



# Beneficiaries can get Cold and Allergy medications through their Navy pharmacy without a prescription and free of charge.

Naval Medical Center Portsmouth is expanding its Over the Counter **cold/allergy medication** program to include BHCs Oceana, Norfolk, and Boone starting Nov. 4. The remainder of the clinics will go live with the program Nov. 18. Follow the steps below to get yours.

- Text “get in line” to 1-833-217-2199 or scan the QR code to begin the process of requesting medications
- Follow the Pharmacy Cold and Allergy Clinic prompts and answer the questions about your health history
- Get a text when your medications are ready for pickup
- Follow text message instructions to pick up your medications



**Beneficiaries may only receive over the counter medications once every 60 days.**  
**For more information visit <https://portsmouth.tricare.mil/Health-Services/Pharmacy/Q-Anywhere>.**