

TRICARE® Your Military Health Plan



**IMPORTANT
CONTACT
INFORMATION**



TRICARE STATESIDE CONTACTS

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

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

West Region

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

Claims—All Regions

www.myTRICARE.com
North: 1-877-874-2273
South: 1-800-403-3950
West: 1-877-988-9378

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 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)
tricarephl@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

For toll-free contact information, visit www.tricare-overseas.com. 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

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
761-1153 (DSN), option 1,
ext. 536-6077

www.health.mil/tao

Pacific

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

+1-888-777-8343, option 3
315-645-4854 (DSN)

www.health.mil/tao

OTHER IMPORTANT CONTACTS

TRICARE Pharmacy Program

1-877-363-1303

www.tricare.mil/pharmacy

TRICARE Dental Programs

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)

1-844-653-4060 (OCONUS)

TRICARE Retiree Dental Program (TRDP)

1-888-838-8737

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)

Nurse Advice Line (Stateside)

1-800-TRICARE (1-800-874-2273),
option 1

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



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