www.tricare.osd.mil

# TRICARE Your Passport to Quality Health Care

For active duty service members and their families



#### An Important Note About TRICARE Program Changes

At the time of printing, the information in this brochure is current. It is important to remember that TRICARE policies and benefits are governed by public law. Changes to TRICARE programs are continually made as public law is amended. For the most recent information, visit www.tricare.osd.mil.





# Your Passport to Quality Health Care

TRICARE offers worldwide health benefits coverage for you and your family. You can access care anywhere: at home, when you are traveling for business or vacation, or if you are deployed. You are even covered in overseas locations.



The *TRICARE Passport* highlights how to get care at home and when traveling. It is important to know which TRICARE program option you are using. This passport does not describe program eligibility or provide broad descriptions. If you're not sure which TRICARE program option you are using, visit www.tricare.osd.mil or call your regional contractor for assistance. See page 4 for your regional contractor's phone number and Web address.

Take this *TRICARE Passport* with you when you travel or deploy to have health care information at your fingertips.

You can always visit www.tricare.osd.mil for more information about TRICARE—your military health plan.

# CONTENTS

4-5
-15
8-9
-11
-13
-15

GETTING CARE WHILE TRAVELING10	6-23
Planning Ahead for Routine Care	6-17
Emergency and Urgent Care18	8-19
If You Are Deployed	19
Traveling Overseas1	9-21
Filling Prescriptions on the Road	2-23

DENTAL CARE24-25
KEEPING RECORDS UP-TO-DATE
GLOSSARY
TRICARE ACRONYMS
IMPORTANT CONTACT INFORMATION
MOBILIZATION CHECKLISTS
Before Receiving Deployment Orders
Special Note for Members
of the Reserve Component
Upon Receiving Deployment Orders



## **TRICARE IN YOUR REGION**

#### **TRICARE North Region**

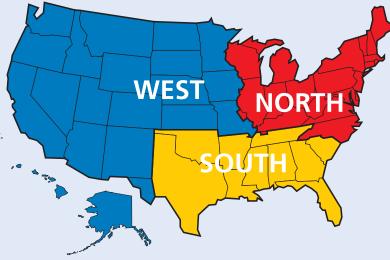
Regional Contractor: Health Net Federal Services, Inc. 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com

#### **TRICARE South Region**

Regional Contractor: Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com

#### **TRICARE West Region**

Regional Contractor: TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) www.triwest.com



For a complete list of states in each region, visit www.tricare.osd.mil.

## **GETTING CARE AT HOME**



This section highlights how to obtain care at home. As an active duty service member (ADSM), you are using either TRICARE Prime or TRICARE Prime Remote (TPR). Your family can use TRICARE Prime, TRICARE Prime Remote for Active Duty Family Members (TPRADFM), TRICARE Extra, or TRICARE Standard. If you are a member of the Reserve Component and are activated for more than 30 consecutive days, you and your family are considered "active duty" and your benefits are the same as described in this section. Visit www.tricare.osd.mil/reserve for more information.

If you are a member of the Uniformed Services Family Health Plan (USFHP), call 1-800-74U-SFHP (1-800-748-7347) or visit www.usfamilyhealthplan.org for information about your health care benefits.

#### TRICARE Passport 2005

### **TRICARE** Prime

**Primary (Routine) Care** 

All primary care is received from your assigned primary care manager (PCM)—usually at a military treatment facility (MTF). Your family may be assigned to either an MTF provider or a TRICARE network provider if enrolled. Contact your PCM to schedule an appointment for primary (routine) care.

#### **Specialty Care**

Referrals for specialty care—such as to a cardiologist or surgeon—are made by your PCM and coordinated with your regional contractor. Some specialty care may require prior authorization. You will be referred to an MTF first, if available. To locate a network provider, visit www.tricare.osd.mil/provider\_directory.html.

You and your family members must follow the appropriate procedures for obtaining specialty care to avoid unnecessary point-of-service (POS) charges.

#### The POS costs include:

- Outpatient deductibles—\$300/individual and \$600/family
- 50 percent cost-shares, even after the catastrophic cap has been met
- Excess charges up to 15 percent over the TRICAREallowed amount

Visit your regional contractor's Web site, the TRICARE Web site at www.tricare.osd.mil, or refer to your *TRICARE Prime Handbook* for more details about accessing health care with TRICARE Prime.



### **TRICARE Prime Remote (TPR)**

#### **Primary (Routine) Care**

You may be assigned a PCM from the TRICARE network if one is available. If you have an assigned PCM, you must contact your PCM for all primary (routine) care.

In some TPR locations, network providers are not available. If not, you may receive primary care from any TRICAREauthorized provider. To locate TRICARE-authorized providers, visit www.tricare.osd.mil/provider\_directory.html.

These rules also apply for your TPRADFM-enrolled family members.

#### **Specialty Care**

Specialty care requires a PCM referral and coordination with your regional contractor. All specialty care requests must be referred by your regional contractor to your service point of contact (SPOC) at the Military Medical Support Office (MMSO) for a "Fitness for Duty" determination.

If your condition may change your fitness for military duty or requires a medical board, you will be referred to an MTF. If there is no impact on your fitness for duty, you can be referred to a civilian specialist for the care. Your SPOC will provide a reply to your regional contractor within two working days.

Service Points of Contact DoD (Army, Navy, Air Force) 1-888-MHS-MMSO (1-888-647-6676)

#### Coast Guard

1-888-MHS-MMSO (1-888-647-6676) 1-800-9HBA-HBA (1-800-942-2422)

#### **USPHS and NOAA**

1-800-368-2777 option 2

You cannot refer yourself to a military or civilian specialist.

### **Specialty Care for Your Family Members**

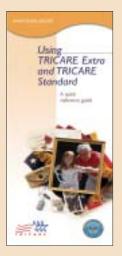
TPRADFM-enrolled family members must obtain a referral from their PCM before getting specialty care. The PCM will coordinate with the regional contractor, who will assist in obtaining the referral and prior authorization (if required) and in choosing a network specialist or TRICARE-authorized provider.

Family members who seek nonemergency care from other sources without first contacting their PCM or regional contractor will be held financially responsible for those health care services under the POS option, which has higher associated costs (see page 9 for POS costs).

For additional information about accessing health care with TPR and TPRADFM, visit www.tricare.osd.mil/tpr or refer to your TRICARE Prime Remote Handbook.

# Family Members Using TRICARE Extra or TRICARE Standard

Active duty family members who are using TRICARE Extra or TRICARE Standard will not have a PCM assigned and will not need referrals for specialty care.



If they seek care from a TRICARE network provider, they are using TRICARE Extra. If they seek care from a non-network provider, they are using TRICARE Standard. Your family members do not have to choose to use either option exclusively—they can receive care under both options as often as they like. Some services may require prior authorization—check with your regional contractor.

#### The difference between the two options is the cost:

- TRICARE Extra-15 percent of the negotiated rate
- TRICARE Standard-20 percent of the allowable charge\*
- \* Non-network providers may charge up to 15 percent above the TRICARE allowable charge. Family members will be responsible for these fees.

To locate TRICARE network and non-network providers, visit www.tricare.osd.mil/provider\_directory.html.

### **Emergency and Urgent Care**

#### **Emergency Care**

In the case of an emergency—a life-, limb-, or eyesightthreatening condition—dial 911 or go to the nearest emergency room.

If enrolled in TRICARE Prime, TPR, or TPRADFM, you (or someone on your behalf) must contact your PCM, regional contractor, or SPOC as soon as possible after getting emergency treatment or being admitted to a hospital to ensure proper authorization for the care is received.

#### **Urgent Care**

If you require urgent care—such as for a sprain, sore throat, or rising temperature—you should get care within 24 hours so your condition doesn't worsen.

**Note:** Prior authorization is required for inpatient behavioral health admissions.

# If enrolled in TRICARE Prime, TPR, or TPRADFM, you must take the following actions:

- Contact your PCM or regional contractor for an appointment or approval for care. ADSMs should contact the SPOC for approval.
- Contact your PCM or regional contractor to coordinate follow-on care.

Family members using TRICARE Extra or TRICARE Standard do not need a referral for urgent care and can visit www.tricare.osd.mil/provider\_directory.html to locate a provider.

# GETTING CARE WHILE TRAVELING

While traveling on business or vacation, you may need to see a doctor or have a prescription filled. This section highlights how to obtain care when traveling.



## **Planning Ahead for Routine Care**

Routine care includes management of chronic health conditions, routine physicals, and requests for prescription refills. If the care can be handled before you leave or can be delayed until you return home, it is considered "routine care." You should obtain routine care from your PCM and fill any needed prescriptions before you travel.

#### **TRICARE Prime Beneficiaries**

If you are enrolled in TRICARE Prime, TPR, or TPRADFM and you need routine care while traveling, coordinate the care with your PCM for authorization or you may be responsible for costs under the POS option.

#### **TRICARE Standard and TRICARE Extra Beneficiaries**

If using TRICARE Standard or TRICARE Extra, simply locate a TRICARE provider in the area where you are traveling.

To locate a provider, visit www.tricare.osd.mil/provider\_directory.html.

#### **Filing Claims While Traveling**

You may be required to pay for your care at the time of service, then file a claim with TRICARE for reimbursement. Visit www.tricare.osd.mil/claims for assistance with filing TRICARE claims.

If you must file a claim for services received while traveling, send your claim form with attachments to the address for the region <u>where you live</u>—not where you received the care.

#### North Region

Health Net Federal Services, Inc. c/o PGBA, LLC/TRICARE P.O. Box 870140 Surfside Beach, SC 29587-9740

South Region TRICARE South Region Claims Department P.O. Box 7031 Camden, SC 29020-7031 West Region West Region Claims P.O. Box 77028 Madison, WI 53707-7028

### **Emergency and Urgent Care**

#### In Case of an Emergency

In the case of an emergency—a life-, limb-, or eyesightthreatening condition—dial 911 or go to the nearest emergency room.

If enrolled in TRICARE Prime, TPR, or TPRADFM, contact your PCM, regional contractor, or SPOC as soon as possible after getting emergency treatment or being admitted to a hospital to ensure proper authorization for the care is received.

#### When You Need Urgent Care

If you require urgent care—such as for a sprain, sore throat, or rising temperature—you should get care within 24 hours so your condition doesn't worsen.

# If enrolled in TRICARE Prime, TPR, or TPRADFM, you must take the following actions:

- Contact your PCM, regional contractor, or SPOC (ADSM) to obtain an approval for care.
- Contact your PCM or regional contractor to coordinate follow-on care.

#### When a Family Member Needs Urgent Care

If a family member does not receive a referral from their PCM and an authorization from the regional contractor for care obtained out of area, they may be responsible for costs under the POS option.

Family members using TRICARE Extra or TRICARE Standard can visit www.tricare.osd.mil/provider\_directory.html to locate a provider.

## If You Are Deployed

It is important to remember that if you are deployed, your health care needs will be met, whatever they are. Your families should ensure they are familiar with the TRICARE option they are using and know who to call if they need assistance while you're gone.

Fill in the phone numbers at the back of this passport and give a copy to your spouse before you go.

## **Traveling Overseas**

International SOS, Inc., will arrange urgent or emergency care for ADSMs and family members when traveling overseas. This includes care for service members while temporarily assigned or deployed in a remote location overseas or traveling in an authorized leave status.

#### **Traveling Overseas (continued)**

ADSMs or family members should contact their TRICARE Service Center (TSC) to request a transfer of enrollment to the appropriate overseas TRICARE Area Office (TAO) for any visit that exceeds 60 days. Upon returning home, transfer your enrollment back to the appropriate TSC.

ADFMs or other non-active duty service members should be prepared to make payment arrangements with host-nation providers, if necessary. Upon returning home, they may then file a claim for reimbursement with their regional contractor. (See page 17 for claims information.)

If you need assistance, visit the International SOS Web site at www.internationalsos.com/private/tricare or call the International SOS PCM Call Center in the overseas region in which you are traveling.

**TRICARE Europe**—includes Europe, Africa, and the Middle East.

PCM Call Center: 44 20 8762 8133 Collect: 44 20 8762 8133 Fax: 44 20 8762 8125 E-mail: tricarelon@internationalsos.com TRICARE Latin America and Canada—includes

Central and South America, the Caribbean Basin, Canada, Puerto Rico\*, and the Virgin Islands.

PCM Call Center: 1-800-834-5514 Collect: 1-215-701-2800 Fax: 1-215-244-9617 E-mail: tricarephl@internationalsos.com

\*If traveling in Puerto Rico, contact the Humana Military Puerto Rico Call Center at 1-800-700-7104 or visit www.humana-military.com to coordinate care.

**TRICARE Pacific**—includes Guam, Japan, Korea, and Western Pacific Remote countries.

Singapore PCM Call Center: 65-6338-9277 Collect: 65-6338-9277 Fax: 65-6338-7611 E-mail: sin.tricare@internationalsos.com

Sydney PCM Call Center: 61-2-9273-2760 Collect: 61-2-9273-2760 Fax: 61-2-9372-2457 E-mail: sydtricare@internationalsos.com

### Filling Prescriptions on the Road

While traveling, you can have your prescriptions filled at a TRICARE network pharmacy, at any MTF pharmacy, or via the TRICARE Mail Order Pharmacy (TMOP).

#### TRICARE Retail Pharmacy Program (TRRx)-

Administered by Express Scripts, Inc., TRRx includes more than 53,000 retail pharmacies in the United States, Puerto Rico, Guam, and the U.S. Virgin Islands. To fill a prescription, present your written prescription, and your Uniformed Services (military) identification (ID) card. To find a TRICARE retail pharmacy, call toll-free 1-866-DoD-TRRx (1-866-363-8779) or visit www.express-scripts.com/TRICARE.



MTF Pharmacies—Prescriptions may also be filled at an MTF pharmacy free of charge, if one is available and if the MTF stocks the prescription you need. You will only need your written prescription and your Uniformed Services (military) ID card. Visit www.tricare.osd.mil/mtf to locate an MTF near your travel destination. **TRICARE Mail Order Pharmacy (TMOP)\***—You may have your prescriptions filled through TMOP, administered by Express Scripts. You need to provide TMOP with your temporary address so that your order can be mailed to you at that location. For more information about using TMOP while traveling, call toll-free at 1-866-DoD-TMOP (1-866-363-8667) or visit www.express-scripts.com/TRICARE.

\*When traveling overseas on vacation, TMOP is not available unless you have an AFO/FPO address.

**Non-network Pharmacies**—You can also have your prescription filled at a non-network pharmacy, but this is the most costly option and not recommended. If you do, you must pay for your medications at the time of purchase and then file a claim with TRICARE for reimbursement. Express Scripts will process your claim. Claims should be submitted on DD Form 2642, which is available at www.tricare.osd.mil/claims or from your regional contractor.

#### Submit pharmacy claims to:

Express Scripts, Inc. P.O. Box 66518 St. Louis, MO 63166-6518

# **DENTAL CARE**

#### **Active Duty Service Members**

You receive your dental care at a military dental treatment facility (DTF) located on base or sometimes co-located at an MTF.

If you are enrolled in TPR for medical coverage, you are automatically eligible for the tri-service Remote Dental Program (RDP) administered by Military Medical Support Office (MMSO). Because there is no preferred dental network, you may choose any licensed dentist in your area. For additional information about RDP, visit the MMSO Web site at http://mmso.med.navy.mil.

If you need emergency dental care while traveling, contact MMSO at 1-888-MHS-MMSO (1-888-647-6676) for assistance.

#### **Active Duty Family Members**

Your family members can enroll in the TRICARE Dental Program (TDP)—a voluntary, premium-based program. For 24-hour information about the TDP or assistance in locating a dentist at home or while traveling if already enrolled, call 1-800-866-8499 or visit the TDP benefit booklet online at www.ucci.com.

#### **Reserve Component Members**

You and your eligible family members can enroll in TDP while in a Reserve status. If you are activated for more than 30 consecutive days, you become eligible for dental services at military DTFs.

If you were enrolled in TDP, you will be automatically disenrolled upon activation. Your family members, however, may remain enrolled with reduced premiums. Once you leave active duty and revert to an inactive status, you may re-enroll in the TDP immediately.

For 24-hour information about TDP or assistance in locating a dentist at home or while traveling if already enrolled, call 1-800-866-8499 or visit the TDP benefit booklet online at www.ucci.com.

## KEEPING RECORDS UP-TO-DATE

Before deploying or traveling, make sure your and your family members' information is updated in the Defense Enrollment Eligibility Reporting System (DEERS). DEERS information may be verified by contacting your regional contractor or the nearest personnel office where military ID cards are issued.

#### To update DEERS information, do one of the following:

- Visit a local Uniformed Services personnel office. Locate one online at www.dmdc.osd.mil/rsl.
- Call 1-800-538-9552 (Monday–Friday 6 a.m. to 3:30 p.m. PST, except federal holidays).

#### To only update your address, you can:

• Fax address changes to DEERS at 1-831-655-8317

#### • Mail address changes to:

Defense Manpower Data Center Support Office Attn: Change of Address 400 Gigling Road Seaside, CA 93955-6771

 Update addresses electronically at www.tricare.osd.mil/DEERSAddress

# If your address or telephone number has changed, you should also:

- Verify your enrollment information with your regional contractor.
- Contact the outpatient medical records department at your local MTF.
- Verify your new address when making an appointment.
- Tell the administrative staff when checking in at your MTF appointment.
- Contact your PCM and any specialists from whom you are receiving care.
- Complete a change of address form from the U.S. Postal Service.

# **GLOSSARY**

#### Catastrophic Cap

The maximum amount of out-of-pocket expenses you are responsible for in a given fiscal year (October 1–September 30). The catastrophic cap for active duty family members is \$1,000 per family regardless of program option.

#### Copayment

The fixed amount beneficiaries pay for certain pharmacy services.

#### Cost-shares

A fixed amount or a percentage of the allowable charge that TRICARE Extra and TRICARE Standard beneficiaries pay for services received. TRICARE Prime enrollees are responsible for a 50 percent cost-share when utilizing the point-of-service (POS) option.

#### Defense Enrollment Eligibility Reporting System (DEERS)

A database of Uniformed Services active duty service members (sponsors), family members, and others worldwide who are entitled under the law to military benefits, including TRICARE.

#### Military Treatment Facility (MTF)

A service medical facility generally on or near a military installation.

#### **Network Provider**

A member of the TRICARE Prime network who serves as either a primary care or specialty care provider.

#### Point-of-Service (POS)

Option under TRICARE Prime that allows enrolles to self-refer for nonemergency health care services to any TRICARE authorized civilian provider, in or out of the network. When TRICARE Prime enrollees choose to use the POS option, i.e., to obtain nonemergency health care services from other than their PCMs or without a referral from their PCMs, all requirements applicable to TRICARE Standard apply except the requirement for a non-availability statement. POS claims are subject to deductibles and cost-shares even after the enrollment/fiscal year catastrohic cap has been met.

#### Primary Care Manager (PCM)

An assigned MTF or TRICARE network provider who provides primary (routine) care and refers you for necessary specialty care.

#### **Prior Authorization**

A review determination made by a licensed professional, nurse, or paraprofessional for requested services, procedures, or admissions.

#### Glossary (continued) Referral

When your PCM refers you to another professional or ancillary provider for specialized medical services.

#### **Regional Contractor**

Civilian partners who provide health care services in the TRICARE regions (TriWest Healthcare Alliance, Health Net Federal Services, Inc., Humana Military Healthcare Services, Inc.).

#### **Reserve Component**

The Army National Guard, the Army Reserve, the Navy Reserve, the Marine Corps Reserve, the Air National Guard, the Air Force Reserve, and the U.S. Coast Guard Reserve.

#### **TRICARE Prime Service Area**

The geographic area where TRICARE Prime benefits are offered. This includes all catchment areas, Base Realignment and Closure (BRAC) sites, a forty-mile radius around all MTFs, and all additional areas proposed by the regional contractor.

#### **TRICARE Service Centers (TSC)**

A customer service presence located in or close by an MTF to assist all Military Health System beneficiaries, including traveling beneficiaries.

# **TRICARE ACRONYMS**

40544					
ADFM	Active Duty Family Member				
ADSM	Active Duty Service Member				
BRAC	Base Realignment and Closure				
DEERS	Defense Enrollment Eligibility				
	Reporting System				
DTF	Military Dental Treatment Facility				
MMSO	Military Medical Support Office				
MTF	Military Treatment Facility				
NOAA	National Oceanic and Atmospheric				
	Administration				
РСМ	Primary Care Manager				
POS	Point-of-Service				
RDP (Tri-Service)	Remote Dental Program				
SPOC	Service Point of Contact				
ΤΑΟ	TRICARE Area Office				
TDP	TRICARE Dental Program				
TLAC	TRICARE Latin America and Canada				
ТМОР	TRICARE Mail Order Pharmacy				
TPR	TRICARE Prime Remote				
TPRADFM	TRICARE Prime Remote for Active Duty				
	Family Members				
TRRx	TRICARE Retail Pharmacy Program				
TSC	TRICARE Service Center				
USFHP	Uniformed Services Family Health Plan				
USPHS	U.S. Public Health Service				
	charter and a sector and a sector				

## IMPORTANT CONTACT INFORMATION

Fill in the blanks below.

Your Primary Care Manager

NAME

PHONE

Your Regional Contractor

NAME

PHONE

WEB SITE

Your Military Treatment Facility (MTF)

٨	1	Λ	Λ	л	c
	••	-	~	-	-

PHONE

WEB SITE

#### Medical Appointments

PHONE

24/7 ACCESS

#### Dental Appointments (ADSM)

YOUR DENTAL FACILITY

PHONE

LOCATION

Tri-Service Remote Dental Program 1-888-MHS-MMSO (1-888-647-6676) http://mmso.med.navy.mil

TRICARE Dental Program 1-800-866-8499 www.ucci.com

Your MTF Pharmacy

PHONE

REFILLS

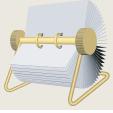
TRICARE Network Retail Pharmacy 1-866-DoD-TRRx (1-866-363-8779) www.express-scripts.com/TRICARE

TRICARE Mail Order Pharmacy 1-866-DoD-TMOP (1-866-363-8667) www.express-scripts.com/TRICARE

Service Points of Contact (TPR) DoD (Army, Navy, Air Force) 1-888-MHS-MMSO (1-888-647-6676)

Coast Guard 1-888-MHS-MMSO (1-888-647-6676) 1-800-9HBA-HBA (1-800-942-2422)

**USPHS and NOAA** 1-800-368-2777 option 2



# **MOBILIZATION CHECKLISTS**

#### **Before Receiving Deployment Orders:**

- □ Enroll family members in DEERS and/or update information as needed.
- Get your Will and other legal documents in order.
- Contact your command or unit family readiness representative for help with completing your family care plan.
- Review your TRICARE options.

# Special Note for Members of the Reserve Component:

- Review your civilian employer's health and dental coverage options for your family while you're on active duty.
- □ Visit www.tricare.osd.mil/reserve for information about TRICARE.
- Determine costs and benefits of both TRICARE and civilian options before choosing one or the other.
- ☐ If your family decides to use TRICARE, contact your civilian employer to continue or discontinue your employer health and/or dental coverage.

#### **Upon Receiving Deployment Orders:**

- Confirm that your family's DEERS information is current.
- Get military ID cards for eligible family members.
- □ Ensure that eligible family members have current ID cards.
- Give your family copies of your orders.
- Contact your unit commander or reserve center for information on TRICARE.
- □ Contact your military legal assistance office to appoint your power of attorney and update your Will.
- □ Contact your command or unit family readiness representative for help in updating your family care plan.
- Contact your finance office to set up an allotment, if applicable.
- Make other financial arrangements as required.
- Review life insurance for your spouse and yourself.
- Make sure your family knows who to call if they need health care.



For information about Patient Rights and Responsibilities, visit www.tricare.osd.mil/patientrights.

#### **Using These Cards**

These contact information wallet cards, provided for you and a family member, list key numbers to call when you have questions about your TRICARE benefits. They do not replace any TRICARE enrollment card or military ID card.

#### **TRICARE** Contacts



#### **Regional Contacts:**

North - 1-877-TRICARE (1-877-874-2273) South - 1-800-444-5445 West - 1-888-TRIWEST (1-888-874-9378)

**Pharmacy Contacts:** 

TRICARE Retail Pharmacy Program (TRRx): 1-866-DoD-TRRx (1-866-363-8779) TRICARE Mail Order Pharmacy (TMOP): 1-866-DoD-TMOP (1-866-363-8667)

#### **TRICARE** Contacts



#### **Regional Contacts:**

North - 1-877-TRICARE (1-877-874-2273) South - 1-800-444-5445 West - 1-888-TRIWEST (1-888-874-9378) Pharmacy Contacts: TRICARE Retail Pharmacy Program (TRRx): 1-866-DoD-TRRx (1-866-363-8779)

TRICARE Mail Order Pharmacy (TMOP): 1-866-DoD-TMOP (1-866-363-8667)

#### **TRICARE** Contacts

#### **Dental Contacts:**

For ADSMs: Remote Dental Program (RDP) 1-888-MHS-MMSO (1-888-647-6676)

For ADFMs: TRICARE Dental Program (TDP) 1-800-866-8499

#### **Overseas Contacts:**

TRICARE Europe PCM Call Center: 44 20 8762 8133 TRICARE Latin America/Canada PCM Call Center: 1-800-834-5514 TRICARE Pacific

Singapore PCM Call Center: 65-6338-9277 Sydney PCM Call Center: 61-2-9273-2760

#### **TRICARE** Contacts

#### **Dental Contacts:**

For ADSMs: Remote Dental Program (RDP) 1-888-MHS-MMSO (1-888-647-6676)

For ADFMs: TRICARE Dental Program (TDP) 1-800-866-8499

#### **Overseas Contacts:**

 TRICARE Europe PCM Call Center: 44 20 8762 8133
TRICARE Latin America/Canada PCM Call Center: 1-800-834-5514
TRICARE Pacific Singapore PCM Call Center: 65-6338-9277
Sydney PCM Call Center: 61-2-9273-2760

Please provide feedback on this booklet at: www.tricare.osd.mil/evaluations/booklets

#### www.tricare.osd.mil

#### **TRICARE North Region**

Regional Contractor: Health Net Federal Services, Inc. 1-877-TRICARE (1-877-874-2273) www.healthnetfederalservices.com

#### **TRICARE South Region**

Regional Contractor: Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com

#### **TRICARE** West Region

Regional Contractor: TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) www.triwest.com