



TRICARE Programs

Program	Type of Program	Eligibility	Notes
TRICARE Prime	<ul style="list-style-type: none"> Managed Care Primary Care Specialty Care 	<ul style="list-style-type: none"> Active Duty Service Members (ADSMs) Active Duty Family Members (ADFM)s <ul style="list-style-type: none"> Spouse Unmarried Children to Age 21 <ul style="list-style-type: none"> Age 23 if Full-Time Student Activated Guard & Reserve Activated Guard & Reserve FMs Retired Service & Family Members <Age 65 	<ul style="list-style-type: none"> Required for ADSMs & Activated Guard & Reserves Optional for Others Enrollment Required <ul style="list-style-type: none"> Enrollment Fee for Retirees Primary Care Manager (PCM) <ul style="list-style-type: none"> Military Treatment Facility (MTF) Civilian Network Provider
TRICARE Prime Remote	<ul style="list-style-type: none"> Managed Care Primary Care Specialty Care 	<ul style="list-style-type: none"> ADSMs & ADFMs Activated Guard & Reserve & FMs 	<ul style="list-style-type: none"> Duty Assignment and/or Residency Requirements Apply Enrollment Required
TRICARE Overseas Prime	<ul style="list-style-type: none"> Managed Care Primary Care Specialty Care 	<ul style="list-style-type: none"> ADSMs & ADFMs Activated Guard & Reserve & FMs 	<ul style="list-style-type: none"> Duty Assignment Requirements Apply Enrollment Required
TRICARE Extra	<ul style="list-style-type: none"> Preferred Provider 	<ul style="list-style-type: none"> ADFM)s & Activated Guard & Reserve FMs Retired Service & Family Members <Age 65 	<ul style="list-style-type: none"> No Enrollment Required Civilian Network Providers MTF Space Available
TRICARE Standard	<ul style="list-style-type: none"> Fee for Service 	<ul style="list-style-type: none"> ADFM)s & Activated Guard & Reserve FMs Retired Service & Family Members <Age 65 	<ul style="list-style-type: none"> No Enrollment Required Civilian Non-Network Providers MTF Space Available
TRICARE for Life	<ul style="list-style-type: none"> Medicare Wrap-Around 	<ul style="list-style-type: none"> Medicare Eligible with Medicare Part B Age 65 Under Age 65 with Disability 	<ul style="list-style-type: none"> No Enrollment Required Civilian Providers MTF Space Available
TRICARE Plus	<ul style="list-style-type: none"> Managed Care Primary Care Only 	<ul style="list-style-type: none"> Not Eligible for TRICARE Prime Usually Medicare-Eligible 	<ul style="list-style-type: none"> Enrollment Required (No Enrollment Fee) MTF-Specific (NMCP Internal Medicine) Usually by Invitation MTF Specialty Care Space Available
TRICARE Young Adult	<ul style="list-style-type: none"> TRICARE Prime TRICARE Extra TRICARE Standard 	<ul style="list-style-type: none"> Unmarried Children >Age 21 (>Age 23 if Full-Time Student) to Age 26 	<ul style="list-style-type: none"> Enrollment Required Monthly Premium Based on Choice Not Eligible for Employer Insurance
TRICARE Reserve Select	<ul style="list-style-type: none"> TRICARE Extra TRICARE Standard 	<ul style="list-style-type: none"> Inactivated Selected Guard & Reserve & FMs 	<ul style="list-style-type: none"> Enrollment Required Monthly Premium Based on Plan Not Eligible for Employer Insurance
TRICARE Retired Reserve	<ul style="list-style-type: none"> TRICARE Extra TRICARE Standard 	<ul style="list-style-type: none"> Retired Guard & Reserve >Age 60 & FMs 	<ul style="list-style-type: none"> Enrollment Required Monthly Premium Based on Plan
TRICARE ECHO	<ul style="list-style-type: none"> Extended Care Health Option 	<ul style="list-style-type: none"> Special Needs ADFMs 	<ul style="list-style-type: none"> Sponsor Must be Enrolled in EFMP Enrollment Required

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