



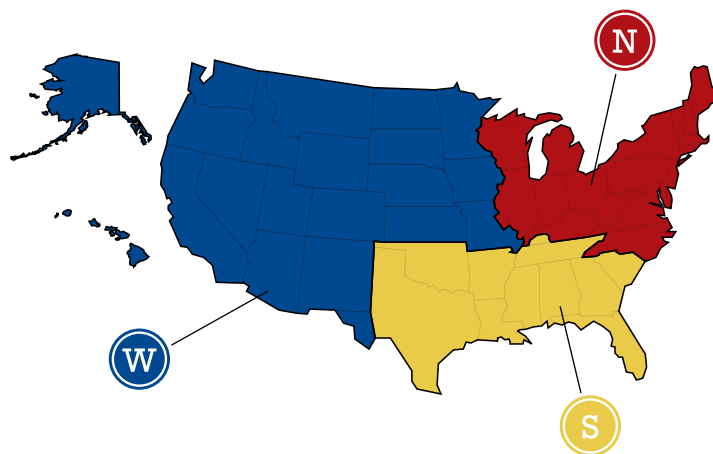
TRICARE® Resources for Service

This overview provides a snapshot of TRICARE service and support resources offered through a variety of convenient Internet options and toll-free call centers.

Visit the “I want to ... ” section at www.tricare.mil to:

- Enroll in or Purchase a Plan
- File or Check a Claim
- View Referrals and Prior Authorizations
- Find a Doctor
- Go Paperless
- Change Your Primary Care Manager
- See What’s Covered
- Compare Plans
- Manage Prescriptions

... and more



TRICARE Regional Contractors

Regional contractors work with the Department of Defense to administer the TRICARE medical benefit.

STATESIDE



North Region

Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com



South Region

Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com



West Region

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

OVERSEAS

TRICARE Overseas Program (TOP)

International SOS Government Services, Inc.
www.tricare-overseas.com



TOP Regional Call Centers

Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)

Pacific (Singapore)

+65-6339-2676 (overseas)
1-877-678-1208 (stateside)

Pacific (Sydney)

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)

SIGN UP FOR eCORRESPONDENCE

Visit <http://milconnect.dmdc.mil> to provide your e-mail address and receive eCorrespondence for important information about your TRICARE benefit.

KEEP YOUR DEERS INFORMATION UP TO DATE!

The key to receiving timely TRICARE benefits is keeping your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.

www.tricare.mil/deers

You have several convenient options for updating DEERS:

- milConnect: <http://milconnect.dmdc.mil>
- 1-800-538-9552 or 1-866-363-2883 (TDD/TTY)
- 1-831-655-8317 (fax)

Find a local identification card-issuing facility:
www.dmdc.mil/rs1

TRICARE PROGRAM COSTS

Health care costs vary depending on your TRICARE program option. Get the latest TRICARE cost information including dental and pharmacy costs.

www.tricare.mil/costs

TRICARE COVERED SERVICES

Get details about TRICARE coverage, limitations, and exclusions.

www.tricare.mil/coveredservices

GETTING CARE

Find a doctor: www.tricare.mil/findaprovider

Military hospital and clinic appointments online:
www.tricareonline.com

Military hospital and clinic locator: www.tricare.mil/mtf

TRICARE Programs and Resources

TRICARE Pharmacy Program www.tricare.mil/pharmacy
Express Scripts, Inc. www.express-scripts.com/TRICARE
1-877-363-1303

TRICARE Active Duty Dental Program www.tricare.mil/addp
www.addp-ucci.com
1-866-984-2337
United Concordia Companies, Inc.

TRICARE Dental Program www.tricare.mil/tdp
MetLife www.metlife.com/tricare
1-855-638-8371 (*stateside*)
+1-855-638-8372 (*overseas*)

TRICARE Retiree Dental Program www.tricare.mil/trdp
www.trdp.org
1-888-838-8737
Delta Dental of California

TRICARE For Life www.tricare.mil/tfl
Wisconsin Physicians Service www.TRICARE4u.com
1-866-773-0404

Continued Health Care Benefit Program www.tricare.mil/chcbp
Humana-Military.com
1-800-444-5445
Humana Military

US Family Health Plan www.tricare.mil/usfhp
www.usfhp.com
1-800-748-7347

Tobacco-Cessation Resources

North Region Tobacco Quitline: 1-866-459-8766
South Region Tobacco Quitline: 1-877-414-9949
West Region Tobacco Quitline: 1-888-713-4597

TRICARE Web site: www.tricare.mil/tobacco cessation
UCanQuit2 Web site: www.ucanquit2.org

New to TRICARE

Learn more about TRICARE—watch an overview video and take the free public TRICARE Fundamentals course online:
www.tricare.mil/new

ADDITIONAL RESOURCES

TRICARE Contacts: www.tricare.mil/contactus

TRICARE SMART Site (view/download TRICARE materials):
www.tricare.mil/smart

Claims: www.tricare.mil/claims

Enrollment: www.tricare.mil/enroll

Forms: www.tricare.mil/forms

Frequently Asked Questions: www.tricare.mil/faqs

Mental Health Care: www.tricare.mil/mentalhealth

Defense Health Agency—Great Lakes: 1-888-647-6676

Customer Service Community Directory:
www.tricare.mil/bcadcdao

TRICARE Nurse Advice Line: 1-800-TRICARE (1-800-874-2273)

National Suicide Prevention Lifeline: 1-800-273-8255, Press 1

Military OneSource: www.militaryonesource.mil

Report Fraud and Abuse: www.tricare.mil/fraud