



TRICARE[®]

Regional Contractors

Regional contractors work with the Department of Defense to administer the TRICARE medical benefit in each TRICARE region. Visit the websites below for lists of network and non-network health care providers, referral and prior authorization status and more.

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NORTH REGION

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

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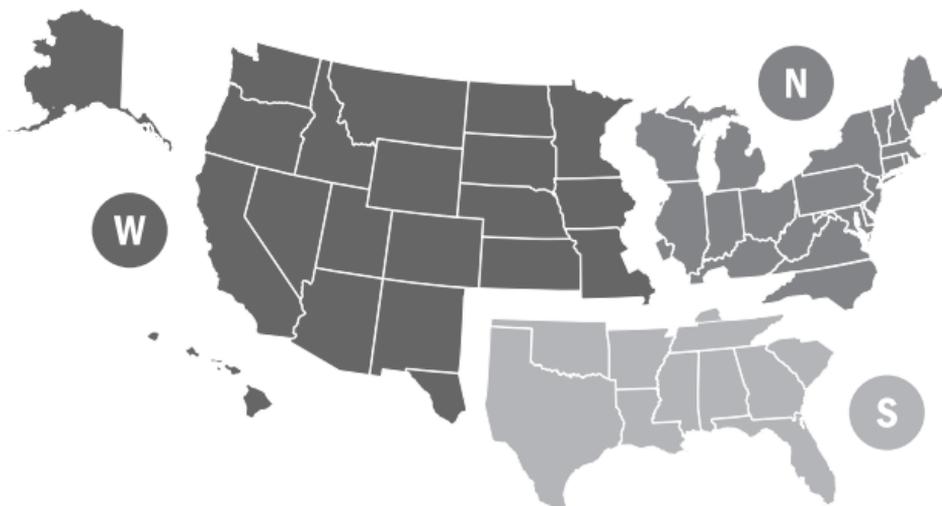
SOUTH REGION

Humana Military
1-800-444-5445
HumanaMilitary.com

W

WEST REGION

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



Important News from TRICARE

KEEP YOUR DEERS INFORMATION UP TO DATE

The Affordable Care Act (ACA) requires most Americans to maintain basic health care coverage, called minimum essential coverage. TRICARE meets this requirement under the ACA. The Internal Revenue Service will collect penalties from most individuals who do not maintain minimum essential coverage. TRICARE must be able to verify your coverage status based on your Defense Enrollment Eligibility Reporting System (DEERS) record. You must keep your DEERS information up to date for TRICARE to verify that all of your family members maintained minimum essential coverage. Your Social Security number (SSN) and the SSN of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

MAKE SURE YOUR CHILD IS COVERED BY TRICARE

Register your child in DEERS at a uniformed services ID card office. Visit www.dmdc.osd.mil/rsi to find an office in your area. To make sure your child is covered by a TRICARE Prime option, enroll your child within 60 days of birth or adoption. You may enroll by using the Beneficiary Web Enrollment website at www.dmdc.osd.mil/appj/bwe, calling your regional contractor or submitting a *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form* (DD Form 2876) to your regional contractor. If you don't enroll your child in a TRICARE Prime option by day 61, he or she will be covered under TRICARE Standard and TRICARE Extra.

REPORT YOUR OTHER HEALTH INSURANCE

If you have other health insurance (OHI), you must report it. OHI applies to health care services you get from civilian providers and at military hospitals and clinics. For more information about using your TRICARE benefit when you have OHI, visit www.tricare.mil/ohi.

FIND TRICARE COST INFORMATION ONLINE

TRICARE costs are subject to change. Visit www.tricare.mil/costs for the most up-to-date cost information.