



# Identity Theft Recovery

## Steps to safeguard your personal information

Technology has made it easier for criminals to get personal information—making identity theft one of the fastest-growing crimes in the United States. Protecting your personal information can help prevent identity theft.

### IF YOU THINK YOU MAY BE A VICTIM OF IDENTITY THEFT, HERE IS WHAT TO DO:

1. Contact the fraud departments of any one of the three consumer reporting companies below to place a fraud alert on your credit report. You need to contact only **one** of the three companies. The company you call must contact the other two, and they will also place a fraud alert on their versions of your credit report. The fraud alert tells creditors to contact you before opening any new accounts or making changes to your existing accounts. Once you place the **fraud alert** in your file, you are entitled to order one free copy of your credit report from each of the three consumer

reporting companies, and, if you ask, only the last four digits of your Social Security number will appear on your credit reports.

2. Close bank and/or credit card accounts that you know or believe have been tampered with or opened fraudulently. Fill out and use the Federal Trade Commission's *Identity Theft Victim's Complaint and Affidavit*, [www.ftc.gov/bcp/edu/resources/forms/affidavit.pdf](http://www.ftc.gov/bcp/edu/resources/forms/affidavit.pdf), for filing a report with law enforcement or to dispute new unauthorized accounts.
3. File a report with your local police or the police in the community where the identity theft took place. Get a copy of the report, or at least the number of the report, to submit to your creditors and others that require proof of the crime.
4. File your complaint with the Federal Trade Commission (FTC). The FTC maintains a database of identity theft cases used by law enforcement agencies for investigations.

## Consumer Reporting Companies

Equifax	1-800-525-6285	<a href="http://www.equifax.com">www.equifax.com</a>	P.O. Box 740241 Atlanta, GA 30374-0241
Experian	1-888-397-3742	<a href="http://www.experian.com">www.experian.com</a>	P.O. Box 9554 Allen, TX 75013
TransUnion	1-800-680-7289	<a href="http://www.transunion.com">www.transunion.com</a>	Fraud Victim Assistance Division P.O. Box 6790 Fullerton, CA 92834-6790

This fact sheet is **not** all-inclusive. For additional information, please visit [www.tricare.mil](http://www.tricare.mil).

## IDENTITY THEFT RESOURCES

- FTC Identity Theft Site  
[www.consumer.gov/idtheft](http://www.consumer.gov/idtheft)
- *Take Charge: Fighting Back Against Identity Theft*  
[www.ftc.gov/bcp/edu/pubs/consumer/idtheft/idth04.pdf](http://www.ftc.gov/bcp/edu/pubs/consumer/idtheft/idth04.pdf)
- *Identity Theft and Your Social Security Number*  
[www.ssa.gov/pubs/10064.html](http://www.ssa.gov/pubs/10064.html)
- U.S. Department of Justice Identity Theft and Identity Fraud Site  
[www.justice.gov/criminal/fraud/websites/idtheft.html](http://www.justice.gov/criminal/fraud/websites/idtheft.html)

## PRIVACY INFORMATION

- TRICARE Management Activity (TMA) Privacy and Civil Liberties Office  
[www.tricare.osd.mil/tmaprivacy](http://www.tricare.osd.mil/tmaprivacy)
- TMA HIPAA Privacy Rule Homepage  
[www.tricare.mil/tma/privacy/hipaa-privacyrule.aspx](http://www.tricare.mil/tma/privacy/hipaa-privacyrule.aspx)

## FOR INFORMATION AND ASSISTANCE

<p> <b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) <a href="http://www.hnfs.com">www.hnfs.com</a></p>	<p> <b>TRICARE South Region</b> Humana Military Healthcare Services, Inc. 1-800-444-5445 <a href="http://www.humana-military.com">www.humana-military.com</a></p>	<p> <b>TRICARE West Region</b> TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) <a href="http://www.triwest.com">www.triwest.com</a></p>
<p><b>TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa<sup>1</sup></b> +44-20-8762-8384 (<i>overseas</i>) 1-877-678-1207 (<i>stateside</i>) <a href="mailto:tricarelon@internationalsos.com">tricarelon@internationalsos.com</a></p>	<p><b>TOP Regional Call Center—Latin America and Canada<sup>1</sup></b> +1-215-942-8393 (<i>overseas</i>) 1-877-451-8659 (<i>stateside</i>) <a href="mailto:tricarephl@internationalsos.com">tricarephl@internationalsos.com</a></p>	<p><b>TOP Regional Call Centers—Pacific<sup>1</sup></b> Singapore: +65-6339-2676 (<i>overseas</i>) 1-877-678-1208 (<i>stateside</i>) <a href="mailto:sin.tricare@internationalsos.com">sin.tricare@internationalsos.com</a>  Sydney: +61-2-9273-2710 (<i>overseas</i>) 1-877-678-1209 (<i>stateside</i>) <a href="mailto:sydricare@internationalsos.com">sydricare@internationalsos.com</a></p>

1. For a list of toll-free contact information, visit [www.tricare-overseas.com](http://www.tricare-overseas.com).

### **An Important Note about TRICARE Program Information**

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

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