

MILITARY REPORT THE MILITARY'S LARGEST BENEFITS UPDATE

VA Launches Veteran Appointment Request App

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The Department of Veterans Affairs (VA) has created a web-based app that allows veterans using its medical system to request or schedule certain appointments online. The Veteran Appointment Request (VAR) app is available to use at select locations and can be used with any compatible Web browser, whether on a desktop or mobile device. Currently, veterans can use VAR at 100 VA medical centers across the nation; more are coming online every few weeks. To see where VAR is available, visit the [VA website](#). Download the app on your smartphone or tablet from the [VA App Store](#). For more on veteran benefits, visit the [Military.com Benefits Center](#).

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TRICARE Nurse Advice Line

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Thanks to the free Military Health System [Nurse Advice Line](#) (NAL), a medical professional is just a phone call away. Registered nurses (including pediatric nurses) at the NAL help stateside TRICARE beneficiaries decide what course of action they should take. In many cases, the nurse will tell you how to care for your issue on your own. If needed, the nurse will help you find the closest emergency room or urgent care center. The nurse can also help you schedule a next-day appointment at a military hospital or clinic, if available. NAL is available 24 hours a day. For more information, watch the TRICARE video on [NAL](#). To call the NAL, dial 1-800-TRICARE (1-800-874-2273) and select option 1.

For more on TRICARE benefits, visit the [Military.com TRICARE section](#).