



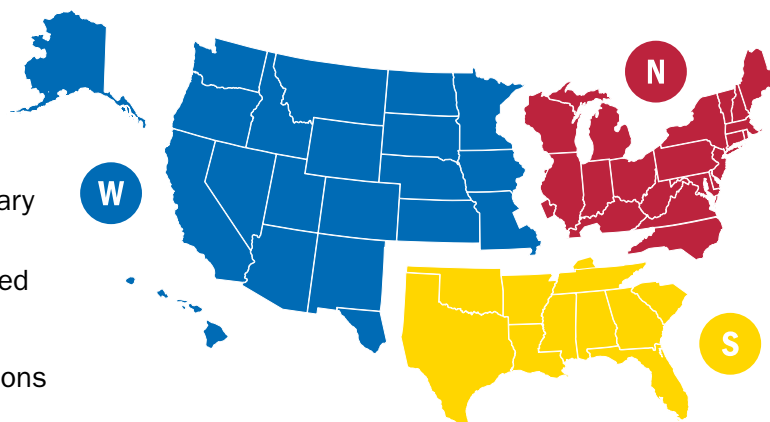
TRICARE® Resources for Service

Get answers to your TRICARE questions using these convenient online and toll-free call center resources

Visit the “I want to ...” section at www.tricare.mil to:

- Enroll in or Purchase a Plan
- File or Check a Claim
- View Referrals and Prior Authorizations
- Find a Health Care Provider
- Download a Form
- Change Your Primary Care Manager
- See What’s Covered
- Compare Plans
- Manage Prescriptions

...and more



TRICARE Regional Contractors

Regional contractors work with the Department of Defense to administer the TRICARE medical benefit.

STATESIDE



North Region

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



South Region

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



West Region

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

OVERSEAS

TRICARE Overseas Program (TOP)

International SOS Government Services, Inc.
www.tricare-overseas.com



TOP REGIONAL CALL CENTERS

Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)

Pacific (Singapore)

+65-6339-2676 (overseas)
1-877-678-1208 (stateside)

Pacific (Sydney)

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)

SIGN UP FOR eCORRESPONDENCE

Go to www.dmdc.osd.mil/milconnect and sign up for eCorrespondence to get important information about your TRICARE benefit.

KEEP YOUR DEERS INFORMATION UP TO DATE!

It is important to keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date: www.tricare.mil/deers

You have several convenient options for updating your contact information in DEERS:

- milConnect: www.dmdc.osd.mil/milconnect
- 1-800-538-9552 or 1-866-363-2883 (TDD/TTY)
- 1-831-655-8317 (fax)

To add a family member, go to an ID card office. Find an office at www.dmdc.mil/rsl.

Sign up for a DS Logon in order to log in to milConnect: <https://myaccess.dmdc.osd.mil>

TRICARE PROGRAM COSTS

Health care costs vary depending on your TRICARE program option. Get the latest TRICARE cost information including dental and pharmacy costs:

www.tricare.mil/costs

TRICARE COVERED SERVICES

Get details about TRICARE coverage, limitations and exclusions:

www.tricare.mil/coveredservices

GETTING CARE

Find a health care provider:

www.tricare.mil/findaprovider

Make an appointment at a military hospital or clinic:

www.tricareonline.com

Find a military hospital or clinic:

www.tricare.mil/mtf

TRICARE Programs and Resources

TRICARE Pharmacy Program www.tricare.mil/pharmacy
Express Scripts, Inc. www.express-scripts.com/TRICARE
1-877-363-1303

TRICARE Active Duty Dental Program www.tricare.mil/addp
www.addp-uccl.com
United Concordia Companies, Inc. 1-866-984-2337

TRICARE Dental Program www.tricare.mil/tdp
www.uccitdp.com
United Concordia Companies, Inc. 1-844-653-4061 (CONUS)
1-844-653-4060 (OCONUS)

TRICARE Retiree Dental Program www.tricare.mil/trdp
www.trdp.org
Delta Dental of California 1-888-838-8737

TRICARE For Life www.tricare.mil/tfl
Wisconsin Physicians Service—Military and Veterans Health www.TRICARE4u.com
1-866-773-0404

Continued Health Care Benefit Program www.tricare.mil/chcbp
HumanaMilitary.com
Humana Military 1-800-444-5445

US Family Health Plan www.tricare.mil/usfhp
www.usfhp.com
1-800-748-7347

Tobacco-Cessation Resources
North Region Tobacco Quitline: 1-866-459-8766
South Region Tobacco Quitline: 1-877-414-9949
West Region Tobacco Quitline: 1-888-713-4597
TRICARE website: www.tricare.mil/tobacco cessation
UCanQuit2 website: www.ucanquit2.org

New to TRICARE
Learn more about TRICARE—watch an overview video and take the free public TRICARE Fundamentals course online: www.tricare.mil/new

ADDITIONAL RESOURCES
TRICARE Contacts: www.tricare.mil/contactus
TRICARE Publications Site (view/download TRICARE materials): www.tricare.mil/publications
Claims: www.tricare.mil/claims
Enrollment: www.tricare.mil/enroll
Forms: www.tricare.mil/forms
Frequently Asked Questions: www.tricare.mil/faqs
Mental Health Care: www.tricare.mil/mentalhealth
Defense Health Agency—Great Lakes: 1-888-647-6676
Customer Service Community Directory: www.tricare.mil/bcacdcao
Nurse Advice Line: 1-800-TRICARE (1-800-874-2273), Press 1
National Suicide Prevention Lifeline: 1-800-273-8255, Press 1
Military OneSource: www.militaryonesource.mil
Report Fraud and Abuse: www.health.mil/fraud