

## How to Acquire Medical Assistance When Traveling Abroad

International SOS Alarm Centers are open to help you 24-hours a day, 365 days a year. They can respond rapidly to any type of emergency or call for assistance.

If you have the capability to dial a toll-free number call **1-877-451-8659** and you will be transferred to the Alarm Center designated for your area.

Toll-free lines may not be available for all mobile phone carriers overseas. If you are unable to call toll-free there are additional contact numbers for each region:

- **Pacific: +65-6339-2676**
- **Latin America and Canada: 1-800-834-5514 or Collect 1-215-942-8393**
- **Europe: 44-20-8762-8133/Collect: 44-20-8762-8125**

To locate the contact number for the specific country:

[www.tricare-overseas.com](http://www.tricare-overseas.com)

1. Select... *Beneficiaries Tab* at the top of the page
2. Select... *Country-Specific Contact Information*
3. Select... *The Region* to display customized contact information
4. Select... *The Country* in which you are currently located

West Point's Health Benefits Advisors are also available to assist you:

Monday – Friday 0645 – 1630 EST (845) 938-4838

[cathy.schelling@amedd.army.mil](mailto:cathy.schelling@amedd.army.mil)

[cathy.siemer@amedd.army.mil](mailto:cathy.siemer@amedd.army.mil)

**Do not delay care.** *If you need immediate medical assistance go to the nearest emergency room and contact the designated Alarm Center as soon as you are able.*