TRICARE Service Center Walk-in Service No Longer Provided as of April 1 in the U.S.

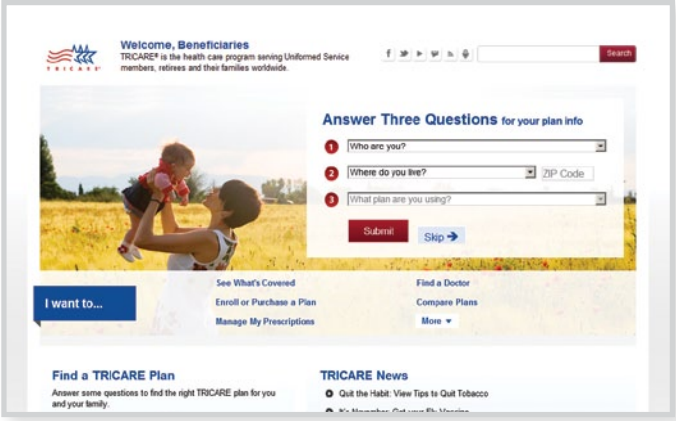
TRICARE® Resources for Service

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
- 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 Assistance, 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*)

*This overview is **not** all-inclusive. For additional information, please visit www.tricare.mil.*

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
  - Verify and update your DEERS information.
  - Learn about your other military benefits.
  - Learn more about how to log on to milConnect at https://myaccess.dmdc.osd.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/rsl

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/providerdirectory

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 Express Scripts, Inc.	www.tricare.mil/pharmacy www.express-scripts.com/TRICARE 1-877-363-1303
TRICARE Active Duty Dental Program United Concordia Companies, Inc.	www.tricare.mil/addp www.addp-ucci.com 1-866-984-2337
TRICARE Dental Program MetLife	www.tricare.mil/tdp www.metlife.com/tricare 1-855-638-8371 (*stateside*) +1-855-638-8372 (*overseas*)
TRICARE Retiree Dental Program Delta Dental of California	www.tricare.mil/trdp www.trdp.org 1-888-838-8737
TRICARE For Life Wisconsin Physicians Service	www.tricare.mil/tfl www.TRICARE4u.com 1-866-773-0404
Continued Health Care Benefit Program Humana Military	www.tricare.mil/chcbp Humana-Military.com 1-800-444-5445
US Family Health Plan	www.tricare.mil/usfhp www.usfhp.com 1-800-748-7347

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

TRICARE Web site: www.tricare.mil/tobaccocessation
Ucanquit2 Web site: www.ucanquit2.org

TRICARE University
Learn more about TRICARE—take the free public course online: www.tricare.mil/tricareu

ADDITIONAL RESOURCES

TRICARE Contacts: www.tricare.mil/contacts

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

Behavioral Health Care: www.tricare.mil/mentalhealth

Reserve and Service Member Support Office, Great Lakes: 1-888-647-6676

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

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

Military OneSource: www.militaryonesource.mil

Report Fraud and Abuse:
Web site: www.tricare.mil/fraud
E-mail: fraudline@tma.osd.mil

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