TRICARE®

IMPORTANT CONTACT INFORMATION

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TRICARE Prime Remote (TPR)
www.tricare.mil/tpr
Active Duty: 1-888-647-6676
www.health.mil/greatlakes

US Family Health Plan (USFHP)
1-800-74-USFHP (1-800-748-7347)
www.tricare.mil/usfhp

TRICARE STATESIDE CONTACTS

East Region
Humana Military
1-800-444-5445
www.tricare-east.com
Warrior Navigation and Assistance Program
1-888-4GO-WNAV (1-888-446-9627)

West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TRICARE OVERSEAS PROGRAM

For toll-free, country-specific contact information, visit www.tricare-overseas.com/contact-us.

Only call Medical Assistance numbers to coordinate emergency care overseas.

Latin America and Canada
1-888-777-8343 (overseas)
312-761-1153 (DSN), option 1, ext. 536-6200

Eurasia-Africa
1-888-777-8343, option 1
314-590-2999 (DSN)

Pacific
315-645-4854 (DSN)

www.health.mil/tao

TRICARE AREA OFFICES

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
312-761-1153 (DSN), option 1, ext. 536-6200

Eurasia-Africa (Africa, Europe, and the Middle East)
1-888-777-8343, option 1
314-590-2999 (DSN)

Pacific
(Asia, Australia, Guam, India, Japan, New Zealand, South Korea, and Western Pacific remote countries)
315-645-4854 (DSN)

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

A Registered Nurse is Only a Call or Click Away!

Web Chat
Video Chat

Find your benefits number on your ID card.

www.mhsnurseadvice.com

Call (visit us on the web to find your location-specific number)

www.MHSNurseAdviceLine.com

www.tricare.mil/pharmacy

Dental Programs

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

TRICARE Dental Program (TDP)
1-844-653-4061 (CONUS)
1-844-653-4060 (OCONUS)

Federal Employees Dental and Vision Insurance Program (FEDVIP)
www.tricare.mil/fedvip

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

www.dmdc.osd.mil/milconnect
(update DEERS, view eCorrespondence)

Social Media
Follow TRICARE on Facebook, Twitter, and YouTube.