

Lesson Objectives

Welcome to Lesson 12: TRICARE Online Resources

After this lesson, you should be able to:

- State the purpose of the Web sites discussed
- Recognize online tools used to assist with tracking claims
- Demonstrate familiarity with contractor websites



TRICARE homepage

www.tricare.mil



The screenshot shows the TRICARE homepage layout. At the top left is the TRICARE logo. The main content area is divided into several sections:

- TRICARE Benefit Information:** A section with a photo of a woman and a child, and text: "Learn about eligibility, plans, and medical, dental, vision and prescription coverage." with an "Enter Here »" link.
- TRICARE Management Activity:** A section with a photo of a man and a woman, and text: "Information about TRICARE operations, policy and guidance, manuals and contracting." with an "Enter Here »" link.
- Announcements:** A section with a "Previous | Next" link and text: "The Military Health System hosts 'Dot-Mil-Docs' every Thursday at 3 p.m. (EST) at www.blogtalkradio.com/Dot-Mil-Docs."
- Additional Resources:** A section with four sub-sections:
 - Military Health System:** "Check out the new MHS website!" with links: "Enter Here", "Read Dr. Casscells' blog", and "Read MG Granoer's blog".
 - Press Room:** "The latest TRICARE and Military Health System news and information." with an "Enter Here" link.
 - TRICARE Transparency:** "Learn about TRICARE costs, plans, management and customer satisfaction." with an "Enter Here" link.
 - TRICARE Online:** "Access MTF appointments, trusted health information, and military staff applications." with an "Enter Here" link.

At the bottom, there is a footer with the TRICARE logo and text: "http://www.tricare.mil is the official Web site of the TRICARE Management Activity a component of the Military Health System Skyline 5, Suite 810, 5111 Leesburg Pike, Falls Church, VA 22041-3206".

TRICARE.mil is comprised of five main content areas:

My Benefit – TRICARE benefit information

My Health (TRICARE Online) – Personal health information and online appointment scheduling for TRICARE Prime enrollees

Military Health System – The portal to the new MHS Web site

TRICARE Management Activity – Contains information for TRICARE Staff worldwide, TRICARE Providers, and TRICARE Contracting

Pressroom – The latest news about TRICARE and the military health system



My Benefit Portal

<https://www.tricare.mil/mybenefits>

- The My Benefit Portal offers overview and specific information on TRICARE.

The screenshot shows the TRICARE My Benefit Portal homepage. At the top is a navigation bar with links: Home, News, Transparency, FAQs, Forms, TRICARE Contacts, Site Map, Education/Publications, and Español. Below the navigation bar is the TRICARE logo and the tagline "Your Military Health Plan". To the right of the logo is a large image of a family. Below the logo is a "My Profile" section with a link to "Enter a Profile". To the right of the profile section is a "Google Custom Search" box with a "GO" button. Below the search box is a row of navigation tabs: Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. The main content area is titled "Welcome TRICARE Beneficiaries!" and contains a paragraph of text: "Click on the tabs above for general information or enter your profile to see tailored information just for you! Change your profile at any time to view information for other scenarios or people. Information will not be saved or collected." Below this text is a "Profile - Step 1" section with two dropdown menus: "Select Your Beneficiary Category:" and "Select Country". Below the dropdown menus is a "SUBMIT" button. To the right of the main content area is an "Announcements" section with a link to "Archives". Below the "Announcements" section is a banner for "DOT MIL DOCS" with a caduceus symbol. Below the banner is the text "Military Children: Coping with Change" and a link to "Tune into Blog Talk Radio on April 16 to learn about what military families face".



TRICARE Web site in Spanish

- This Web site offers a Spanish version of the beneficiary Web portal as part of its ongoing effort to educate TRICARE beneficiaries in both English and Spanish languages.

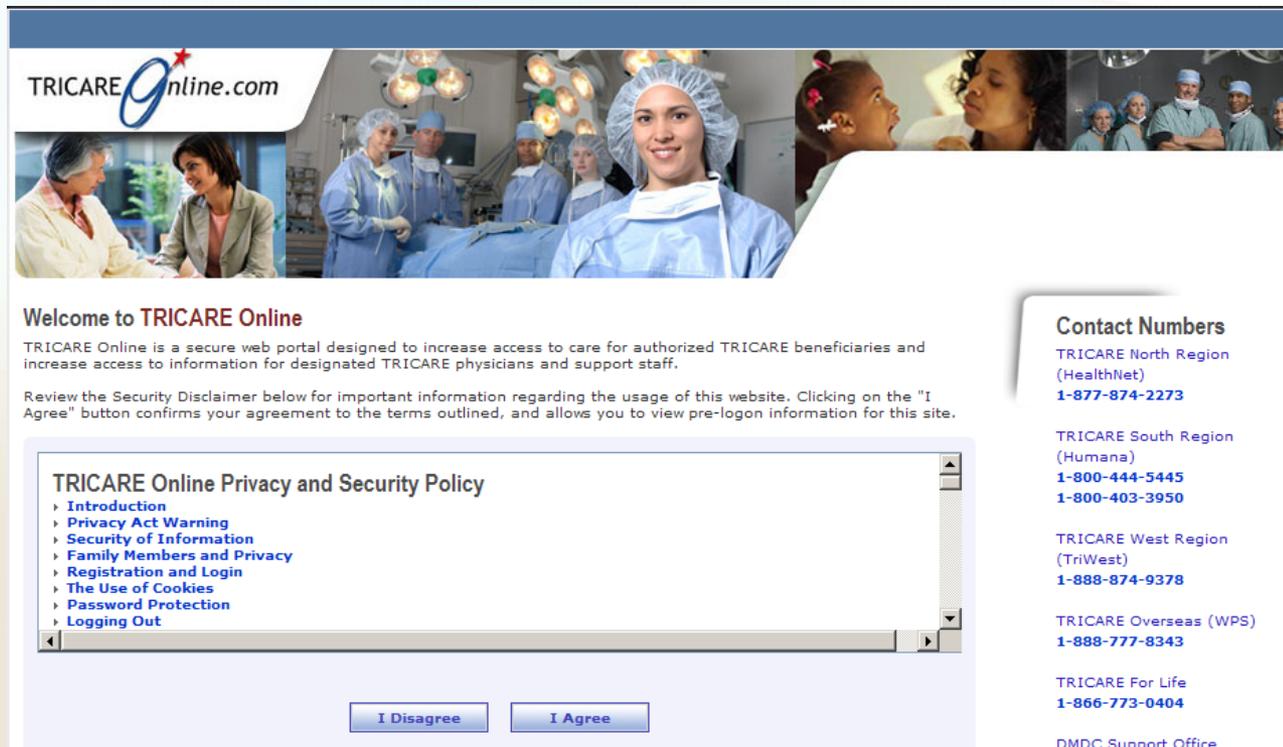
The screenshot shows the TRICARE Spanish website interface. At the top, there is a navigation menu with links: Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below the menu is the TRICARE logo with the tagline "Su Plan Médico Militar" and a banner image of a medical professional attending to a patient. The main content area features a "Mi Perfil" section with a "Escriba un Perfil" button. A search bar with "Google" and "Búsqueda personalizada" is present. Below the search bar are several category buttons: Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. The main heading reads "¡Bienvenidos beneficiarios de TRICARE!". Below this, there is a paragraph of introductory text. A "Perfil - Paso 1" section contains two dropdown menus: "Seleccione su categoría de beneficiario" and "¿Necesita ayuda para seleccionar una categoría de beneficiario?", followed by "Seleccione el país" and a "SUBMIT" button. On the right side, there is an "Anuncios" section with a link to "Archivos" and an advertisement for "THAT GUY" with the text "TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol".



TRICARE Online Web site

<https://www.tricareonline.com/welcome.do>

- TRICARE Online offers registered users the opportunity to schedule and view appointments, view announcements and news features and much more.



TRICARE Online.com

Welcome to TRICARE Online

TRICARE Online is a secure web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff.

Review the Security Disclaimer below for important information regarding the usage of this website. Clicking on the "I Agree" button confirms your agreement to the terms outlined, and allows you to view pre-logout information for this site.

TRICARE Online Privacy and Security Policy

- › Introduction
- › Privacy Act Warning
- › Security of Information
- › Family Members and Privacy
- › Registration and Login
- › The Use of Cookies
- › Password Protection
- › Logging Out

Contact Numbers

TRICARE North Region (HealthNet)
1-877-874-2273

TRICARE South Region (Humana)
1-800-444-5445
1-800-403-3950

TRICARE West Region (TriWest)
1-888-874-9378

TRICARE Overseas (WPS)
1-888-777-8343

TRICARE For Life
1-866-773-0404

DMDC Support Office



Military Health System Homepage

www.health.mil

- The Military Health System Web site is the main site for information relating to the U.S. Department of Defense Health Affairs that also contains a blogging feature that lets site visitors share their thoughts and stories with other bloggers.



The screenshot shows the homepage of the Military Health System. At the top left is the logo for the U.S. Department of Defense Military Health System. The main title is "U.S. Department of Defense Military Health System". Below the title is a navigation bar with links for "About the MHS", "MHS Partners", "Healthcare In the MHS", "Education & Training", and "Research & Publications". There is also a search bar and a "go" button. The main content area is divided into several sections: "Top Headlines" with a list of news items, "Latest Video" with a video player showing a person in a red costume, "Visit the Video & Audio Section", and "Latest MHS Blog Entry" with a post from Wednesday, April 15, 2009. At the bottom, there are two more headlines: "Military Doctor Cites Need for Early Intervention of Autism" and "General Urges Service Members to Seek Help for Stress Disorder".

www.health.mil

U.S. Department of Defense
Military Health System

In the News: sday, April 15, 2009 Veterans Affairs: VA Announces New Nursing Academy Sites AP: Retu

About the MHS | MHS Partners | Healthcare In the MHS | Education & Training | Research & Publications | search | go

Top Headlines

- USO Gets a Big Hand From Little Helpers**
- USNS Comfort Crew Brings Aid to Haiti
- Military Health System Launches Traveling Fellowship Program
- President Announces Joint Virtual Lifetime Electronic Record
- What's Your Drinking IQ?
- Military Child Month
- 'Believe in Tomorrow' Gives an Air Force Family Hope
- Q&A with US Family Health Plan's Tracy Malone
- Army's Top Nurse Named USO Woman of Year

[Read More]

Latest Video

Visit the Video & Audio Section

Latest MHS Blog Entry

Wednesday, April 15, 2009
Kids Who Care Talk About Military Moms and Dads
By Guest Blogger

» **Military Doctor Cites Need for Early Intervention of Autism**

» **General Urges Service Members to Seek Help for Stress Disorder**



TRICARE Management Activity

<https://www.tricare.mil/tma/default.aspx>

- The TRICARE Management Activity webpage contains TRICARE information for users, world-wide staff, providers, contractors, and others.

 [TMA Home](#) [About TMA](#) [Conferences](#) [TRICARE Contacts](#) [Transparency](#) [Feedback](#) [Site Map](#)

Google™ Custom Search

TRICARE Management Activity

A component of the Military Health System

[Clinical Operations / Patient Care](#) [Communications and Customer Service](#) [TRICARE Acquisitions](#) [Financial Operations](#) [Information Systems](#) [Policy](#) [Rates and Reimbursement](#) [Studies and Evaluation](#)

[Archives](#)

Announcements



Dear Major General Elder Granger,

I would like to express my deepest gratitude to you and all those involved in granting me the remarkable opportunity to provide my son the finest treatment available for Autism. Furthermore, my heartfelt appreciation goes to all those who made the application approval for the Exceptional Family Member Program an experience that far surpassed my every expectation. Hat's off to the Military Health System who continues to devote their time and superior efforts to pursue the well-being and healthy lifestyle of military families around the world.

Lastly, congratulations on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award. Well deserved. Keep up the outstanding work!

Very Respectfully,
TSgt USAF



Pressroom <http://www.tricare.mil/pressroom/>

- The Pressroom is a resource for the latest MHS and TRICARE news and announcements.



The screenshot shows the TRICARE Press Room website. At the top, there is a navigation bar with links for Press Room, About TMA, HealthBeat, Conferences, TRICARE Contacts, Transparency, and Feedback. Below this is the TRICARE logo and the text "U.S. Department of Defense MILITARY HEALTH SYSTEM" and "Updated April 9, 2009". A search bar with "Google Custom Search" is also present. The main content area features a large banner with the text "Welcome to the Press Room" and a "TOP STORY" section titled "Not Another Lazy Afternoon at the Retirement Home". Below the banner, there are three columns: "Featured Stories" with a link to "A Glimpse at the Many Sides of Alcohol Consumption", "Around the MHS" with a link to "The Doctor Is In" and a photo of a man in a suit, and "News Releases" with several dated entries. At the bottom right, there is a "Media Resources" section.



HealthBeat www.tricare.mil/HealthBeat/

- HealthBeat is TRICARE's online beneficiary newsletter that features the latest TRICARE updates, links to news releases and links to articles about the MHS.

HealthBeat Archives

2009

- ✦ April 2009
- ✦ March 2009
- ✦ February 2009

2008

- ✦ December 2008
- ✦ November 2008
- ✦ October 2008
- ✦ September 2008
- ✦ August 2008
- ✦ July 2008
- ✦ June 2008
- ✦ May 2008
- ✦ April 2008
- ✦ March 2008
- ✦ February 2008
- ✦ January 2008

2007

- ✦ December 2007
- ✦ November 2007
- ✦ October 2007
- ✦ September 2007

HealthBeat

Health Beat E-Newsletter
April 2009

The latest TRICARE news, health and benefit information.

News Release

TRICARE Reserve Select Plays Vital Role in Continuity of Coverage for Reserve Components

New, lower rates will help provide continuity of coverage to Reserve Component members and their families. Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, and Chief of Army Reserves Lt. Gen. Jack Stultz discussed their thoughts on the evolution of TRICARE Reserve Select (TRS) during recent interviews.

<http://www.tricare.mil/pressroom/news.aspx?fid=516>

TRICARE Beneficiaries Have Access to DoD Self-Service Logon

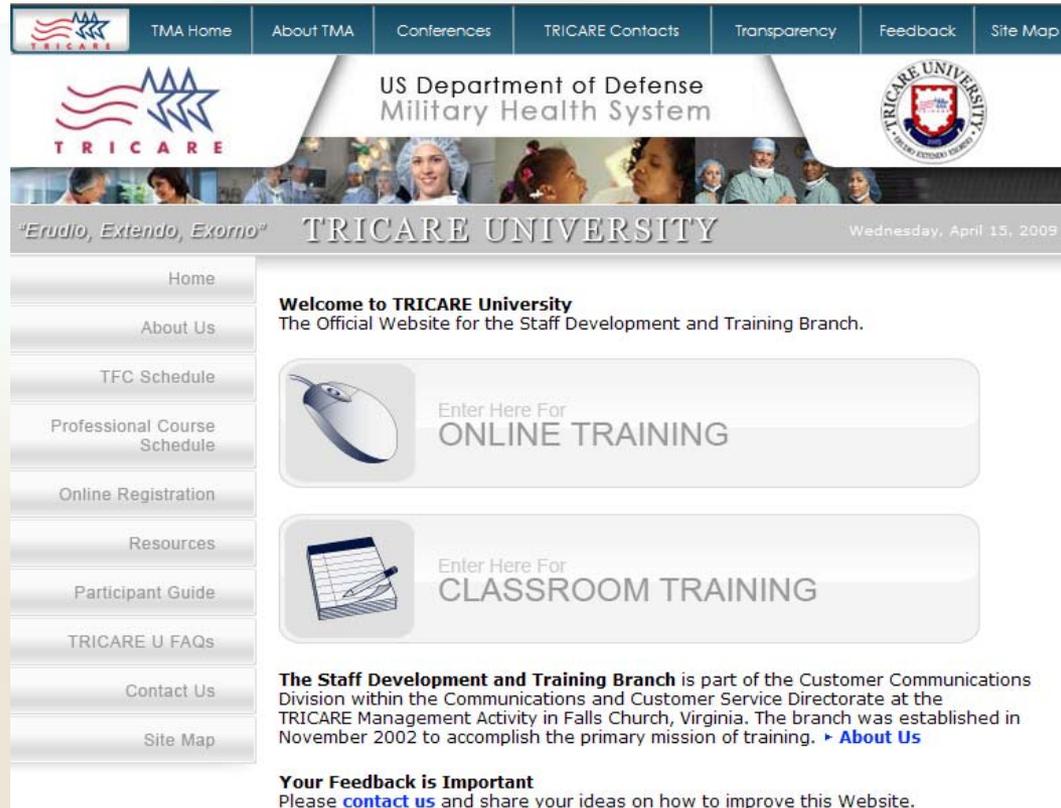
The Department of Defense (DoD) family member account to access the Defense Enrollment Eligibility Reporting System (DEERS) has a new name and the Web site has a new look. It is now called "DS Logon." A DoD Self-Service Logon-or "DS Logon"-is a secure credential issued to uniformed service members, spouses, and other family members 18 and older who are eligible for benefits in the DEERS system. It allows access to secure DoD web applications.

<http://www.tricare.mil/pressroom/news.aspx?fid=513>



TRICARE University <http://tricare.mil/tricareu>

- TRICARE University provides online and classroom training about the TRICARE benefit.



The screenshot shows the TRICARE University website homepage. At the top, there is a navigation menu with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below the menu is a banner featuring the TRICARE logo on the left, the text "US Department of Defense Military Health System" in the center, and the TRICARE University logo on the right. A central image shows a group of healthcare professionals. Below the banner, the motto "Erudio, Extendo, Exorno" is displayed on the left, "TRICARE UNIVERSITY" in the center, and the date "Wednesday, April 15, 2009" on the right. A left-hand navigation menu includes links for Home, About Us, TFC Schedule, Professional Course Schedule, Online Registration, Resources, Participant Guide, TRICARE U FAQs, Contact Us, and Site Map. The main content area features a "Welcome to TRICARE University" message, identifying it as the official website for the Staff Development and Training Branch. Two prominent buttons are present: "Enter Here For ONLINE TRAINING" with a mouse icon, and "Enter Here For CLASSROOM TRAINING" with a calendar icon. A paragraph of text describes the Staff Development and Training Branch as part of the Customer Communications Division, established in November 2002. A final section titled "Your Feedback is Important" encourages users to provide input on website improvements.

TRICARE

TMA Home About TMA Conferences TRICARE Contacts Transparency Feedback Site Map

US Department of Defense
Military Health System

TRICARE UNIVERSITY

"Erudio, Extendo, Exorno" TRICARE UNIVERSITY Wednesday, April 15, 2009

Home
About Us
TFC Schedule
Professional Course Schedule
Online Registration
Resources
Participant Guide
TRICARE U FAQs
Contact Us
Site Map

Welcome to TRICARE University
The Official Website for the Staff Development and Training Branch.

Enter Here For
ONLINE TRAINING

Enter Here For
CLASSROOM TRAINING

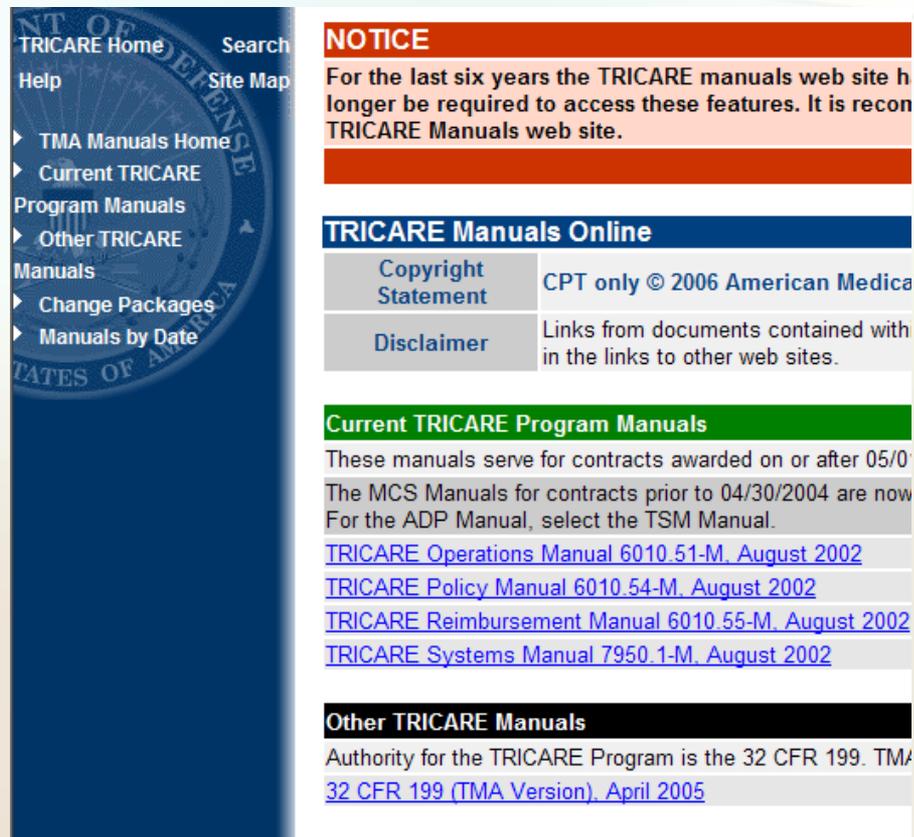
The Staff Development and Training Branch is part of the Customer Communications Division within the Communications and Customer Service Directorate at the TRICARE Management Activity in Falls Church, Virginia. The branch was established in November 2002 to accomplish the primary mission of training. ▶ [About Us](#)

Your Feedback is Important
Please [contact us](#) and share your ideas on how to improve this Website.



Manuals <http://manuals.tricare.osd.mil>

- TRICARE manuals are, in most cases, the primary resource for locating official TRICARE policy and benefit information.



The screenshot shows the TRICARE Manuals website interface. On the left is a dark blue navigation sidebar with a circular seal of the Department of Defense in the background. The sidebar contains links for 'TRICARE Home', 'Help', 'TMA Manuals Home', 'Current TRICARE Program Manuals', 'Other TRICARE Manuals', 'Change Packages', and 'Manuals by Date'. At the top right of the sidebar are 'Search' and 'Site Map' links. The main content area has a red header with the word 'NOTICE' in white. Below this is a white text box with a red border stating that TRICARE manuals web site features are no longer required. A blue header 'TRICARE Manuals Online' is followed by a table with two rows: 'Copyright Statement' (CPT only © 2006 American Medical Association) and 'Disclaimer' (Links from documents contained within the links to other web sites). A green header 'Current TRICARE Program Manuals' is followed by a white text box explaining that manuals serve for contracts awarded on or after 05/01/04, and that MCS manuals for contracts prior to 04/30/2004 are now TSM manuals. Below this are four blue underlined links for 'TRICARE Operations Manual 6010.51-M, August 2002', 'TRICARE Policy Manual 6010.54-M, August 2002', 'TRICARE Reimbursement Manual 6010.55-M, August 2002', and 'TRICARE Systems Manual 7950.1-M, August 2002'. A black header 'Other TRICARE Manuals' is followed by a white text box stating that authority for the TRICARE Program is the 32 CFR 199. TMA, with a blue underlined link for '32 CFR 199 (TMA Version), April 2005'.

TRICARE Home Search
Help Site Map

▶ TMA Manuals Home
▶ Current TRICARE Program Manuals
▶ Other TRICARE Manuals
▶ Change Packages
▶ Manuals by Date

NOTICE

For the last six years the TRICARE manuals web site has no longer be required to access these features. It is recommended to use the TRICARE Manuals web site.

TRICARE Manuals Online

Copyright Statement	CPT only © 2006 American Medical Association
Disclaimer	Links from documents contained within the links to other web sites.

Current TRICARE Program Manuals

These manuals serve for contracts awarded on or after 05/01/04. The MCS Manuals for contracts prior to 04/30/2004 are now TSM manuals. For the ADP Manual, select the TSM Manual.

[TRICARE Operations Manual 6010.51-M, August 2002](#)
[TRICARE Policy Manual 6010.54-M, August 2002](#)
[TRICARE Reimbursement Manual 6010.55-M, August 2002](#)
[TRICARE Systems Manual 7950.1-M, August 2002](#)

Other TRICARE Manuals

Authority for the TRICARE Program is the 32 CFR 199. TMA.
[32 CFR 199 \(TMA Version\), April 2005](#)



www.TRICARE4u.com

- TRICARE4U is the Web site through which registered users (beneficiaries, BCACs ,physicians) can check the status of claims entered into the Wisconsin Physicians Service (WPS) system (for the West region, overseas regions, and TRICARE for Life).

The screenshot shows the TRICARE4u.com website. At the top left is the TRICARE 4u.com logo. A navigation bar contains links for BENEFICIARIES, PROVIDERS, GOVERNMENT USERS, CONTACT US, and ABOUT US, along with a search box. Below the navigation bar is a large banner image of a family with the text: "Welcome to TRICARE4u.com, the on-line resource for TRICARE For Life and Overseas beneficiary and provider populations. Brought to you by WPS HEALTH INSURANCE". To the right of the banner are three columns: BENEFICIARIES, PROVIDERS, and GOVERNMENT USERS, each with a representative image. Below the banner is a "QUICK LINKS" section with links for TRICARE for Life Handbook, TRICARE for Life Flyer, Forms, Pharmacy, Pharmacy Overseas, and WPS Corporate Website. Next to it is a "SIGN IN OR REGISTER" section with links for Sign In | Register and How to Register, and a "Why Register?" text box. Below the quick links is a "WPS ORGANIZE TO SAVE LIVES" logo. The "IN THE SPOTLIGHT" section features a "healthwise" logo, a link to "Online Health Encyclopedia", and a "Login Help" link. The "NEWS" section, dated March 27, 2009, includes a headline: "Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk of Heart Attack And Stroke". The text below the headline states: "Falls Church, Va. - A study using TRICARE beneficiary health data suggests that a common treatment for influenza may significantly decrease the risk of recurring cardiovascular (CV) events in patients with a history of CV disease. The influenza treatment is oseltamivir, more commonly known under its trade name of Tamflu. Not a flu shot, the medication is used to help prevent the flu after exposure, or lessen the severity of symptoms." A link is provided to view the full news release: <http://www.tricare.mil/pressroom/news.aspx?fid=515>. At the bottom of the news section is a link: "A Healthy Heart for a Healthy Life".

FALLS CHURCH, Va. – Heart disease is the number one cause of death in the United States of America. According to the Centers for Disease Control and Prevention, almost 700,000 people die from heart disease in the United States each year. February is American Heart



www.myTRICARE.com

- myTRICARE.com is the web site through which registered users (beneficiaries, BCACs, physicians) can check the status of claims entered in Palmetto Government Benefits Administration (PGBA) system (for the North and South regions).

The screenshot shows the myTRICARE.com website interface. At the top left is the logo "myTRICARE.com by PGBA" with a green star. To the right are navigation links: "» About Us » Contact Us » Help » Glossary". Below these is a search bar with a "Search" button and the text "powered by Google". A "SECURE SIGN-IN" button is also present, along with links for "» Register Now" and "» Forgot Your Password?".

The main content area features a blue header with the text "I am a..." and four categories: "BENEFICIARY" (with a photo of a man and a child), "PROVIDER" (with a photo of a woman in a lab coat), "GOVERNMENT AGENT" (with a photo of a woman in a business suit), and "PRIME CONTRACTOR" (with a photo of a man in a headset). Below this is a green banner with the text "Claims, Service, Real-Time, Anytime!".

The bottom section is divided into three columns:

- PROVIDER DIRECTORY**: "Not sure how to find a doctor near you? Use the Provider Directory link below." with a link "Find a TRICARE Provider" and a photo of a woman with a stethoscope.
- PHARMACY OPTIONS**: "Learn more about your options for prescription drugs." with a link "TRICARE Pharmacy Options" and a photo of yellow pills.
- FORMS**: "Click here to download commonly used TRICARE forms." with links "Beneficiary Forms" and "Provider Forms" and a photo of a stack of forms.



Regional Contractor for the North Region

<https://www.hnfs.net/bene/home/>

● Beneficiary ● Provider ● Government Relations

Home Enrollment Claims Authorizations Benefits Healthy Living Behavioral Health

Login  Register

Search

Popular Tasks

- ▶ [Find a Provider](#)
- ▶ [Find a MTF or TSC](#)
- ▶ [Make Payment On-line](#)
- ▶ [PCM Selection Guide](#)
- ▶ [Enroll In Prime](#)

[More >](#)

Popular Pages

- ▶ [Contact Us](#)
- ▶ [Enrollment Activities](#)
- ▶ [Forms Library](#)
- ▶ [TRICARE Plan Options](#)


Click here to watch the video

 **TRICARE: In The Spotlight**

Learn more about TRICARE national initiatives including program changes and areas of special interest.

[Behavioral Health Provider Locator and Appointment Assistance](#)

[TRICARE Reserve Select, Guard and Reserve Benefits and Guard and Reserve TRICARE Benefits Video](#)

[New Changes For PCM Assignments](#)

[Disney Offers Military Discounts At Theme](#)

TRICARE Resources

- [Acronyms](#)
- [Bill of Rights](#)
- [Common Medical Specialty Definitions](#)
- [Contact us](#)
- [Disaster resources](#)
- [FAQs](#)
- [Forms](#)
- [Glossary](#)
- [Manuals](#)
- [Military Treatment Facilities](#)
- [Pharmacy information](#)
- [Program links](#)
- [Program materials](#)
- [TRICARE Service Centers](#)



Regional contractor for the South Region

<http://www.humana-military.com/>

HUMANA MILITARY
HEALTHCARE SERVICES
★★★★★

The most trusted name in government health solutions.

Log in to MyHMHS
For.....

- Beneficiaries
- Providers
- Government

<p>Beneficiary</p> <p>If you are a TRICARE beneficiary, including active duty, or want to learn more.</p> <p>Find a Provider</p>	<p>Provider</p> <p>If you are a doctor, provider, hospital, or facility.</p> <p>Find a Provider</p>	<p>Government</p> <p>If you are an MTF employee or member of the TRO South staff.</p>	<p>Newsroom/Alerts</p> <ul style="list-style-type: none">› Fleet Week 2009-Port Everglades› New Fisher House for Augusta GA› HMHS offers CME Courses› HMHS is URAC reaccredited› HMHS/USA Cares Golf Scramble
---	--	--	--

<p>Our Partners</p> <p>ValueOptions PGBA, LLC</p>	<p>Puerto Rico For active duty and Prime active duty family members in Puerto Rico. en español</p>	<p>CHCBP Health benefits while transitioning from military to civilian health plans.</p>
--	---	---



Payments
[TRICARE.mil](#)
Email Preference

Careers
[TRO South](#)
HMHS Awards



Regional Contractor for the West Region

<https://www.triwest.com>

The screenshot shows the homepage of the TriWest Healthcare Alliance website. At the top left is the TriWest Healthcare Alliance logo, and at the top right is the TRICARE West logo. Below the logos is a banner with an American flag and a 'Welcome TO THE TRICARE WEST REGION' message. A navigation bar contains links for LOGIN, FIND A PROVIDER, and ABOUT TRIWEST. The main content area features a 'PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE' section with three buttons: Beneficiary (with a photo of a soldier and family), Provider (with a photo of two healthcare professionals), and Government (with a photo of a woman). To the right is a 'SUPPORTING OUR COMMUNITY' section with a ribbon icon and a list of news items dated 4/14/2009 and 4/13/2009. The footer includes a 'Certified Call Center' seal, navigation links for About TriWest, Employment, Contact Us, Site Map, and News Room; a copyright notice for 2009; and accreditation logos for UHAC and the American Medical Association.

TRIWEST
HEALTHCARE ALLIANCE®

TRICARE
West

Welcome
TO THE TRICARE WEST REGION

TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)

LOGIN | FIND A PROVIDER | ABOUT TRIWEST

PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE

Beneficiary

Provider

Government

SUPPORTING OUR COMMUNITY

- 4/14/2009 TRICARE Helps Families Face Autism
- 4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium
- 4/13/2009 TriWest Earns Contact Center Certification

[MORE NEWS >](#)

About TriWest | Employment | Contact Us | Site Map | News Room

Terms and Conditions | Privacy Policy | TRICARE.mil

Copyright 2009 © - TriWest Healthcare Alliance

UHAC
ACCREDITED
UM, CM, DM
HEALTH NETWORK



TRICARE Area Office: Europe: <http://www.tricare.mil/europe>

The screenshot shows the TRICARE Europe website interface. At the top, there is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is the TRICARE logo and the text "TRICARE Europe". A search bar and a "Beneficiary Jump To:" dropdown menu are present. The main content area is titled "What's New" and includes a welcome message to the TRICARE Europe Region, a paragraph about the TRICARE Overseas Program (TOP), and information about the website's scope (Europe, Africa, and the Middle East) with a link to www.europe.tricare.osd.mil. On the left side, there are four vertical panels with images and titles: "I'm New to TRICARE", "My TRICARE Benefit", "How Do I Get Care?", and "How Do I Get Help?". On the right side, there is a "Locate MTF Providers" button, a "Europe Area Information" section with a list of links (TRICARE AREA OFFICE, TRICARE SERVICE CENTERS (EUROPE), TRICARE EUROPE WEB SITE, FIND A PROVIDER, MILITARY TREATMENT FACILITIES, CLAIMS, ENROLLMENT, RESERVIST/NATIONAL GUARD), and a "Quick Links" section with a list of links (CONTACT US, MTF APPOINTMENTS TRICARE ONLINE, MANUALS, FREQUENTLY ASKED QUESTIONS, FACTSHEETS, NEWS RELEASES, PHARMACY, DENTAL, BENEFICIARY COUNSELING AND ASSISTANCE COORDINATOR (BCAC), DEBT COLLECTION ASSISTANCE OFFICERS (DCAO)).



TRICARE Area Office: Pacific

<http://www.tricare.mil/pacific>

	TMA Home	About TMA	Conferences	TRICARE Contacts	Transparency	Feedback	Site Map
---	--------------------------	---------------------------	-----------------------------	----------------------------------	------------------------------	--------------------------	--------------------------

[Español](#)

[TMA Home > TRICARE Pacific Home](#)

I'm New to TRICARE



My TRICARE Benefit



How Do I Get Care?



How Do I Get Help?



TRICARE Pacific Area

TRICARE Area Office (TAO) Pacific

TAO Pacific, in collaboration with military treatment facility commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Pacific area which is comprised of Guam, Japan, Korea, and Western Pacific Remote.

Location:	Okinawa, Japan (Camp Lester)
Phone:	1-888-777-8343 option 4 (if calling from the United States)
DSN:	DSN (315) 643-2036
COM direct:	81-6117-43-2036 (country code: 011)
Fax:	315-643-2037
Email:	tpao.csc@med.navy.mil

Hot News!

Training Opportunity!

TAO-P TRICARE Fundamentals Course
 Location: New Sanno, Tokyo, Japan
 When: June 1-5, 2009
 Call directly (ALT 20 Apr 09) to the New Sanno hotel for room

TRICARE Pacific Area Information

[PHILIPPINES CERTIFIED PROVIDER LIST](#)

[SENIOR ENLISTED ADVISOR \(SEA\)](#)

[TRICARE SERVICE CENTERS \(PACIFIC\)](#)

[FIND A PROVIDER](#)

[TRICARE PACIFIC CLAIMS](#)

[TRICARE PACIFIC CONTACTS](#)

[2009 TRICARE PACIFIC MTF FUNDAMENTALS COURSE \(NEW SANNO\)](#)

[2009 TRICARE PACIFIC REMOTE FUNDAMENTALS COURSE \(SOKAH ANGKOR\)](#)

Quick Links

[TRICARE BENEFICIARY WEB SITE](#)

[FIND A MILITARY TREATMENT FACILITY](#)

[NATIONAL GUARD AND RESERVE MEMBERS](#)

[MEDICARE ELIGIBILITY](#)



TRICARE Area Office: Latin America and Canada (TLAC) <http://www.tricare.mil/tlac>

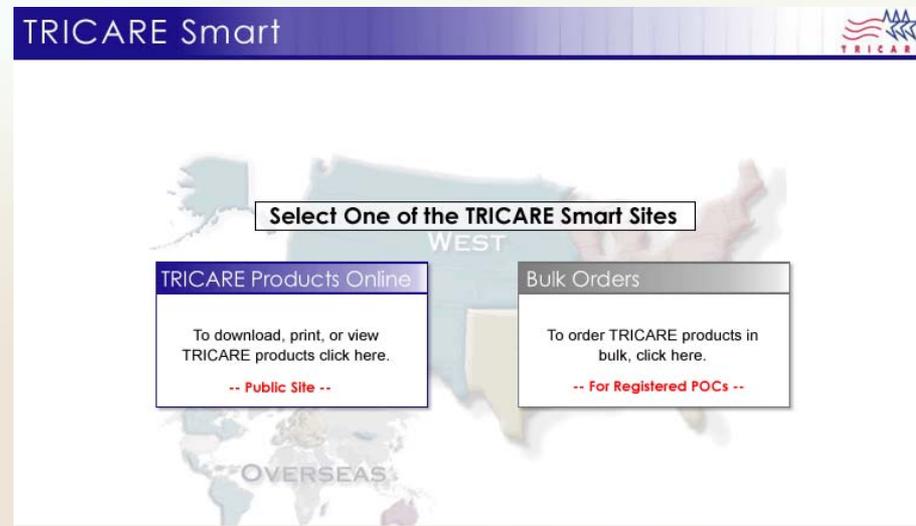
The screenshot shows the TRICARE Latin America & Canada website. At the top, there is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a header with the TRICARE logo and the text "TRICARE Latin America & Canada". A search bar and a "Beneficiary Jump To:" dropdown menu are located below the header. The main content area is divided into several sections:

- I'm New to TRICARE:** A section with a photo of a woman holding a baby.
- My TRICARE Benefit:** A section with a photo of a woman wearing glasses.
- What's New:** A section with the heading "TRICARE Latin America and Canada" and a paragraph: "The TRICARE Overseas Program (TOP) is the Department of Defense health care program outside the Continental United States (CONUS). TOP blends many features of the CONUS TRICARE program, while allowing for significant cultural differences unique to foreign countries and their health care practices. Such issues as managed care."
- Locate MTF Providers:** A section with a map of the Americas and the text "Locate MTF Providers".
- TLAC Area Information:** A section with a list of links: "TRICARE AREA OFFICE", "TRICARE SERVICE CENTERS (LATIN AMERICA & CANADA)", "FIND A PROVIDER", and "MILITARY TREATMENT FACILITIES".



TRICARE Smart www.tricare.mil/tricaresmart

- TRICARE Smart is the main source for viewing and ordering TRICARE products online for the Military Health System staff.
- It is also a tool for the public to download or print products.



Fact Sheets <http://www.tricare.mil/factsheets/>

- The TRICARE Fact Sheets are designed for use by anyone who needs detailed information on particular TRICARE topics.
- Beneficiaries should use the profile search engine to read and print out needed TRICARE information.



Summary

Congratulations, you've finished Lesson 12: TRICARE Online Resources!

You should now be able to:

- Demonstrate familiarity with website portals
- Recognize online tools used to assist with tracking claims
- Demonstrate familiarity with contractor websites

