

Module 14: **TRICARE Online Resources**

Module Objectives

After this module, you should be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information



TRICARE Homepage

www.tricare.mil

- TRICARE.mil is the official Web portal for TRICARE information
- It is comprised of nine content areas, including the two main portals:
 - TRICARE Benefit Information — Eligibility; medical, dental, vision, prescription plans
 - TRICARE Management Activity — Contains information for TRICARE Staff worldwide, TRICARE Providers, and TRICARE Contracting

The screenshot displays the TRICARE homepage layout. At the top is the TRICARE logo. Below it is a blue banner for the "TRICARE Assistance Program Demonstration & Telemental Health Care Benefit" with a brief description and a link to "Learn more...". The main content area is divided into two columns. The left column features two large sections: "TRICARE Benefit Information" with a photo of a woman and child, and "TRICARE Management Activity" with a photo of two professionals. Both sections include a description and an "Enter Here »" link. The right column contains a sidebar with "Announcements" (a notice about drive-time waivers), "Additional Resources" (links to Press Room, TRICARE Transparency, TOC, TRICARE Online, My e-Benefits, and Military Health System), and "Previous | Next" navigation. The footer includes the TRICARE logo, a small seal, and the 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, 6111 Leesburg Pike, Falls Church, VA 22041-3506".



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 this is the TRICARE logo and the tagline "Your Military Health Plan". A large banner image shows a family and a medical professional. A "My Profile" section contains a link to "Enter a Profile". A search bar with "Google Custom Search" and a "GO" button is present. A row of navigation tabs includes Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. The main content area features a "Welcome TRICARE Beneficiaries!" message with instructions to use the navigation tabs. Below this is a "Profile - Step 1" form with dropdown menus for "Select Your Beneficiary Category" and "Select Country", and a "SUBMIT" button. On the right, there are "Announcements" and "Archives" tabs, with a featured announcement for "DOT MIL DOCS" (Department of Defense Military Docs) and a link to "Military Children: Coping with Change". Below the announcement is a radio broadcast notice: "Tune into Blog Talk Radio on April 16 to learn about what military families face".



TRICARE Web site in Spanish

www.tricare.mil/mybenefit/espanol

- 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.



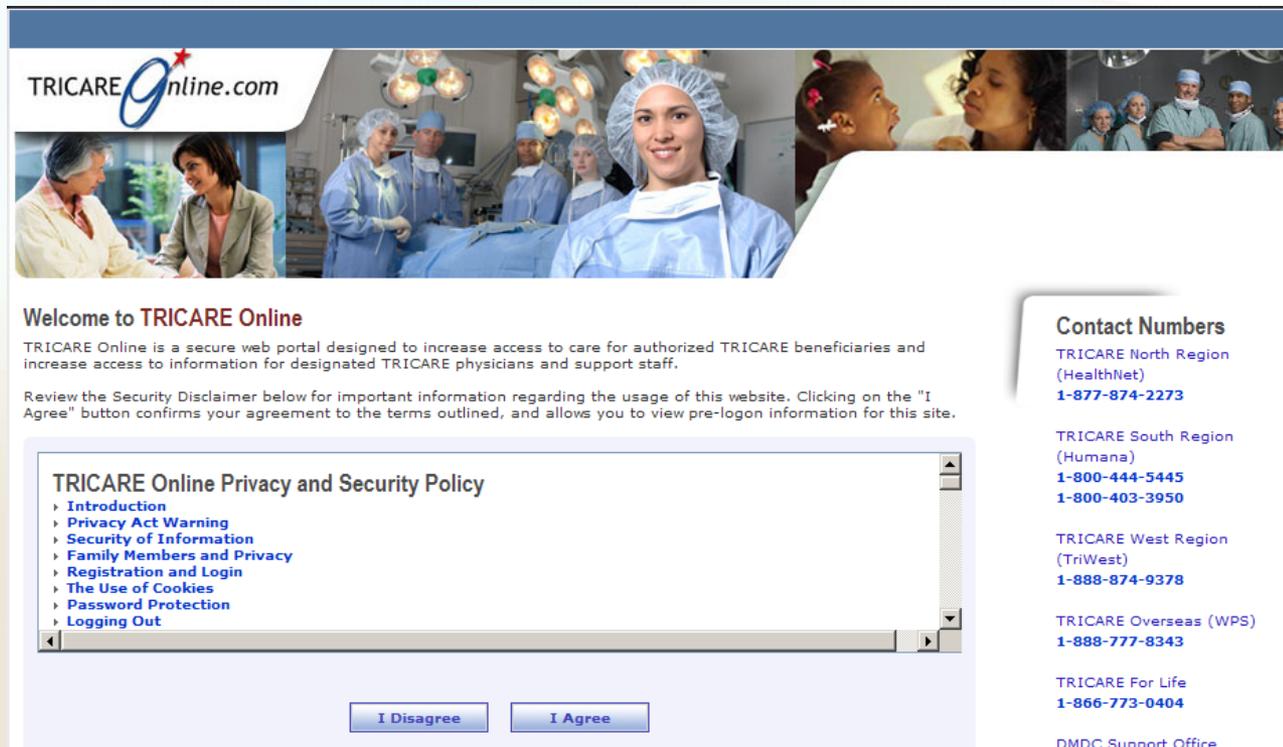
The screenshot displays the Spanish version of the TRICARE beneficiary portal. At the top, a navigation bar includes links for Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below this is the TRICARE logo with the tagline 'Su Plan Médico Militar' and a banner image showing a medical professional attending to a patient. A 'Mi Perfil' section contains a button for 'Escriba un Perfil'. A search bar with the text 'Google Búsqueda personalizada' and a 'TR' icon is present. A secondary navigation bar lists categories: Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. The main content area features a welcome message: '¡Bienvenidos beneficiarios de TRICARE!' followed by instructions to click on the navigation items or create a profile. Below this is a 'Perfil - Paso 1' section with dropdown menus for selecting a beneficiary category and a country, and a 'SUBMIT' button. On the right, an 'Anuncios' section features a 'That Guy' logo and a headline: 'TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol'. The TRICARE logo is also visible in the bottom right corner of the page.



TRICARE Online Web site

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

- TRICARE Online offers registered users the opportunity to schedule and view appointments, access general health information as well as information on available benefits and services.



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

- Health.mil is the official website of the Military Health System.
- The Web site also contains a blogging feature that lets Military Health System staff and site visitors' users share thoughts, stories, and information with other bloggers.

The screenshot shows the homepage of the Military Health System. At the top left is the MHS logo, followed by the text "U.S. Department of Defense" and "Military Health System". A red banner at the top right displays "www.health.mil". Below the header is a navigation bar with tabs for "About the MHS", "MHS Partners", "Healthcare In the MHS", "Education & Training", and "Research & Publications", along with a search box. The main content area is divided into several sections: "Top Headlines" featuring a photo of volunteers packing care packages and a list of news items including "USO Gets a Big Hand From Little Helpers", "USNS Comfort Crew Brings Aid to Haiti", and "Military Health System Launches Traveling Fellowship Program"; "Latest Video" showing a video player with a red Muppet character; "Visit the Video & Audio Section"; and "Latest MHS Blog Entry" for "Wednesday, April 15, 2009" titled "Kids Who Care Talk About Military Moms and Dads". At the bottom, there are two additional article teasers: "Military Doctor Cites Need for Early Intervention of Autism" and "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 Pressroom 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" with a date "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 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, 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 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.



The screenshot shows the TRICARE Smart website interface. At the top, there is a dark blue header with the text "TRICARE Smart" on the left and the TRICARE logo on the right. Below the header is a map of the United States with a white box overlaid that says "Select One of the TRICARE Smart Sites". Underneath this box are two main options: "TRICARE Products Online" and "Bulk Orders".

TRICARE Products Online

To download, print, or view TRICARE products click here.

-- Public Site --

Bulk Orders

To order TRICARE products in bulk, click here.

-- For Registered POCs --

The map in the background is divided into regions: "WEST" for the western United States and "OVERSEAS" for the rest of the world.

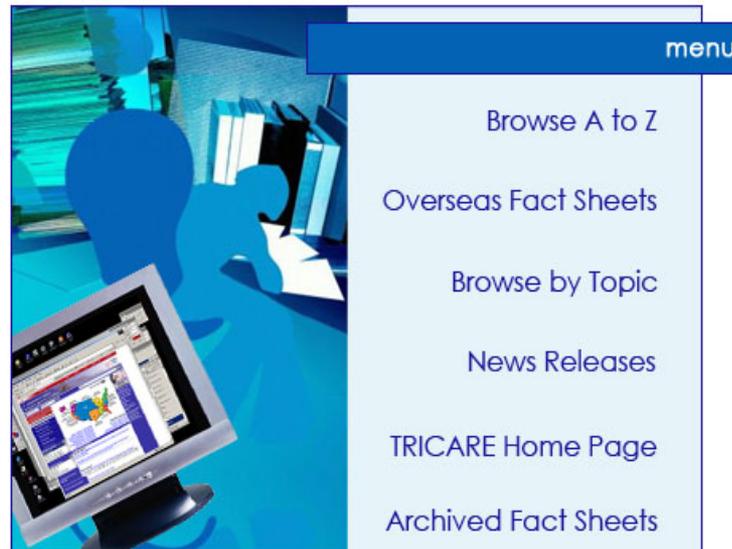


TRICARE Fact Sheets

<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.

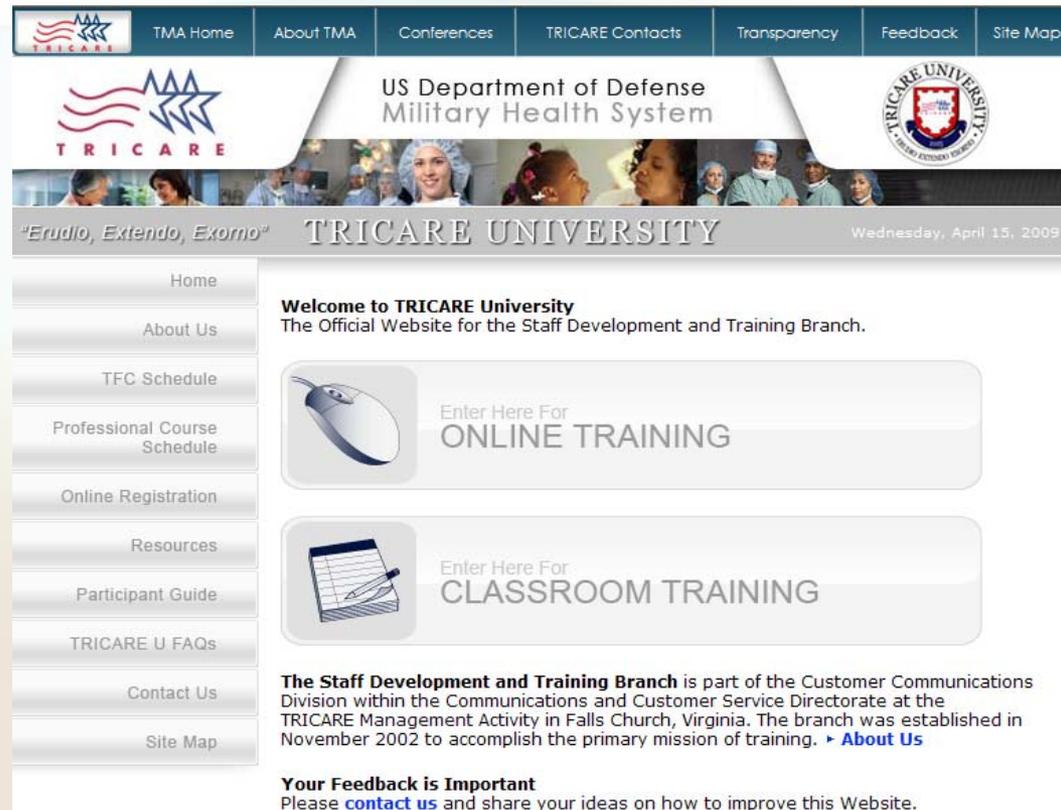
[Text Only Version](#) [Subscribe to Fact Sheets](#) [Unsubscribe to Fact Sheets](#) [RSS Sub:](#)



TRICARE University

<http://tricare.mil/tricareu>

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



The screenshot shows the TRICARE University website. At the top is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a banner for the US Department of Defense Military Health System, featuring the TRICARE logo and the TRICARE University seal. A central banner displays the motto "Erudio, Extendo, Exorno" and the text "TRICARE UNIVERSITY" with the date "Wednesday, April 15, 2009".

On the left is a vertical menu with the following items: 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 includes a welcome message: "Welcome to TRICARE University. The Official Website for the Staff Development and Training Branch." Below this are two prominent buttons: "Enter Here For ONLINE TRAINING" (with a mouse icon) and "Enter Here For CLASSROOM TRAINING" (with a notepad icon).

At the bottom, a section titled "Your Feedback is Important" asks visitors to contact the site and share ideas for improvement.



WPS' Online System for TRICARE Beneficiaries

www.TRICARE4u.com

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

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 "Sign In | Register" and "How to Register" links, and a "Why Register?" text box. Below the quick links is a "WPS ORGANIZE TO SAVE LIVES" logo. On the right side, there is an "IN THE SPOTLIGHT" section with a "Text Size: A | A | A" option and a "healthwise Online Health Encyclopedia" link. Below that is a "NEWS" section dated March 27, 2009, featuring a headline: "Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk of Heart Attack And Stroke". The news text discusses a study in Falls Church, Va., and includes a link to the full news release. At the bottom right of the news section is a link for "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

PGBA's Online System for TRICARE Beneficiaries

www.myTRICARE.com

- myTRICARE.com is the Web site through which registered users can check the status of claims entered in the Palmetto Government Benefits Administration (PGBA) system
- PGBA is the claims processing contractor for the North and South regions

The screenshot shows the myTRICARE.com website. At the top left is the logo "myTRICARE.com by PGBA". To the right are navigation links: "About Us", "Contact Us", "Help", and "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, with links for "Register Now" and "Forgot Your Password?". The main content area features a "I am a..." section with 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 suit), and "PRIME CONTRACTOR" (with a photo of a man in a white shirt). Below this is a green banner with the text "Claims, Service, Real-Time, Anytime!". At the bottom, there are three columns: "PROVIDER DIRECTORY" with a link to "Find a TRICARE Provider", "PHARMACY OPTIONS" with a link to "TRICARE Pharmacy Options", and "FORMS" with links to "Beneficiary Forms" and "Provider 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
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<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>
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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 featuring an American flag. A central white box contains the text: "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»". Below the banner is a navigation bar with links for "LOGIN", "FIND A PROVIDER", and "ABOUT TRIWEST". The main content area is titled "PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE" and features three columns: "Beneficiary" with a photo of a soldier and his family, "Provider" with a photo of two healthcare professionals, and "Government" with a photo of a woman. To the right of these columns is a "SUPPORTING OUR COMMUNITY" section with a ribbon icon and three news items: "4/14/2009 TRICARE Helps Families Face Autism", "4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium", and "4/13/2009 TriWest Earns Contact Center Certification". A "MORE NEWS >" link is at the bottom of this section. The footer contains navigation links: "About TriWest | Employment | Contact Us | Site Map | News Room", "Terms and Conditions | Privacy Policy | TRICARE.mil", "Copyright 2009 © - TriWest Healthcare Alliance", a UHAC accreditation seal, and the TRICARE logo.

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



TRICARE Area Office: Eurasia-Africa

<http://www.tricare.mil/tma/EurasiaAfrica/>



TRICARE Eurasia-Africa

Español

[TMA Home](#) > [TRICARE Europe Home](#)

Training & Conferences



TGRO Remote POC Information



Preferred Provider Network



MTF Information Portal



Senior Enlisted Liaison



TRICARE Eurasia-Africa Area

Welcome to the TRICARE Area Office-Eurasia-Africa (TAO-EA) Website! This site is designed for TAO staff members, military treatment facility (MTF) staff members, customer service representatives, providers and others who assist TRICARE beneficiaries in the TRICARE Eurasia-Africa Area.



If you are a TRICARE beneficiary and want to learn more about your benefits and coverage, please visit the [TRICARE Beneficiary Website](#) or contact the TAO-EA (see below).

TRICARE Area Office-Eurasia-Africa

The TAO-EA, in collaboration with MTF commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Eurasia-Africa Area which is comprised of the European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics including the Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.

Location:	Sembach, Germany
Address:	TRICARE Area Office TRICARE Eurasia-Africa Unit 10310 APO AE 09136-0130
Phone:	888-777-8343 option 1
DSN:	496-6314

TRICARE TRICARE Eurasia-Africa Area Information

TOPIC OF THE MONTH

TRICARE SERVICE CENTERS (Eurasia-Africa)

NURSE ADVICE LINE

TRICARE EURASIA-AFRICA MARKETING

FACT SHEETS

FORMS AND DOWNLOADS

CLAIMS ADDRESSES

RELATED LINKS

HOT NEWS!

TRICARE is proud to announce the [TRICARE Spotlight](#) page to recognize awards, promotions and good news across the MHS.

[Previous](#) | [Next](#)

Quick Links

U.S. EMBASSIES

TRICARE BENEFICIARY WEB SITE

MANUALS

FREQUENTLY ASKED QUESTIONS

MTF LOCATOR



TRICARE Area Office: Pacific

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

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

[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 (All T-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

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

The screenshot shows the TRICARE Latin America & Canada website. At the top 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 present. The main content area is divided into several sections:

- I'm New to TRICARE:** A section with a photo of a woman and child, containing the text: "TLAC is not able to dial area code 809 in the Dominican Republic at this time. Please ensure that you provide an email address where you can be reached if you leave them a voice message."
- What's New:** A section with a horizontal line, containing the text: "TRICARE Latin America and Canada".
- My TRICARE Benefit:** A section with a photo of a woman, containing the text: "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 button with a world map icon.
- 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.



Congratulations! You've Completed Module 14: TRICARE Online Resources!

You should now be able to:

- State the purpose of each Web sites discussed
- Recall the online tools available to locate TRICARE information

