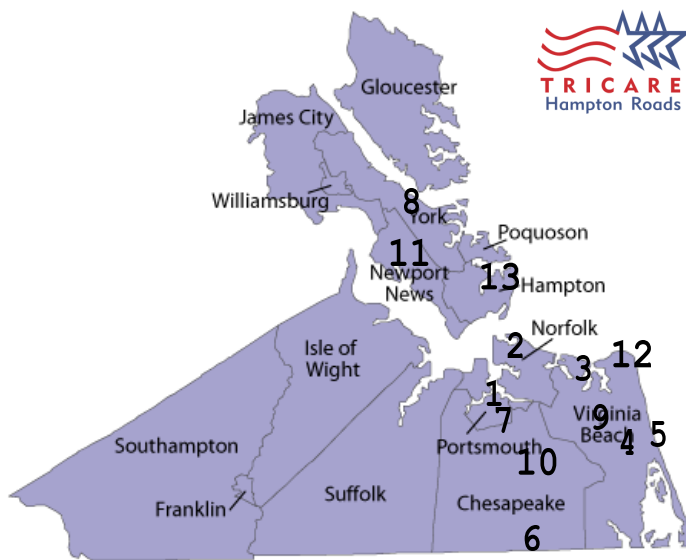




TRICARE Hampton Roads

Welcome to Virginia

TRICARE assistance & contact information for service members & their families in Hampton Roads



TRICARE Regions & Service Centers

North Region

Health Net Federal Services, LLC
1-877-874-2273

www.healthnetfederalservices.com

South Region

Humana Military Healthcare Services, Inc.
1-800-444-5445

www.humana-military.com

West Region

TriWest Healthcare Alliance
1-888-874-9378

www.triwest.com

Military Treatment Facilities in Hampton Roads

Navy

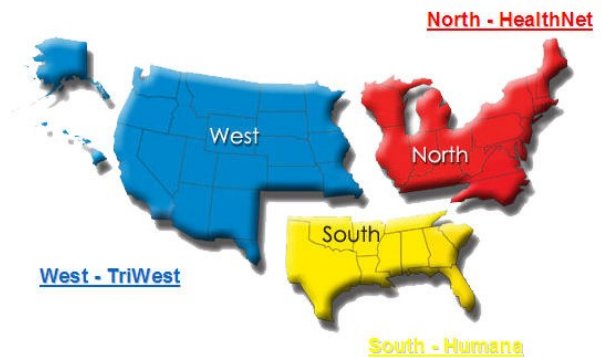
- 1 Naval Medical Center Portsmouth
- 2 Sewell's Point Branch Health Clinic, Norfolk Naval Base
- 3 Boone Branch Health Clinic, Little Creek
- 4 Oceana Branch Health Clinic, Oceana Naval Air Station
- 5 Dam Neck Branch Health Clinic, Dam Neck Annex
- 6 Northwest Branch Health Clinic, Northwest Annex
- 7 Norfolk Naval Shipyard Branch Health Clinic
- 8 Yorktown Branch Health Clinic, Naval Weapons Station
- 9 TRICARE Prime Clinic Virginia Beach
- 10 TRICARE Prime Clinic Chesapeake

Army

- 11 McDonald Army Health Center, Fort Eustis
- 12 Fort Story Health Clinic

Air Force

- 13 633rd Medical Group, Langley Air Force Base



Hampton Roads TRICARE Service Centers

Health Net Federal Services, LLC
Naval Medical Center Portsmouth
Building 249, Portsmouth, VA 23708
(877) TRICARE (877-874-2273)
Monday – Friday, 7:30 a.m. – 4:30 p.m.

Service Centers are also located at:
McDonald Army Health Center, Fort Eustis
633rd Medical Group, Langley Air Force Base

Navy Health Benefit Advisors

Naval Medical Center Portsmouth

Building 3, 3rd Floor
620 John Paul Jones Circle
Portsmouth, VA 23708
(757) 953-2610 Monday – Friday, 7 a.m. – 3:30 p.m.

Sewells Point Branch Health Clinic

Norfolk Naval Base
1721 Taussig Boulevard
Norfolk, VA 23511
(757) 953-8708 Monday – Friday, 7:30 a.m. – 3:30 p.m.

Adm Joel T. Boone Branch Health Clinic

Joint Expeditionary Base Little Creek
1035 Nider Boulevard
Norfolk, VA 23521
(757) 953-8183/8185 Monday – Friday, 7:30 a.m. – 3:30 p.m.

Oceana Branch Health Clinic

Naval Air Station Oceana
1550 Tomcat Boulevard
Virginia Beach, VA 23460
(757) 953-3933 (Opt 7) Monday – Friday, 7:00 a.m. – 3:20 p.m.

Yorktown Branch Health Clinic

Naval Weapons Station Yorktown
P.O. Box 90
Yorktown, VA 23291
(757) 953-8441 Monday – Friday, 7 a.m. – 3:30 p.m.

Northwest Branch Health Clinic

Northwest Annex
4501 Relay Road
Chesapeake, VA 23322
(757) 953-6246 Monday – Friday, 7:30 a.m. – 3:30 p.m.

TRICARE Prime Clinic Virginia Beach

2100 Lynnhaven Parkway, Suite 201
Virginia Beach, VA 23456
(757) 953-6710/6711 Monday – Friday, 7 a.m. – 3:45 p.m.

TRICARE Prime Clinic Chesapeake

1011 Eden Way North, Suite 8
Chesapeake, VA 23320
(757) 953-6382 Monday – Friday, 7:30 a.m. – 4 p.m.

DEERS & ID Cards

DEERS eligibility and a valid ID card are required to obtain TRICARE benefits (ID cards are not required for children under age 10 living with a custodial parent). Visit the Rapids Site Locator at: www.dmdc.osd.mil/rsl to find an ID card office near you. To schedule an appointment at one of the following ID card offices for services, visit: <https://rapids-appointments.dmdc.osd.mil/>

PSD Portsmouth NMCP Building 3, 9th Floor

620 John Paul Jones Circle
Portsmouth, VA 23708
Phone: (757) 953-7874; Fax: (757) 953-5632
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

Norfolk Naval Shipyard Pass & ID Office

Building 1502, Rooms 127 & 128
Portsmouth, VA 23709
Phone: (757) 396-5796; Fax: (757) 396-3798
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

Naval Station Norfolk Pass & ID Office

Building CD-9, 9040 Hampton Boulevard
Norfolk, VA 23505
Phone: (757) 322-2975
Mon-Fri, 7:30—4

Navy Exchange Norfolk ID Card Lab

Building CD-13, 1560 Mall Drive, Suite 202
Norfolk, VA 23511
Phone: (757) 444-8263; Fax: (757) 444-9227
Mon-Fri, 9—5 (Appointments 9—4); Saturday 9—3

Naval Station Norfolk Personnel Support Detachment

Building A-48, 1755 Powhatan Street, Room 119
Norfolk, VA 23511
Phone: (757) 445-5202; Fax: (757) 444-0581
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

Navy Operational Support Center NMCRC Little Creek

Building 1, One Navy Drive
Virginia Beach, VA 23459
Phone: (757) 318-4500; Fax: (757) 318-4554
Mon-Thu, Appointments 9:30—12:10 (Walk-in 12:10—3)
Fri, Walk-in 9:30—3 (Mobilizing Reservists have priority)

JEB Little Creek Personnel Support Detachment

Building 3510, 1155 Nider Boulevard
Virginia Beach, VA 23459
Phone: (757) 462-5319
Mon-Fri, 7:30—4

Fort Story ID Card Office JEB Little Creek-Fort Story

517 Solomons Road
Virginia Beach, VA 23454
Phone: (757) 422-7752
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

NAS Oceana Personnel Support Detachment

Building 326, 1161 D Avenue
Virginia Beach, VA 23460
Phone: (757) 433-2184; Fax: (757) 433-2186
Mon-Fri, 7:30—4 (Walk-in 7:30—3)

CSD Dam Neck

Building 502, 408 Tartar Avenue
Virginia Beach, VA 23461
Phone: (757) 492-7741; Fax: (757) 492-6510
Mon-Fri, 7:30—12; 1—4

Registration in DEERS and *Enrollment* in TRICARE Prime are separate processes. The Defense Enrollment Eligibility Reporting System (DEERS) is a Department of Defense data base of military sponsors and family members who are eligible under law for TRICARE and certain other benefits.