



**NEWS RELEASE**  
TRICARE Management Activity  
Communications and Customer Service  
Office of Public Affairs  
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## **Hurricane Irene Threatens East Coast: Are You Prepared?**

FALLS CHURCH, Va. – The last weekend of August could be tough for residents of the East Coast where Hurricane Irene is predicted to strike. TRICARE beneficiaries should start preparing to weather the storm or, if necessary, evacuate as soon as possible.

The National Weather Service expects Irene to be off the North Carolina coast by Saturday. By then, forecasters warn that Irene could have sustained winds near 120 mph. The center of the storm could be over Virginia by Sunday and threaten the rest of the Eastern Seaboard.

Any TRICARE beneficiary in the path of the storm needs to get ready. The National Hurricane Center offers the latest news at [www.nhc.noaa.gov](http://www.nhc.noaa.gov). The TRICARE disaster information page, [www.tricare.mil/disasterinfo](http://www.tricare.mil/disasterinfo) has updates on military treatment facility closures and other health care information. The page also includes a wallet card with critical contact numbers.

Beneficiaries should have an emergency kit on hand. Kits should contain food and water, a battery operated weather radio, flashlights, first aid supplies and medical necessities. Medical assistance may not be immediately available following a disaster. Make sure everything in the kit works and that food and water have not expired.

Below is a list of health-related information to include for each family member:

- Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number), Medicare card or other health insurance card.
- Copies of family members' names, addresses, phone numbers, etc.

- A list of primary care managers, other doctors and phone numbers.
- Emergency contact names and phone numbers.
- Known prescription medications and doses.
- A list of allergies.
- Style, model and serial numbers for any medical devices.

Below is a list of health-related items to include in the kit:

- Prescription medications
- Non-prescription drugs such as pain relievers, anti-diarrhea medication, antacids, laxatives and itch control creams
- Extra batteries for wheelchairs and hearing aids
- Personal items such as eyeglasses and other special equipment

Beneficiaries should follow any mandatory or voluntary state evacuation orders. For more information and tips on disaster preparedness, visit the Department of Homeland Security's preparedness Web page at [www.ready.gov](http://www.ready.gov).

Contact numbers:

- Health Net Federal Services  
(TRICARE North Region Contractor)  
[www.hnfs.com](http://www.hnfs.com)  
1-877-874-2273
- Humana Military Healthcare Services, Inc.  
(TRICARE South Region Contractor)  
[www.humana-military.com](http://www.humana-military.com)  
1-800-444-5445
- American Red Cross  
<http://newsroom.redcross.org>  
1-800-733-2767
- Federal Emergency Management Agency  
[www.fema.gov](http://www.fema.gov)  
1-800-621-3362

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The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

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Note to editors: For further questions on this release please contact the release POC, the TRICARE Public Affairs Office at (703) 681-1770, or the TRICARE press room at [www.tricare.mil](http://www.tricare.mil).