

# **Attn: All Active Duty Patients**

**Schedule your follow up appointment with  
your Primary Care Manager (PCM):**

**Nurse Advice Line:**

1-800-874-2273

Japanese:

00-66-3382-1820

**Appointment Line:**

225-8864

042-552-2510

**374<sup>th</sup> MDG Site**

<http://yokota.tricare.mil/>

**TOL Secure Messaging**

[TOLsecuremessaging.com](http://TOLsecuremessaging.com)



TOL Secure Messaging DEMO

<https://www.youtube.com/watch?v=TqziYrfKmXM>