



Your TRICARE® Resources

www.tricare.mil

The TRICARE Web site is your best resource for TRICARE information!

Get e-mail updates

Sign up to receive regular e-mail updates at www.tricare.mil/subscriptions.



Need to Talk to Someone?

REGIONAL CONTRACTORS/TOLL-FREE NUMBERS



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



South Region
Humana Military Healthcare Services, Inc.
1-800-444-5445
www.humana-military.com



West Region
TriWest Healthcare Alliance Corp.
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

TRICARE PROGRAMS AND TOLL-FREE NUMBERS

TRICARE For Life 1-866-773-0404
TRICARE Pharmacy Program 1-877-363-1303
US Family Health Plan 1-800-748-7347
Military Medical Support Office 1-888-647-6676

TRICARE Dental Program 1-800-866-8499
TRICARE Retiree Dental Program 1-888-838-8737
TRICARE Active Duty Dental Program 1-866-984-2337

TRICARE OVERSEAS PROGRAM TELEPHONE NUMBERS

TRICARE Overseas Program (TOP) Regional Call Centers
Eurasia-Africa +44-20-8762-8384
Latin America/Canada +1-215-942-8393
Pacific (Singapore) +65-6339-2676
Pacific (Sydney) +61-2-9273-2710

General Information—TOP
1-877-451-8659 (*stateside toll-free*)
TRICARE Dental Program Overseas
+1-888-622-2256

www.tricare.mil/tricareu

Learn the Fundamentals at TRICARE University

Take the free TRICARE Public Course online and learn more about TRICARE. This self-paced course covers all the basics: keeping your DEERS information up to date, program options, dental and pharmacy program overviews, claims and appeals, and more.

Need More Help?

BENEFICIARY COUNSELING AND ASSISTANCE COORDINATORS (BCACS)

Got a complex TRICARE issue or concern? Contact your BCAC. Use the BCAC locator: www.tricare.mil/bcacdcao

HELP YOURSELF—ONLY YOU CAN KEEP YOUR DEERS INFORMATION CURRENT!

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

DEERS Web site: www.dmdc.osd.mil/appj/address/ or
Beneficiary Web Enrollment Web site: www.dmdc.osd.mil/appj/bwe/

1-800-538-9552 or 1-866-363-2883 (TTY/TDD)
1-831-655-8317 (fax)

Find a local ID card-issuing facility: www.dmdc.osd.mil/rsl

DON'T FORGET ... PROTECT YOUR BENEFIT!

Beneficiaries are important partners in the ongoing fight against fraud and abuse. To report fraud, beneficiaries can visit www.tricare.mil/fraud or contact fraudline@tma.osd.mil.

www.tricare.mil/smart

GET "SMART" ABOUT TRICARE

TRICARE Smart is your source for TRICARE materials online. You can view, print, e-mail, or download copies of TRICARE brochures, booklets, handbooks, and other materials on a wide range of topics.

www.tricare.mil/faqs

NEED ANSWERS? FIND THEM HERE

TRICARE FAQs provide answers to common TRICARE questions. You can check out the Top 20 Most Viewed Questions, or search by topic, program, or your beneficiary status to get the answers you need.

Find Information by Topic

ELIGIBILITY AND ENROLLMENT

www.tricare.mil/DEERS
1-800-538-9552

Beneficiary Web Enrollment Web Site:
<https://www.dmdc.osd.mil/appj/bwe/>

TRICARE PROGRAMS

TRICARE Dental Program: www.tricare dental program.com
TRICARE Retiree Dental Program: www.trdp.org
TRICARE Active Duty Dental Program: www.addp-ucci.com
TRICARE Pharmacy Program: www.express-scripts.com/TRICARE

GETTING CARE

www.tricare.mil
Enter your profile to get the specific requirements for your region.

Find a Provider: www.tricare.mil/ProviderDirectory
MTF Appointments Online: www.tricareonline.com
MTF Locator: www.tricare.mil/mtf
Find a TRICARE Service Center (TSC): www.tricare.mil/tsc
Referrals and Authorizations: www.tricare.mil/mybenefit

COVERED SERVICES

www.tricare.mil/coveredservices

COSTS

www.tricare.mil/costs

CLAIMS

www.tricare.mil/claims

FORMS

www.tricare.mil/forms

www.tricare.mil/factsheets

Just the FACTS...

Need detailed information on a specific topic? TRICARE fact sheets are downloadable and have information on everything from DEERS to special programs!

NOTE: Important resources, contacts, and publications are available on the Web sites listed here. A variety of materials are also available on the TRICARE Smart Site at www.tricare.mil/smart, and at your local military treatment facility (MTF) or TSC.

