



# Your Top **TRICARE** Resources

## tricare.mil

The TRICARE Web site is your best resource for TRICARE information!

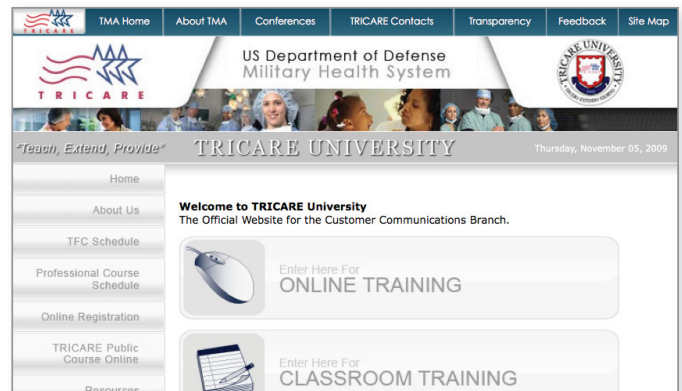
### tricare.mil/tricareu

#### TRICARE Fundamentals Course and TRICARE Public Course

Do you advise TRICARE beneficiaries? If so, sign up for the TRICARE Fundamentals Course!

This course was designed for Family Support personnel, Reserve Component Unit representatives, and others who provide counseling and assistance to TRICARE beneficiaries.

Anyone who would like an overview of the TRICARE benefit can take the TRICARE Public Course online.



### tricare.mil/DEERS

#### Keep DEERS Up to Date!

Beneficiaries can check their eligibility and enrollment status or enroll in DEERS by visiting these Web sites.

Beneficiary Web Enrollment Web site (U.S. only):  
[www.tricare.mil/bwe](http://www.tricare.mil/bwe)

### tricare.mil/factsheets

#### Get the Facts!

Do you need detailed information on a specific topic? Factsheets cover TRICARE programs, getting care, eligibility, appeals, and much more. Factsheets are also downloadable, so you can keep the facts handy or give them to beneficiaries who need information.



### tricare.mil/subscriptions

#### Sign Up for TRICARE E-mail Subscriptions

Be aware of breaking news and benefit changes that impact the beneficiaries you serve.

To get the critical information, click on:

**Benefit Changes:** Select the sub-categories you need

**Press Room:** Select TRICARE News Releases

**TRICARE University:** Select TRICARE University Updates

**Just the Facts:** Select the materials and topics you need

There are many more e-mail subscription topics that may interest you as well!

### tricare.mil/faqs

#### ? Frequently Asked Questions

Get answers to many of the questions beneficiaries ask.

**NOTE:** You will find additional helpful resources, contacts and publications on the Web sites listed on this flyer.

# tricare.mil/mybenefit

Visit the *MyBenefit* portal on [tricare.mil](http://tricare.mil) to learn more about plans and options, getting care, covered services, pharmacy and dental benefits, claims, costs, and more!

Send beneficiaries to the *MyBenefit* portal where they can answer a few questions to get TRICARE information customized to meet their specific needs. See details and additional resources below.

## Medical



Learn more about covered services, getting care, finding a provider, costs, claims and appeals, and using other health insurance (OHI).

Find a Provider: [tricare.mil/providerdirectory](http://tricare.mil/providerdirectory)  
MTF Appointments Online: [www.tricareonline.com](http://www.tricareonline.com)  
MTF Locator: [tricare.mil/mtf](http://tricare.mil/mtf)

## Pharmacy



Get information on TRICARE Pharmacy Program options, how to get prescriptions filled, covered medications, costs, claims and using OHI.

TRICARE Pharmacy Program: [tricare.mil/pharmacy](http://tricare.mil/pharmacy)  
Mail Order Pharmacy: [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)

## Dental



Learn about TRICARE Dental Program options. You can also find dental options available to beneficiaries based on their status and location.

TRICARE Dental: [www.tricare.mil/dental](http://www.tricare.mil/dental)

## Mental Health and Behavior

Find out how beneficiaries can get behavioral health care services as well as the types of treatments and providers available. This section of *MyBenefit* also provides links to a variety of online resources that address mental health concerns related to military family life.

Learn more about the TRICARE Assistance Program and Telemental Health Program, which provide access to behavioral health care services online.

TRICARE Assistance Program: [tricare.mil/triap](http://tricare.mil/triap)  
Telemental Health: [tricare.mil/telementalhealth](http://tricare.mil/telementalhealth)  
Mental Health Resource Center: [tricare.mil/mentalhealth](http://tricare.mil/mentalhealth)

## Life Events

Learn how TRICARE changes when a beneficiary activates or deactivates, gets married or divorced, has a baby, retires, travels, or experiences other major life events.

Life Events: [tricare.mil/LifeEvents](http://tricare.mil/LifeEvents)

## Other Important Links

Costs: [tricare.mil/costs](http://tricare.mil/costs)  
Claims: [tricare.mil/claims](http://tricare.mil/claims)  
Forms: [tricare.mil/forms](http://tricare.mil/forms)

Need to Talk to Someone? ..... Go to [tricare.mil/contactus](http://tricare.mil/contactus)

## Contacts by Region



HealthNet Federal Services, LLC  
North Region  
1.877.TRICARE  
(1.877.874.2273)  
[www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

Behavioral Health Care Appointment Assistance:  
1.877.747.9579  
(8 a.m. - 6 p.m. ET)



Humana Military Healthcare Services, Inc.  
South Region  
1.800.444.5445  
[www.humana-military.com](http://www.humana-military.com)

Behavioral Health Care Appointment Assistance:  
1.877.298.3514  
(8 a.m. - 7 p.m. ET)



TriWest Healthcare Alliance Corp.  
West Region  
1.888.TRIWEST  
(1.888.874.9378)  
[www.triwest.com](http://www.triwest.com)

Behavioral Health Care Appointment Assistance:  
1.866.651.4970  
(8 a.m. - 6 p.m. PT)



TRICARE Overseas Program  
Overseas Region  
1.888.777.8343  
(available in the U.S. only)

TAO-Pacific  
011.81.6117.43.2036  
TRICARE Pacific (Singapore)  
011.65.6338.9277  
TRICARE Pacific (Sydney)  
011.61.2.9273.2760

TAO-Latin America & Canada  
1.706.787.2424  
TRICARE Latin America/Canada  
1.800.834.5514  
Puerto Rico Call Center  
1.800.700.7104

TAO-Eurasia-Africa  
011.49.6302.67.6314  
TRICARE Eurasia-Africa  
011.44.20.8762.8133



North Region



South Region



West Region



Overseas Region