



Health & Wellness

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Anomalous Health Incidents

Anomalous Health Incidents are also known as “Havana Syndrome.” They’re rare conditions that first occurred in 2016. Employees of the U.S. Embassy in Havana, Cuba, described sudden unexplained head pressure, head or ear pain, dizziness, and more.

In recent years, other federal employees reported a series of sudden and disturbing sensory events. The scientific community's understanding of AHI is still evolving. The Department of Defense (DOD) is committed to guaranteeing people affected by AHI get the right medical care as quickly as possible.

Frequently Asked Questions

AHI are an emerging health and readiness concern. The condition is also known as “Havana Syndrome.”

DOD personnel reported a series of sudden and disturbing sensory events in recent years. These include loud sounds, pressure, or heat. They can happen at the same time or separately, preceding a new onset of symptoms.

Symptoms can vary but include:

- Dizziness (unsteadiness or vertigo)
- Emotional distress
- Headache
- Hearing loss
- Insomnia
- Mild confusion
- Nausea
- Slowed thinking

Some people report relief from AHI symptoms within a couple of days or weeks. Others report longer difficulties. Treatment can reduce or resolve longer symptoms.

No. AHI aren’t common and typically affect few people. AHI symptoms are like other health conditions. A thorough medical evaluation from a health care provider is important.

Yes. Treatment reduces symptoms and speeds recovery.

In most cases, your primary care provider can address AHI symptoms. Other cases need a more comprehensive approach. Treatment may include:

- Audiology
- Behavior health

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- Neurology
- Physical therapy
- Primary care

Treatment can also include integrative health care, like art, music, and movement therapies.

If you have AHI symptoms, immediately contact your health care provider to seek treatment. Your health care provider will conduct a comprehensive assessment and treat your symptoms.

Your health care provider can look for red flags that could suggest a medical emergency unrelated to AHI. They may refer you to emergency care.

An AHI is a counterintelligence incident. Active duty service members should report it to their chain of command and supply an intelligence debrief.

Other federal employees should report the incident to their supervisor.

- You'll be sent for a medical evaluation if you haven't already had one.
- Your supporting counterintelligence office will contact you for a debrief on the incident.
- If needed, your employer can work to get you access to the Military Health System. This is for AHI care if you aren't a TRICARE beneficiary.

If you've had an AHI, seek medical care as soon as possible. Referrals are based on your evaluation.

- Are you a TRICARE beneficiary? Your follow-up care can start during your visit with your primary care provider.
- Not a TRICARE beneficiary? You should seek care through your regular medical provider. You may be eligible for DOD care on referral from your employer.
- Not typically eligible for DOD care? You may have to wait several weeks before your first appointment.

Yes. TRICARE covers treatment for AHI.

Yes. You are eligible for health care related to an AHI at a military hospital or clinic. This will be at no cost.

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