



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.



Get Answers to Your Questions

REGIONAL CONTRACTORS



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
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

TRICARE OVERSEAS PROGRAM

International SOS Assistance, Inc.
www.tricare-overseas.com

TRICARE Dental Program Overseas
+1-855-638-8372

TOP Regional Call Centers

Eurasia-Africa
+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)

Latin America and Canada
+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)

Pacific (Singapore)
+65-6339-2676 (overseas)
1-877-678-1208 (stateside)

Pacific (Sydney)
+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)

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 Active Duty Dental Program 1-866-984-2337
TRICARE Dental Program 1-855-638-8371
TRICARE Retiree Dental Program 1-888-838-8737

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/bcacadcao

HELP YOURSELF—ONLY YOU CAN KEEP YOUR DEERS INFORMATION UP TO DATE!

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: www.tricare.mil/deers

Beneficiary Web Enrollment: www.tricare.mil/bwe

1-800-538-9552 or 1-866-363-2883 (TDD/TTY)

1-831-655-8317 (fax)

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

PROTECT YOUR BENEFIT FROM FRAUD AND ABUSE

Beneficiaries are important partners in the ongoing fight against fraud and abuse. To report fraud, you 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, or download copies of TRICARE brochures, booklets, handbooks, and other materials on a wide range of topics. A variety of materials are also available at your local military treatment facility (MTF) or TRICARE Service Center (TSC).

WANT 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! Click “Fact Sheets” on the Smart site for a complete list.

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.

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.



Find Information by Topic

ELIGIBILITY AND ENROLLMENT

www.tricare.mil/deers

Beneficiary Web Enrollment:

www.tricare.mil/bwe

TRICARE PROGRAMS

TRICARE Active Duty Dental Program, TRICARE Dental Program, and TRICARE Retiree Dental Program:

www.tricare.mil/dental

TRICARE Pharmacy Program: www.tricare.mil/pharmacy

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 TSC: www.tricare.mil/tsc

COVERED SERVICES

www.tricare.mil/coveredservices

COSTS

www.tricare.mil/costs

CLAIMS

www.tricare.mil/claims

FORMS

www.tricare.mil/forms

www.tricare.mil/mediacenter

Connect with TRICARE

Use the Media Center to link to TRICARE on Facebook, Twitter, YouTube, Flickr, and Diigo, or subscribe to get e-alerts and to receive newsletters and news releases electronically.