

TRICARE

Your Military Health Plan



Important TRICARE Contact Information

National Guard and Reserve

www.tricare.mil/reserve

Reserve Affairs

www.defenselink.mil/ra

TRICARE Prime Remote

Active duty: 1-888-647-6676

<http://mmso.med.navy.mil>

Family members:

www.tricare.mil/tpr

TRICARE For Life

1-866-773-0404

www.TRICARE4u.com

Medicare

1-800-MEDICARE

(1-800-633-4227)

www.medicare.gov

Pharmacy Benefits

Retail: 1-866-363-8779

Member Choice Center

(convert retail prescriptions to mail-order): 1-877-363-1433

Mail-order: 1-866-363-8667

www.tricare.mil/pharmacy

TRICARE Dental Program

Active duty family members, National Guard and Reserve members, and their families

1-800-866-8499

www.TRICAREdentalprogram.com

TRICARE Retiree Dental Program

1-888-838-8737

www.trdp.org

US Family Health Plan

1-800-74-USFHP

(1-800-748-7347)

www.usfamilyhealthplan.org

Veterans Affairs

1-800-827-1000

www.va.gov

Beneficiary Counseling & Assistance Coordinators

www.tricare.mil/bcacdcao

Defense Enrollment Eligibility Reporting System

1-800-538-9552

www.tricare.mil/DEERS

Beneficiary Web Enrollment

<https://www.dmdc.osd.mil/appj/bwe/>

TRICARE Regional and Overseas Contacts

North Region

Health Net Federal Services, LLC

1-877-TRICARE (1-877-874-2273)

www.healthnetfederalservices.com

West Region

TriWest Healthcare Alliance Corp.

1-888-TRIWEST (1-888-874-9378)

www.triwest.com

South Region

Humana Military Healthcare Services, Inc.

1-800-444-5445

www.humana-military.com

Active duty programs:

1-877-249-9179

National Guard and Reserve:

1-877-298-3408

Warrior Navigation and Assistance Program: 1-888-4GO-WNAP (1-888-446-9627)

TRICARE Europe

1-888-777-8343, option 1

www.europe.tricare.osd.mil

TRICARE Latin America and Canada

1-888-777-8343, option 3

www.tricare.mil/tlac

TRICARE Pacific

1-888-777-8343, option 4

www.tricare.mil/pacific