

Are you getting ready to PCS?

Keep these things in mind:



Referrals:

- Call or message your primary care manager at your military hospital or clinic or your TRICARE contractor.
- Request that any active specialty care referrals be issued for your new home station.
- Visit **tricare.mil/partners** to find contact information for your regional contractor.

Prescriptions:

Make sure you have enough of your prescription to last during your move. You can request prescription renewals or early refills before you PCS. Call or message your PCM.

Case Management:

- If your family is enrolled in active case management, and you're moving to another military hospital or clinic, your care team will conduct a PCM-to-PCM warm handoff.
- If you get care in the civilian network, your TRICARE contractor will help arrange care at your new location.

Global Nurse Advice Line:

If you get sick while traveling, you can call the Global Nurse Advice Line 24/7.

- In the U.S., Guam, and Puerto Rico: Call 800-TRICARE (800-874-2273), option 1.
- Overseas: Numbers differ by country. Visit **mhsnurseadvice.com**

Enrollment:

Active duty family members must enroll in a TRICARE health plan when they arrive at their next duty station.

- **Online:** Use Beneficiary Web Enrollment—through milConnect (**milconnect.dmdc.osd.mil/milconnect**).
- **By phone:** Visit **tricare.mil/partners** to find the phone number for your contractor.
- **By mail:** You can submit a paper enrollment form to your contractor.

For more
information visit:

tricare.mil/PCS

