



## Important Phone Numbers

Health Promotion Program,  
Army Wellness Center  
254-288-8488

TRICARE Service Center  
800-444-5445

CRDAMC Central Appointment System  
254-288-8888  
800-305-6421

Pharmacy (medication questions)  
254-288-8100

Poison Control Center Hotline  
800-222-1222

Ambulance  
911



Army Wellness Center  
Health Promotion Program  
Department of Preventive Medicine  
Carl R. Darnall Army Medical Center  
Fort Hood, Texas  
254-288-8488

Carl R. Darnall Army Medical Center  
Public Affairs & Marketing Office  
[www.crdamc.amedd.army.mil](http://www.crdamc.amedd.army.mil)  
CRDAMC HO 521  
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**Self Care**  
Department of Preventative Medicine

**DARNALL**  
ARMY MEDICAL CENTER





# The Self Care Program

Self Care is an educational program open to all TRICARE Prime and TRICARE for Life beneficiaries.

The Self-Care class focuses on guidelines for healthy living, home treatment for minor illnesses and injuries, and recognizing the need for urgent medical care. All soldiers who inprocess at the Copeland Service Center will participate in the class.

The Self-Care Program was developed to increase individual wellness by empowering soldiers and families to be responsible for personal health.

Upon completion of a one-time, one hour class, participants receive a card which enables them to receive limited quantities of over-the-counter (OTC) medications without a provider's prescription, along with guidance for use from a staff pharmacist.

## How to Enroll

To enroll in a class, call the Army Wellness Center at 288-8488.

Special classes for units and battalion-level Family Readiness Groups (FRGs) are available upon request by calling the Army Wellness Center at 288-8488.

For questions about the Self-Care Program, please call the Army Wellness Center at 254-288-8488.

Location: Bldg. 12019, 31st Street & Old Ironside, Resiliency Campus

