TRICARE®

Your Military Health Plan

Important Contact Information

TRICARE Stateside Contacts

North Region

Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

South Region

Humana Military, a division of
Humana Government Business
1-800-444-5445
HumanaMilitary.com

Warrior Navigation and Assistance Program
1-888-4GO-WNAP (1-888-446-9627)

West Region

UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhcmilitarywest.com

Claims—All Regions

www.myTRICARE.com

North: 1-877-874-2273
South: 1-800-403-3950
West: 1-877-988-9378

TRICARE Prime Remote (TPR)

www.tricare.mil/tpr

Active Duty: 1-888-647-6676
www.tricare.mil/greatlakes

US Family Health Plan (USFHP)

1-800-74-USFHP (1-800-748-7347)
www.tricare.mil/usfhp

TRICARE Overseas Program

Eurasia-Africa

+44-20-8762-8384 (*overseas*)
1-877-678-1207 (*stateside*)
tricarelon@internationalsos.com

Medical Assistance
+44-20-8762-8133

Latin America and Canada

+1-215-942-8393 (*overseas*)
1-877-451-8659 (*stateside*)
tricarephl@internationalsos.com

Medical Assistance
+1-215-942-8320

Pacific

Singapore
+65-6339-2676 (*overseas*)
1-877-678-1208 (*stateside*)
sin.tricare@internationalsos.com

Medical Assistance
+65-6338-9277

Sydney
+61-2-9273-2710 (*overseas*)
1-877-678-1209 (*stateside*)
sydtricare@internationalsos.com

Medical Assistance
+61-2-9273-2760

For toll-free contact information, visit ***www.tricare-overseas.com****. Only call Medical Assistance numbers to coordinate overseas emergency care.*

TRICARE Area Offices

Eurasia-Africa

(*Africa, Europe, and the Middle East*)

+1-888-777-8343, option 1
314-590-2999 (*DSN*)

www.tricare.mil/eurasiaafrica

Latin America and Canada

(*Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands*)

+1-888-777-8343, option 2
94-554-8520 (*DSN*)

www.tricare.mil/tlac

Pacific

(*Asia, Australia, Guam, India, Japan, New Zealand, South Korea, and Western Pacific remote countries*)

+1-888-777-8343, option 3
315-645-9155 (*DSN*)

www.tricare.mil/pacific

Other Important Contacts

TRICARE Pharmacy Program

1-877-363-1303
www.tricare.mil/pharmacy

TRICARE Dental Programs

www.tricare.mil/dental

Active Duty Dental Program (ADDP)
1-866-984-ADDP (1-866-984-2337)

TRICARE Dental Program (TDP)
1-855-MET-TDP1 (1-855-638-8371) (*stateside*)
1-855-MET-TDP2 (1-855-638-8372) (*overseas*)

TRICARE Retiree Dental Program (TRDP)
1-888-838-8737

TRICARE For Life (TFL)

1-866-773-0404
www.tricare.mil/tfl

Defense Enrollment Eligibility Reporting System (DEERS)

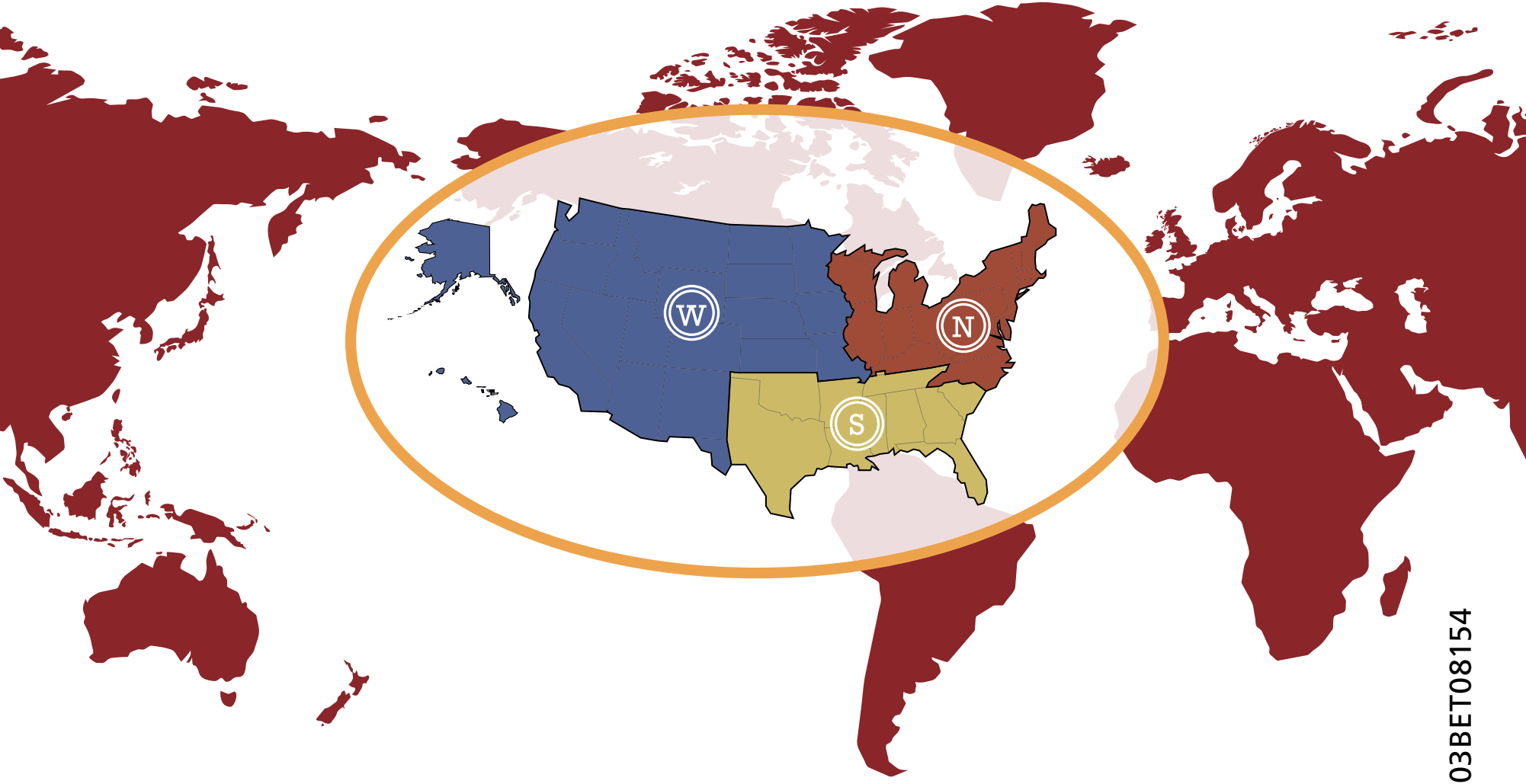
1-800-538-9552
www.tricare.mil/deers

http://milconnect.dmdc.osd.mil
(*update DEERS, view eCorrespondence*)

Nurse Advice Line (*Stateside*)

1-800-TRICARE (1-800-874-2273), option 1

For a complete list of TRICARE contacts, visit ***www.tricare.mil/contactus****.*



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