



# OTC Self Care Medications

Evans Army Community Hospital

**Evans Army Community Hospital has a new program entitled Self-Care. It provides Soldiers, their Family members and TRICARE Beneficiaries access to over-the-counter medications. Now, cold and flu remedies, pain relievers and basic care medications are available simply by presenting your Self Care Class card and filling out a request form at all Fort Carson pharmacy locations and at Premier Army Health Clinic.**

**To get a Self Care Class card, beneficiaries must attend a one hour-long class offered every third Wednesday of each month at 1-2 p.m. in EACH, room 2513-2519, Cochrane Hall**



**Evans Army Community Hospital**  
1650 Cochrane Circle  
Fort Carson, Colorado  
Your Address Line 4

The EACH Outpatient Pharmacy is located on the hospital's ground floor. Present Self Care Class card for OTC medications.