



# S.I.C.K. Program

## Self-Initiated Care Kits

- Eligible for TRICARE beneficiaries w/ Pharmacy privileges
- **Over-the-counter** meds w/o an Rx
- No out of pocket expenses
- Self-care for minor illnesses
- 3 meds per person/30-day period

## Ineligible

- PRP or flight status
- Pregnant or breastfeeding
- Children < 2 years
- Symptoms  $\geq$  7 days (except allergies)
- Fever  $\geq$  101.1°F for  $\geq$  3 days

## MEDS

### Available

Adult Tylenol  
 Adult Ibuprofen  
 Robitussin DM  
 Afrin  
 Zyrtec  
 Claritin  
 Children's Tylenol  
 Children's Ibuprofen  
 Children's Zyrtec

### Coming Soon

Bacitracin Ointment  
 Cough Drops  
 Hydrocortisone  
 Cream 1%  
 Maalox  
 Saline Spray  
 Mucinex  
 Artificial Tears

## How-To

- Consult [familydoctor.org](http://familydoctor.org) for self-care
  - Also on [tricareonline.com](http://tricareonline.com)
- Nurse Advice Line
  - (1-800-TRICARE, Opt 1)
- Submit completed S.I.C.K form at the 7 MDG Pharmacy

Form available at:

[dyess.af.mil/units/7thmedicalgroup.asp](http://dyess.af.mil/units/7thmedicalgroup.asp)