

# INJURY SLOWING YOU DOWN?

TALK DIRECTLY  
TO A REGISTERED  
NURSE 24/7

**1-800-TRICARE**  
874-2273  
OPTION 1



**NURSE**  
ADVICE LINE

Medical advice   ■   Pediatric issues   ■   Help when traveling  
Deciding if you need to see a doctor   ■   Finding urgent or emergency care  
Scheduling same-day or next-day appointments at military hospital or clinics

*If you have an emergency, call 911 or go to the nearest emergency room*

