



Cold/Allergy medications now available at the Main NMCP Pharmacy without a prescription.

Are you a beneficiary between the ages of six and 65 years old with cold or allergy symptoms? You can now get over the counter cold and allergy medications FREE through the Main NMCP Pharmacy.

- 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>.**