



**Allergy and Asthma Class:** This class, offered from 1330-1500, educates those with allergies and/or asthma on reducing the attacks while also reducing the need for medication and clinic visits.

**Cholesterol Class:** A two-hour class from 1400-1600, offers participants information on nutritional and physical fitness methods for reducing total cholesterol level/improving HDL/LDL ratio, while improving overall health.

**Diabetes Class:** This one and a half hour class is offered from 1400-1530, and provides participants information on nutritional and physical fitness methods for reducing blood glucose levels, while promoting overall health.

**Hypertension Class:** This one hour class is offered from 1330-1430, and provides participants information on nutritional and physical fitness methods for lowering blood pressure.

**Self Care Class (Take Care Of Yourself):**  
This class provides an orientation to self-care tools noted in the "Take Care of Yourself" book and offers a brief overview of how to access health care at Fort Wainwright. Upon completion of this class, Tri-Care beneficiaries may obtain a select group of non-prescription medications, at no cost, from the pharmacy.

**THIS CLASS IS NOW AVAILABLE ONLINE!**

Call or See Arctic Health Link for access instructions.

**Tobacco Use Cessation Program:** Each session consists of a one-time four-hour class designed to educate and support those desiring to quit tobacco use.

**Please call us to see which classes are offered at your location.**

**Ft Wainwright: 361-4148**

**Ft Richardson: 384-8190**



MEDICATIONS:

- Adult Tylenol (equi) 325 mg Tablets
- Adult Motrin (equi) 200 mg Tablets
- Children's Chewable Tylenol (equi) 80 mg Tablets
- Children's Tylenol (equi) Liquid Suspension
- Children's Motrin (equi) Liquid Suspension
- Robitussin Syrup (12 yrs & older)
- Robitussin DM Syrup (equi) (12 yrs & older)
- Bacitracin Ointment
- Cepacol Lozenges
- Hydrocortisone 1/2% Cream
- Maalox (equi)
- Saline Nose Spray
- Benadryl Syrup (equi) (6 yrs & older)
- Adult Benadryl (equi) 25 mg Capsules
- Clotrimazole 1% (Vaginal Fungal Infection)

**\*Check with your local pharmacy to see which medications are available.**

**DIAL 911 FOR EMERGENCIES**

ONLINE "Get-Linked"

## SELF CARE CLASS



U.S. Army

### Medical Department Activity—Alaska

For more information or help logging on to our website please call the

Arctic Health Link at

Ft Wainwright:

361-4148

Located in the Preventive Medicine/Occupational Health Building (Bldg 4077)

across the parking lot from Bassett Army Community Hospital

Or

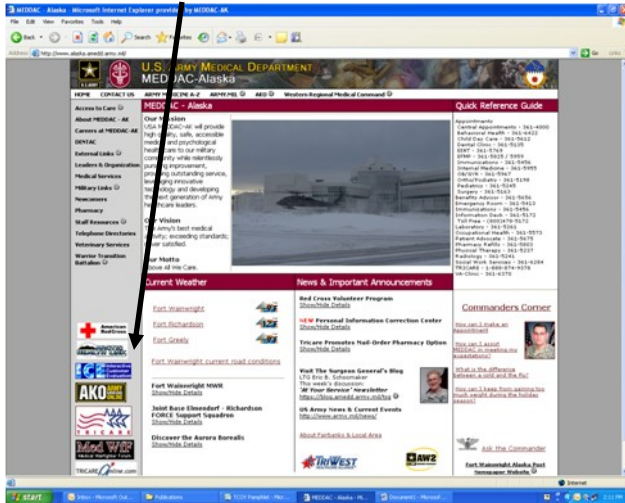
Ft Richardson

Troop Health Clinic

384-8190

## In order to take the test:

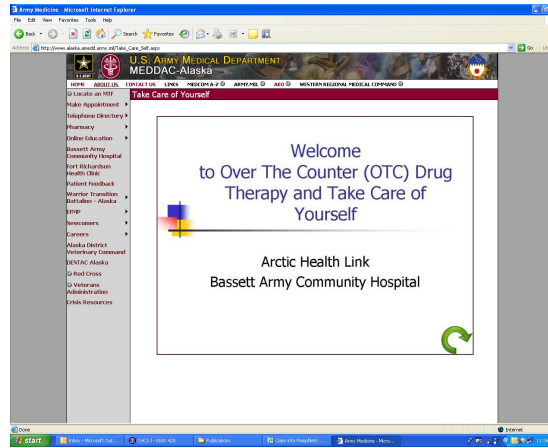
1. Log on to [www.alaska.amedd.army.mil](http://www.alaska.amedd.army.mil)
2. Select “Arctic Health Link” tab under the Red Cross tab.



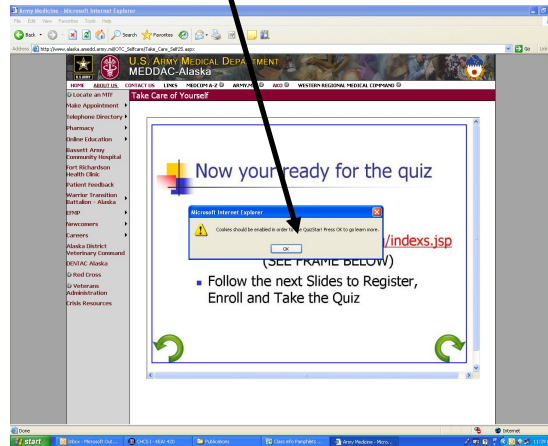
3. Click on “Begin your Online Training”



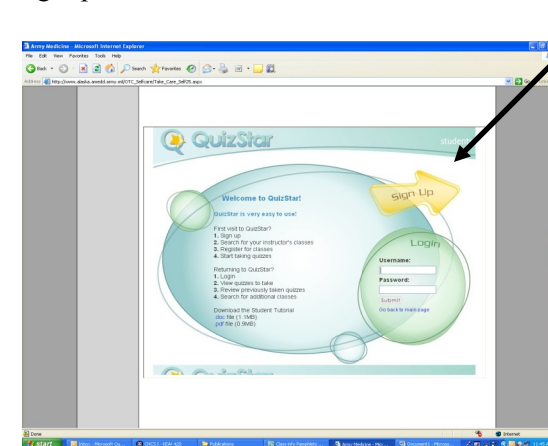
4. Read Power Point Presentation



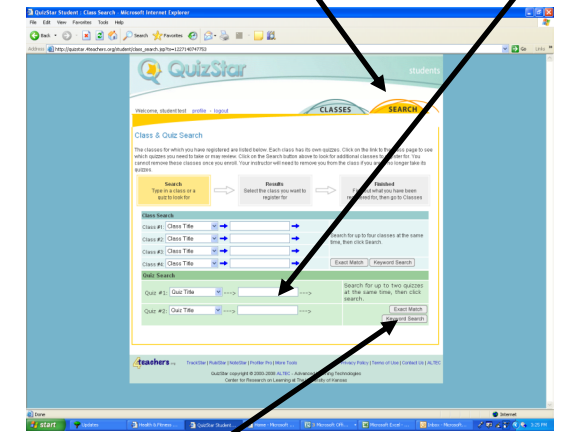
5. Enable Cookies



6. Signup as a first time user and follow the directions.

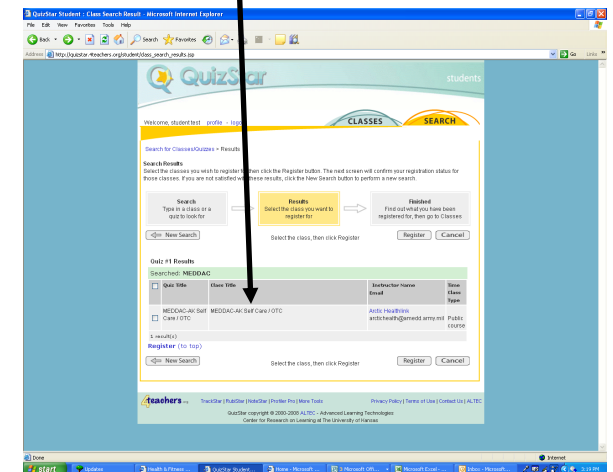


7. Next, click the Search button. Type MEDDAC in the box next to quiz #1 and choose the



- Keyword Search button. Choose the MEDDAC-AK self-care OTC option and register.

8. Take the quiz.



9. Go to the Arctic Health Link office. Get your card and your ‘Take Care of Yourself’ book.

10. Go to the pharmacy and get your over the counter meds.