

TRICARE® IMPORTANT CONTACT INFORMATION



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TRICARE STATESIDE CONTACTS

W

West Region

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

E

East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com

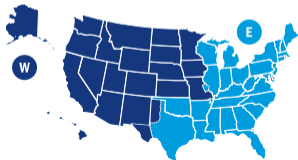
Warrior Navigation and
Assistance Program
1-888-4GO-WNAP (1-888-446-9627)

TRICARE Prime Remote

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

US Family Health Plan

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



TRICARE OVERSEAS PROGRAM

These are TRICARE Overseas Program Regional Call Centers. The call centers are available 24/7 to provide general information, connect you with language assistance, and answer your benefit-related questions.

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

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

Medical Assistance
+65-6338-9277

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

TRICARE AREA OFFICES

www.health.mil/tao

Eurasia-Africa

(Africa, Europe, and the Middle East)

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

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)

Pacific

(American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, the Northern Mariana Islands, South Korea, and Western Pacific remote countries)

1-888-777-8343, option 3
315-645-3199 (DSN)



OTHER IMPORTANT CONTACTS

TRICARE Pharmacy Program

www.tricare.mil/pharmacy

Express Scripts, Inc.

<https://militaryrx.express-scripts.com>

1-877-363-1303

Dental Programs

www.tricare.mil/dental

TRICARE Active Duty Dental Program

1-866-984-2337 (CONUS)

1-844-653-4058 (OCONUS)

TRICARE Dental Program

1-844-653-4061 (CONUS)

1-844-653-4060 (OCONUS)

TRICARE For Life

www.tricare.mil/tfl

1-866-773-0404

Federal Employees Dental and Vision Insurance Program

www.benefeds.com

Defense Enrollment Eligibility Reporting System (DEERS)

www.tricare.mil/deers

<https://milconnect.dmdc.osd.mil>

1-800-538-9552

Contact DEERS to check your TRICARE eligibility or for help with eligibility-related issues.

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



Call (Visit the web to find your location-specific number.)

In the U.S., call 1-800-TRICARE
(1-800-874-2273), option 1.

MHSNurseAdviceLine.com

Find your DOD benefits number on your ID card.