospital clinics, departments and offices. (Internet access required)





Hospital Directory Online fbch.capmed.mil/about/contact.aspx

17.0 Hospital Map

Click map to view in high resolution. (Internet access required)



18.0Fort Belvoir Map

Click map to view in high resolution. (Internet access required)



19.0Fort Belvoir Shuttle Schedules

Click the schedule image below to view the shuttle schedules. (Internet access required)



20.0Public Transportation

20.1 Washington Metropolitan Area Transit Authority

WMATA, commonly referred to as the Metro, is the largest public transit provider for the National Capital Region, providing service to residents and visitors. Metro operates the second largest bus network and fifth largest paratransit service in the United States. The buses, trains, and facilities are all equipped and ready to serve customers with disabilities. To plan a trip on Metro, visit the website shown at left.

Closest Station to Fort Belvoir

Franconia-Springfield Station, part of the Blue Line, is the closest station to Fort Belvoir. Visitors arriving or departing at Franconia-Springfield Station who would like transportation directly to or from Fort Belvoir should take the Fairfax Connector Route 335 bus — Eagle Express — for weekday service.

Closest Station to Walter Reed

Walter Reed National Military Medical Center is on the Red Line at the Medical Center Station. When exiting from the station, turn right at the top of the escalator and cross Wisconsin Avenue to WRNMMC.

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Washington Metropolitan Area Transit Authority wmata.com

20.0Public Transportation

20.2 Richmond Highway Express

Richmond Highway Express, or REX, is a Metro bus service which drops off and picks up directly in front of Fort Belvoir Community Hospital. The route runs from the King Street, Eisenhower Avenue and Huntington Metro stations, south to Fort Belvoir. These stations are the three southernmost stops on the Metro Yellow Line. A REX route map can be downloaded on the Metro website at wmata.com.

20.3 Fairfax Connector

The Fairfax Connector is a bus service which drops off and picks up directly behind Fort Belvoir Community Hospital, in addition to offering routes which run throughout Fairfax County.

Visitors arriving or departing at the Franconia-Springfield Metro Station should use the Fairfax Connector Route 335 bus — Eagle Express — for weekday service to and from Fort Belvoir. To plan a trip using Fairfax Connector buses, call 703.339.7200, use the Metro Trip Planner at wmata.com, or visit the Fairfax Connector website shown at left



Fairfax Connector
Bus Service
fairfaxcounty.gov/connector



21.0 Useful Links

21.1 Wounded Warrior Service Programs

Air Force Wounded Warrior Program

woundedwarrior.af.mil

Army Wounded Warrior Program

wtc.army.mil/aw2

Army Warrior Transition Command

wtc.army.mil

Marine Corps Wounded Warrior Regiment

woundedwarriorregiment.org

Marine Corps Wounded Warrior Battalion - East

 $wounded warrior regiment.org/wwbneast/units_east.cfm$

Navy Safe Harbor

safeharbor.navylive.dodlive.mil

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21.0 Useful Links

21.2 Military Treatment Facilities

Fort Belvoir Community Hospital

fbch.capmed.mil

Walter Reed National Military Medical Center, Bethesda

wrnmmc.capmed.mil

Malcolm Grow Medical Center, Joint Base Andrews

79mdw.af.mil/units/779thmedicalgroup/index.asp

Kimbrough Ambulatory Care Center, Fort Meade

kacc.narmc.amedd.army.mil

Brooke Army Medical Center, San Antonio

bamc.amedd.army.mil

Naval Medical Center San Diego

med.navy.mil/sites/nmcsd

21.3 Fort Belvoir

Garrison Website

belvoir.army.mil

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21.0 Useful Links

21.4 Warrior and Family Support Resources

American Red Cross

redcross.org

Family Medical Leave Act

dol.gov/dol/topic/benefits-leave/fmla.htm

Joint Travel Regulation

defensetravel.dod.mil/site/travelreg.cfm

Military One Source

militaryonesource.com

National Intrepid Center of Excellence for Psychological Health and TBI nicoe.capmed.mil

Warrior Care and Transition Policy

warriorcare.dodlive.mil

Washington D.C. Metro System

wmata.com

Fort Belvoir Community Hospital Patient Rights & Responsibilities

fbch.capmed.mil/patients/rights.aspx

A/E	Air Evacuation
AAFB	Andrews Air Force Base
ACS	Army Community Service
ADL	Activities of Daily Living
AER	Army Emergency Relief
AFSAP	Air Force Survivor Assistance Program
AFW2	Air Force Wounded Warrior Program
AW2	Army Wounded Warrior Program
BLDG	Building
BOS	Base Operating Support
C2	Command and Control
CA	Casualty Affairs
CACO	Casualty Assistance Calls Officer
CAO	Casualty Affairs Office
CCU	Critical Care Unit
CDC	Child Development Center
CM	Case Manager
CONUS	Continental United States
CTR	Center
	Defense Finance Accounting Service
DME	Durable Medical Equipment
DoD	Department of Defense
ETS	End Term of Service
FBCH	Fort Belvoir Community Hospital
FFSC	Fleet and Family Support Center
FL	Floor
FLO	Family Liaison Officer (Air Force)

FLO	Heet Liaison Officer (Navy)
FRC	Federal Recovery Coordinator
FRG	Family Readiness Group
FRO	Family Readiness Officer
FSC	Family Support Coordinator
HDP-L	Hardship Duty Pay – Location
HOR	Home of Record
CU	Intensive Care Unit
DES	Integrated Disability Evaluation System
FLO	Inpatient Family Liaison Officer
TO	Invitational Travel Orders
WFLO	Inpatient Warrior and Family Liaison Office
JFTR	Joint Federal Travel Regulations
JTF CapMed.	Joint Task Force National Capital Region Medical
LIMDU	Limited Duty
LNO	Liaison
LOS	Length of Stay
M & I	Meal and Incidentals
	Military Advanced Training Center
MCCM	Medical Care Case Manager
MCLO	Marine Corps Liaison Office
	Medical Evaluation Board
MHS	Military Healthcare System
	Military Treatment Facility
	Morale ,Welfare & Recreation
	Nurse Case Manager
NCR	National Capital Region

NEX	Navy Exchange
	Navy Fleet Liaison
NICoE	National Intrepid Center of Excellence
	for Psychological Health and Traumatic Brain Injury
NMA	Non Medical Attendant
NMCM	Non-Medical Care Manager
NSAB	Naval Support Activity Bethesda
	Navy Safe Harbor
OCONUS.	Outside of Continental United States
OEF	Operation Enduring Freedom
OIF	Operation Iraqi Freedom
	Operation New Dawn
TC	Occupational Therapy
OWFLO	Outpatient Warrior and Family Liaison Office
PACU	Post Anesthesia Care Unit
PAD	Patient Administration Department/Division
PCM	Primary Care Manager
PEB	Physical Evaluation Board
PEBLO	Physical Evaluation Board Liaison Officer
PSD	Personnel Support Detachment
PT	Physical Therapy
RCC	Recovery Care Coordinator
REFRAD	Released From Active Duty
RSM	Recovering Service Member
RT	Recreational Therapy
RTD	Return To Duty
SFAC	Soldier Family Assistance Center

SI	Seriously Ill/Injured
TAD	Temporary Assigned Duty
TCS	Temporary Change of Station
TDY	Temporary Duty
TSGLI	.Traumatic Servicemembers' Group Life Insurance
TTO	Travel and Transportation Orders
UCMJ	Uniform Code of Military Justice
USA	United States Army
USAF	United States Air Force
USCG	United States Coast Guard
USMC	United States Marine Corps
USN	United States Navy
USPHS	United States Public Health Service
VA	(Department of) Veterans Affairs
VHA	Veteran Healthcare Administration
VSI	Very Seriously Ill/Injured
	Warrior Family Coordination Center
WII	Wounded, Ill and Injured
WRNMMC	Walter Reed National Military Medical Center
WT	Warrior in Transition
WTB	Warrior Transition Brigade
WTC	Warrior Transition Command
WTU	Warrior Transition Unit
WWBn-E	Wounded Warrior Battalion – East
WWBn-W	Wounded Warrior Battalion – West
WWR	Wounded Warrior Regiment

23.0 Military Rank Insignia Chart

Click chart to view in high resolution. (Internet access required)



24.0Commitment To Excellence

24.1 Healthcare Quality & Safety

Fort Belvoir Community Hospital has earned The Joint Commission's Gold Seal of Approval.

The Joint Commission is an independent, not-for-profit organization which sets the standards by which healthcare quality is measured in

America and around the world, and evaluates the quality and safety of care for more than 15,000 healthcare organizations.

Approximately 80 percent of the nation's hospitals are currently accredited by The Joint Commission.

To maintain and earn accreditation, organizations must have an extensive on-site review by a team of The Joint Commission healthcare professionals, at least once every three years. The purpose of the review is to evaluate the organization's performance in areas which affect patient care. Accreditation may then be awarded based on how well the organization met The Joint Commission standards. This on-site review at Fort Belvoir Community Hospital took place in March 2012.

The Joint Commission standards address the hospital's performance in specific areas, and specify requirements to ensure that patient care is provided in a safe manner and in a secure environment.

Patients with patient care and safety concerns which have not been addressed by the hospital may contact The Joint Commission by calling 800.994.6610.

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COMMISSION

24.0

Commitment To Excellence



Warrior Family Coordination Center

Fort Belvoir Community Hospital Warrior Pavilion, Room D192 703.805.9180 (information) 571.232.7034 (24-hour on call)

Hours

Weekdays, 7:30 a.m. to 5 p.m. On call weekends and federal holidays



fbch.capmed.mil/patients/ wfcc.aspx

24.2 We Want Your Feedback

We are sincerely thankful for the opportunity to serve our Warriors and their families. We value your opinion and are dedicated to ensuring your time with us is positive, so please let us know how we can best serve you and your family to meet your health care needs.

If we fail to provide you with excellent service at any time, or if you'd like to share compliments regarding our staff and the service you receive, let us know! Please share your feedback with the Warrior Family Coordination Center staff.



This reference guide is approved for public release and is available on the Internet at fbch.capmed.mil/documents/ warriorguide.pdf

If you have suggestions for content which should be added to this booklet, or to correct information already included in the booklet, please contact the Fort Belvoir Community Hospital Warrior Family Coordination Center at 703.805.8060.



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9300 DeWitt Loop Fort Belvoir, VA 22060 571.231.FBCH (3224) fbch.capmed.mil

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