

TRICARE

Disaster Resources

Get your up-to-date, critical information that may affect your health benefits:



Bookmark **TRICARE.mil** for alerts and benefit updates at **TRICARE.mil/Disaster**



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GET THE INFO YOU NEED, WHEN YOU NEED IT!

When a State of Emergency is issued, TRICARE may authorize early prescription refills and blanket waivers for referrals or other emergency benefits.

NOT SURE IF YOU NEED CARE?

The Nurse Advice Line is available to you 24/7.

Contact them to:

- + Ask urgent care questions
- + Learn how to get care
- + Talk to a Nurse
- + Schedule appointments
- + Get health care advice anywhere and while traveling
- + Access a secure summary of your care
- + Find a doctor
- + Get an online "sick slip"

URGENT CARE

Urgent Care is also available during a disaster. Urgent care is care you need for a **non-emergency** illness or injury.

- + Treat a condition that doesn't threaten life, limb, or eyesight
- + Needs attention before it becomes a serious risk to health

If you're not sure if you need urgent care, **call the Nurse Advice Line**. They can schedule appointments at a military hospital or clinic or direct you to a network provider.

Are you on active duty? You need a referral for urgent care in most cases. Please contact your primary care manager or regional contractor before you seek care: **www.tricare.mil/CallUs**.

