

## Army Information Update

Because information is power, we are informing you each personally and inspiring you to pass it along.

This month we're sharing free resources & tips that are part of your benefits as an Army family.

### Medical Care ([TRICARE Prime/Select](#)) & Dental Care ([United Concordia](#))

- [Nurse Advice Line \(24/7\)](#): Call **1-800-TRICARE (874-2273)** for on-demand nurses, pediatric video visits at night, and help deciding urgent vs. ER. They can often book you directly into a Military Treatment Facility (MTF)
- [MHS GENESIS Patient Portal](#): Secure messages, refills, lab results, and online appointment requests. Tip: add all family members to your portal and set text alerts. [See FAQs](#).
- [\\$0-copay meds at Military Treatment Facility \(MTF\) pharmacy](#): Ask if your prescription is "on-formulary and available on post". MTF pick-up is \$0. Home delivery and retail may have copays.
- [Use Secure Messaging through MHS Genesis](#): for refills, school notes, and referral questions.
- [Looking for a Tricare Dental Provider in YOUR area?](#) United Concordia Service Providers can help.
- [Need Help Taking the First Step?](#) Try the [Tricare Wizard](#)

### Money & Legal

- [Personal Finance Counseling \(FINRED\)](#): Free 1-on-1 budgeting, TSP optimization, and debt plans. Ask [YOUR ACS](#) for a certified counselor.
- [MilTax \(via Military OneSource\)](#): Free tax filing + human help for service members and spouses.
- [Legal Assistance Office](#): Free help with leases, estate planning, wills, powers of attorney, OCONUS dependent employment, deployment preparation, consumer disputes, landlord issues and more!
- [Servicemembers Civil Relief Act](#): Have a debt the Soldier took out BEFORE going on active duty? The Soldier can have the interest reduced to 6% and be refunded the interest paid over that amount. [Military Spouses](#) have protections and relief under this act, too.
- [Free Credit Monitoring](#): Active-duty members can enroll for free credit monitoring with [Equifax](#), [Experian](#), and [TransUnion](#).

### School & Kids

- [School Liaison Officer \(SLO\)](#): Your first stop for zoning, enrollment, kindergarten cut-offs, special education contacts, sports tryouts, and local school culture.
- [Unlimited free, on-demand Tutoring](#) - (K-college), writing review within 12 hours, SAT/ACT help.
- [Military Interstate Children's Compact Commission \(MIC3\)](#): Know your rights at enrollment (immunization grace periods, course placement, activities, graduation). Ask questions.
- [CYS Parent Central](#): Ask about Youth Programs, Summer Camps, Childcare Subsidies, Waitlist Tips, Family Childcare Providers (FCC), Part-time/Short-term options childcare and more!
- [EFMP Family Support](#): Free navigation for TRICARE referrals, local providers, school IEP/504 coordination, and respite resources.

### Relationships & Well-being

- [Military & Family Life Counseling \(MFLC\)](#): Short-term, **no-records** counseling for adults, couples, and kids. Many schools/youth centers have embedded MFLCs.
- [Military OneSource \(24/7\)](#): **800-342-9647** for non-medical counseling, specialty consultations (education, special needs, adoption), and free coaching.

*Our Goal: Every Army Spouse & Family are Aware of Big Army Information, Efforts, and Initiatives.*

- **Chaplains:** Search by your state/location and choose the Garrison Website to find your closest Chaplain. Or visit any on-post chapel and walk right in! 100% confidential counseling, crisis support, classes, and free retreats for couples/families. See the [Spiritual Fitness Guide 2025](#).
- **New Parent Support Program (NPSP):** Free home-visiting nurses/educators for expectant parents and children under 3; sleep/feeding support and developmental screenings. Here's a great [overview of the program](#).

#### Free Perks You Can Use

- **National Parks Military Pass:** Free annual pass for active-duty + dependents. Grab it at a park gate with your military ID.
- **Blue Star Museums Free Summer Visits:** Summer 2026! Free museum entry for currently serving families from Armed Forces Day through Labor Day.
- **My Army Post app:** One hub for gate hours, clinics, events, and on-post services; set your installation as "home" and enable push alerts.

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#### Quick contacts to remember

- **Nurse Advice Line: 1-800-TRICARE (874-2273)**
- **Army Quality of Life Website- The Digital Front Door for Army Families.**
- **Military OneSource (24/7): 800-342-9647**
- **Find YOUR Installation's Websites (Garrison, ACS, MWR)**

