



Cold/Allergy medications available at all NMCP Outpatient Pharmacies without a prescription.

Are you a beneficiary between the ages of 6 and 65 and experiencing a runny, stuffy, or itchy nose, nasal or chest congestion, sneezing, cough, sore throat, or a mild fever? You can now get **over the counter** cold and allergy medications **FREE** through your preferred NMCP Pharmacy.

- Text “get in line” to **1-833-217-2199** or scan this QR code
- Click the link provided to **request 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
- Text “I am here” upon arrival at the pharmacy and listen for your “Q” number



**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>.**