

# TRICARE® IMPORTANT CONTACT INFORMATION



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# TRICARE STATESIDE CONTACTS

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## East Region

Humana Military

1-800-444-5445

HumanaMilitary.com

[www.tricare-east.com](http://www.tricare-east.com)

Warrior Navigation and  
Assistance Program

1-888-4GO-WNAP (1-888-446-9627)

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## West Region

Health Net Federal Services, LLC

1-844-866-WEST (1-844-866-9378)

[www.tricare-west.com](http://www.tricare-west.com)



## TRICARE Prime Remote (TPR)

[www.tricare.mil/tpr](http://www.tricare.mil/tpr)

Active Duty: 1-888-647-6676

[www.health.mil/greatlakes](http://www.health.mil/greatlakes)

## US Family Health Plan (USFHP)

1-800-74-USFHP (1-800-748-7347)

[www.tricare.mil/usfhp](http://www.tricare.mil/usfhp)

# TRICARE OVERSEAS PROGRAM

For toll-free, country-specific contact information, visit [www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us).  
Only call Medical Assistance numbers to coordinate emergency care overseas.

## Eurasia-Africa

+44-20-8762-8384 (overseas)  
1-877-678-1207 (stateside)  
[tricarelon@internationalsos.com](mailto:tricarelon@internationalsos.com)

Medical Assistance  
+44-20-8762-8133

## Latin America and Canada

+1-215-942-8393 (overseas)  
1-877-451-8659 (stateside)  
[tricarephl@internationalsos.com](mailto:tricarephl@internationalsos.com)

Medical Assistance  
+1-215-942-8320

## Pacific

+65-6339-2676 (overseas)  
1-877-678-1208 (stateside)  
[sin.tricare@internationalsos.com](mailto:sin.tricare@internationalsos.com)

Medical Assistance  
+65-6338-9277

## **Eurasia-Africa**

(Africa, Europe, and the Middle East)

1-888-777-8343, option 1  
314-590-2999 (DSN)

## **Latin America and Canada**

(Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands)

1-888-777-8343, option 2  
312-761-1153 (DSN)

## **Pacific**

(American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, the Northern Mariana Islands, South Korea, and Western Pacific remote countries)

1-888-777-8343, option 3  
315-645-3199 (DSN)



## OTHER IMPORTANT CONTACTS

### TRICARE Pharmacy Program

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)

#### Express Scripts, Inc.

<https://militaryrx.express-scripts.com>

1-877-363-1303

### Dental Programs

[www.tricare.mil/dental](http://www.tricare.mil/dental)

#### TRICARE Active Duty Dental Program (ADDP)

1-866-984-2337 (CONUS)

1-844-653-4058 (OCONUS)

#### TRICARE Dental Program (TDP)

1-844-653-4061 (CONUS)

1-844-653-4060 (OCONUS)

### Federal Employees Dental and Vision Insurance Program (FEDVIP)

[www.benefeds.com](http://www.benefeds.com)

### TRICARE For Life (TFL)

[www.tricare.mil/tfl](http://www.tricare.mil/tfl)

1-866-773-0404

### Defense Enrollment Eligibility Reporting System (DEERS)

[www.tricare.mil/deers](http://www.tricare.mil/deers)

<https://milconnect.dmdc.osd.mil>

1-800-538-9552

*Contact DEERS to check your TRICARE eligibility or for help with eligibility-related issues.*

For a complete list of TRICARE contacts, visit [www.tricare.mil/contactus](http://www.tricare.mil/contactus).



**A Registered Nurse is Only  
a Call or Click Away!**



**Web Chat**

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**Video Chat**

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**Call** (visit us on the web to find  
your location-specific number)

In the U.S., call 1-800-TRICARE  
(1-800-874-2273), option 1

**MHSNurseAdviceLine.com**

Find your benefits number on your ID card.