



**2018  
Overseas**



**TRICARE® Your Military Health Plan**  
**IMPORTANT CONTACT INFORMATION**



### 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)  
tricarephi@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

Visit [www.tricare-overseas.com](http://www.tricare-overseas.com) for toll-free contact information. 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.health.mil/tao](http://www.health.mil/tao)

#### 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

[www.health.mil/tao](http://www.health.mil/tao)

#### Pacific

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

315-645-4854 (DSN)

[www.health.mil/tao](http://www.health.mil/tao)

### STATESIDE CONTACTS

#### TRICARE West Region

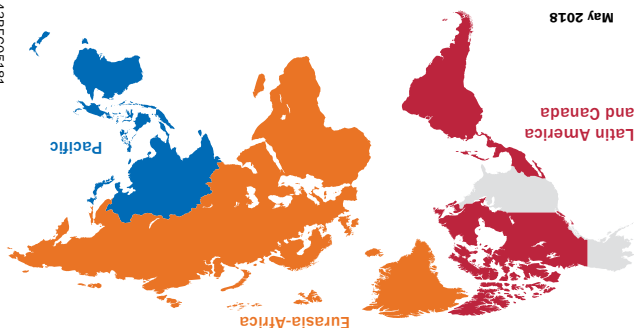
1-844-866-WEST (1-844-866-9378)  
[www.tricare-west.com](http://www.tricare-west.com)

#### TRICARE East Region

1-800-444-5445  
HumanaMilitary.com  
[www.tricare-east.com](http://www.tricare-east.com)

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### MHS NURSE ADVICE LINE

Visit: [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)

Bahrain: 8000-0453 (Local toll-free)

Belgium:  
00-800-4759-2330 (International)  
0800-71920 (Local toll-free)

Cuba: Call local military hospital or clinic,  
or 1-800-TRICARE (1-800-874-2273),  
option 1 (T-Mobile network only)

Germany:  
00-800-4759-2330 (International)  
0800-825-1600 (Local toll-free)

Greece: 00-800-11-815-3044 (Local toll-free)

Italy:  
00-800-4759-2330 (International)  
800-877660 (Local toll-free)

Japan:  
0066-33-821820 (Mobile)  
0120-996-985 (Mobile)

Japan (Continued): 94-888-901-7144 (DSN)

South Korea:  
080-500-4011 (Mobile)  
94-888-901-7144 (DSN)

Spain:  
00-800-4759-2330 (International)  
900-93-1193 (Local toll-free)

Turkey: 00-800-13-815-9042 (Local toll-free)

United Kingdom:  
00-800-4759-2330 (International)  
0800-96-3115 (Local toll-free)

United States of America  
1-800-TRICARE (1-800-874-2273), option 1  
Also accessible in Guam, Puerto Rico and Diego Garcia  
(British Indian Ocean Territory)

Visit [www.tricare.mil/contacts](http://www.tricare.mil/contacts) for a complete list of TRICARE contacts.

TRICARE Pharmacy Program  
[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)  
1-877-363-1303  
TRICARE Dental Programs  
[www.tricare.mil/dental](http://www.tricare.mil/dental)  
TRICARE Active Duty Dental Program (ADDP)  
1-866-984-ADDP (1-866-984-2337)  
TRICARE Dental Program (TDP)  
1-844-653-4061 (CONUS)  
TRICARE Retiree Dental Program (TRDP)  
1-888-838-8737  
TRICARE For Life (TFL)  
1-866-773-0404  
[www.tricare.mil/tfl](http://www.tricare.mil/tfl)  
Defense Enrollment Eligibility  
Reporting System (DEERS)  
1-800-538-9552  
[www.tricare.mil/deers](http://www.tricare.mil/deers)  
1-800-538-9552  
www.dmdc.osd.mil/milconnect  
(update DEERS, view eCorrespondence)  
Social Media  
Follow TRICARE on Facebook, Twitter  
and YouTube.

### OTHER IMPORTANT CONTACTS

Get 24/7 medical advice and self-treatment instructions in any of the countries above.

