

What is TRICARE Online?

TRICARE Online (TOL) is the Department of Defense's online patient-focused portal available anywhere/anytime or 24 x 7, that provides 9.6 million beneficiaries access to available health care services and information that support patient participation in their health and health care experience.

TRICARE Online Features:

- Blue Button – Access personal health data; View, download and print your laboratory results, outpatient medication profile, allergy profile, problem list, and encounter data
- Appointing Center – Schedule, view, set reminders, and cancel primary care and select self-referral specialty appointments for you and your family
- Prescription (Rx) Refill – Request Rx refills for MTF pick up, check status of Rx, or link to the TRICARE Mail Order Pharmacy to schedule home delivery
- Health Risk Assessments (HRA) – Submit your HRA online
- Secure Messaging- Communicate directly with your Provider and Care Team
- TRICARE Information- Access TRICARE information and services
- Health Education – Access health care information and services

For More Information

Please contact TOL

Customer Service

Available 24/7

Tel. 1-800-600-9332

OCONUS telephone numbers

are located at

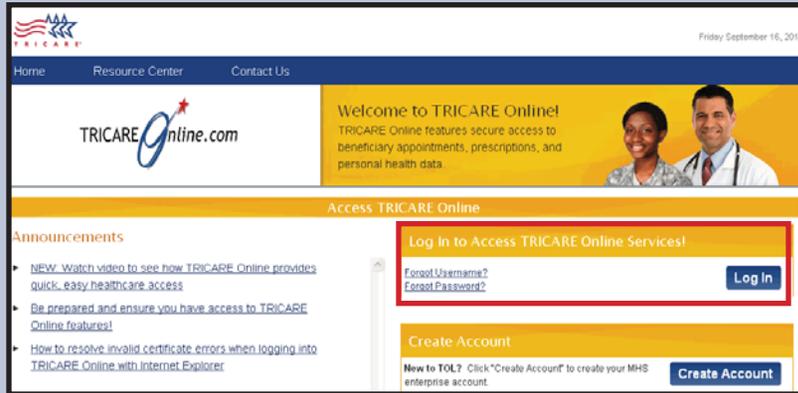
www.tricareonline.com



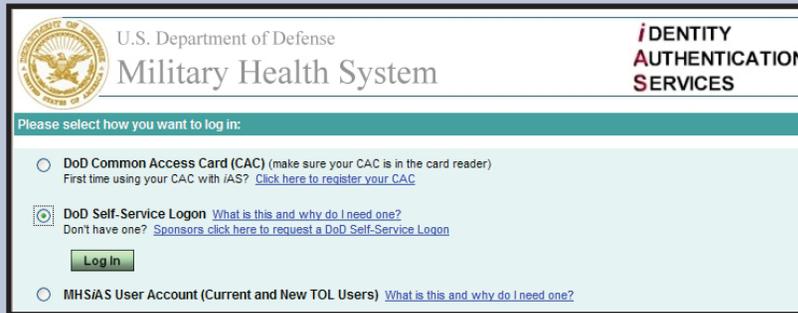
TRICARE
Online
Overview

How Do I Access Health Care Information and Services on TOL?

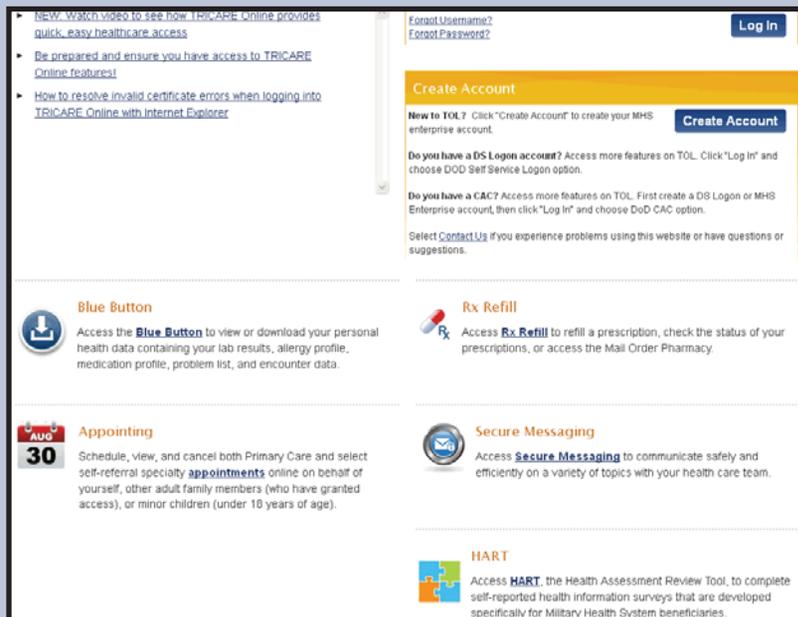
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2



3



TOL's user friendly interface allows you to explore available health care information and services.

1

Go to the TOL Homepage located at www.tricareonline.com

2

Log into TOL using your MHS Enterprise, DS Logon, or CAC Account

3

Select the TOL information or service you wish to explore. Click on:

- Blue Button to access your personal health data
- Appointing Center to schedule, view, and cancel appointments
- Rx Refill to request Rx refills
- Health Risk Assessments to access online health risk assessment tools
- Secure Messaging to communicate directly with your Provider and Care Team
- Resource Center to access TRICARE specific and general health care information and services