



# Help when you need it.

- Talk to a nurse about your health care questions any time, day or night
- Get self-care advice to help you feel better now
- Schedule an appointment with your provider
- Arrange a phone call with your provider

Call the TRICARE Nurse Advice Line at

# 00800-4759-2330



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TRICARE's  
Nurse  
Advice  
Line



## The TRICARE Nurse Advice Line

Talk to a registered nurse,  
24 hours a day, seven days a week

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