

TRICARE® IMPORTANT CONTACT INFORMATION



WC427G040322WP

MAY 2022



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TRICARE STATESIDE CONTACTS

E

East Region

Humana Military

1-800-444-5445

HumanaMilitary.com

www.tricare-east.com

Warrior Navigation and
Assistance Program

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

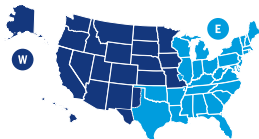
W

West Region

Health Net Federal Services, LLC

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

www.tricare-west.com



TRICARE Prime Remote (TPR)

www.tricare.mil/tpr

Active Duty: 1-888-647-6676

www.health.mil/greatlakes

US Family Health Plan (USFHP)

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

www.tricare.mil/usfhp

TRICARE OVERSEAS PROGRAM

For toll-free, country-specific contact information, visit 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

Medical Assistance
+44-20-8762-8133

Latin America and Canada

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

Medical Assistance
+1-215-942-8320

Pacific

Singapore

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

Medical Assistance
+65-6338-9277

Sydney

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)
sydtricare@internationalsos.com

Medical Assistance
+61-2-9273-2760

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),
option 1, ext. 536-6200

Eurasia-Africa

(Africa, Europe, and the Middle East)

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

Pacific

(Asia, Australia, Guam, India, Japan, New Zealand, South Korea, and Western Pacific remote countries)

315-645-3199 (DSN)



OTHER IMPORTANT CONTACTS

TRICARE Pharmacy Program

www.tricare.mil/pharmacy

Express Scripts, Inc.

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

1-877-363-1303

Dental Programs

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)

For a complete list of TRICARE contacts, visit www.tricare.mil/contactus.

Federal Employees Dental and Vision Insurance Program (FEDVIP)

www.benefeds.com

TRICARE For Life (TFL)

www.tricare.mil/tfl

1-866-773-0404

Defense Enrollment Eligibility Reporting System (DEERS)

www.tricare.mil/deers

1-800-538-9552

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

(Update DEERS, view eCorrespondence)



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



Web Chat



Video Chat



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](https://www.mhsnurseadvice.com)

Find your benefits number on your ID card.