



On the Web

Internet information for TRICARE beneficiaries who live in the North Region

DEERS	www.tricare.mil/DEERS
Rapids (ID Card) Site Locator	www.dmdc.osd.mil/rsl/owa/home
To Schedule an ID Card Appointment	http://appointments.cac.navy.mil
Health Net Federal Services	www.healthnetfederalservices.com
Naval Medical Center Portsmouth	www.med.navy.mil/sites/nmcp/
Reserve Affairs	www.defenselink.mil/ra
TRICARE Claims Information—PBGA	www.mytricare.com
TRICARE Dental Information	
Active Duty Family Dental Program	www.TRICAREdentalprogram.com
Retiree Dental Program	www.trdp.org
TRICARE for Life	
Claims (Wisconsin Physician Services)	www.tricare4u.com
Medicare & Social Security	www.ssa.gov
TRICARE Management Activity (TMA)	www.tricare.mil
TRICARE Online (Appointments)	www.tricare.mil
TRICARE Pharmacy Information	www.express-scripts.com/TRICARE



www.twitter.com/NMCP1

www.facebook.com/NMCPortsmouth



NMCP Health Benefits

Building 3, 3rd Floor; Mon-Fri, 7 a.m.—3:30 p.m.
(757) 953-2610/2611

NMCP TRICARE Service Center

Health Net Federal Services
Building 249 (next to parking garage)
Mon—Fri, 7:30 a.m.—4:30 p.m.
1-(877) 874-2273



Appointments & Specialty Referral Status

Hampton Roads Appointment Center
Mon—Fri, 6 a.m.—8 p.m.
S, S & Holidays, 7 a.m.—3:30 p.m.
1-(866) 645-4584

To Schedule a Presentation

TRICARE Operations—Marketing
(757) 953-6153/6048