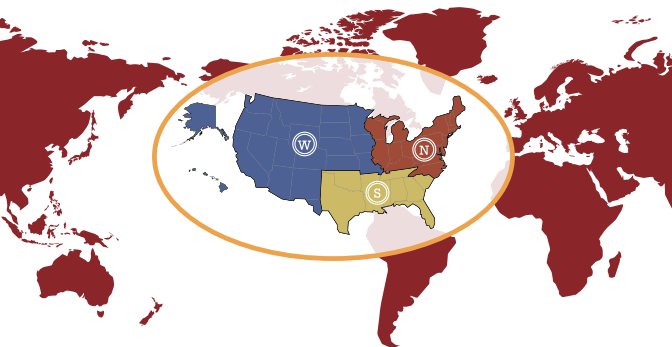


# TRICARE®

## Your Military Health Plan

Important Contact Information



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WC971BET02122

## Other Important Contacts

### TRICARE Prime Remote

[www.tricare.mil/tpr](http://www.tricare.mil/tpr)

Active Duty: 1-888-647-6676

[www.tricare.mil/tma/mms0](http://www.tricare.mil/tma/mms0)

### TRICARE For Life

1-866-773-0404

[www.tricare.mil/tfl](http://www.tricare.mil/tfl)

### TRICARE Pharmacy Program

1-877-363-1303

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)

### Defense Enrollment Eligibility Reporting System (DEERS)

[www.tricare.mil/deers](http://www.tricare.mil/deers)

### TRICARE Young Adult

[www.tricare.mil/tya](http://www.tricare.mil/tya)

### US Family Health Plan

1-800-74-USFHP (1-800-748-7347)

[www.tricare.mil/usfhp](http://www.tricare.mil/usfhp)

### TRICARE Dental Programs

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

### Active Duty Dental Program

1-866-984-ADDP (1-866-984-2337)

### TRICARE Dental Program

Stateside: 1-855-MET-TDP1 (1-855-638-8371)

Overseas: 1-855-MET-TDP2 (1-855-638-8372)

### TRICARE Retiree Dental Program

1-888-838-8737

### National Guard and Reserve

[www.tricare.mil/reserve](http://www.tricare.mil/reserve)

# TRICARE Stateside Regional Contractors

## North Region

Health Net Federal Services, LLC  
1-877-TRICARE (1-877-874-2273)  
www.hnfs.com

TRICARE Reserve Select and  
TRICARE Retired Reserve  
1-800-555-2605

Behavioral Health Provider  
Locator Line: 1-877-874-2273

## West Region

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

Behavioral Health Care  
Crisis Line: 1-866-284-3743

## South Region

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

Warrior Navigation and Assistance Program  
1-888-4GO-WNAP (1-888-446-9627)

Behavioral Health Care  
ValueOptions: 1-800-700-8646

## Claims

North and South: PGBA, LLC  
www.myTRICARE.com

West: Wisconsin Physicians Service  
www.TRICARE4u.com

## TRICARE Overseas Program

### Eurasia-Africa

+44-20-8762-8384 (*overseas*)  
1-877-678-1207 (*stateside*)  
tricarelon@internationalsos.com

### Medical Assistance

+44-20-8762-8133

### Latin America and Canada

+1-215-942-8393 (*overseas*)  
1-877-451-8659 (*stateside*)  
tricarephl@internationalsos.com

### Medical Assistance

+1-215-942-8320

### Pacific

#### Singapore

+65-6339-2676 (*overseas*)  
1-877-678-1208 (*stateside*)  
sin.tricare@internationalsos.com

### Medical Assistance

+65-6338-9277

#### Sydney

+61-2-9273-2710 (*overseas*)  
1-877-678-1209 (*stateside*)  
sydtricare@internationalsos.com

### Medical Assistance

+61-2-9273-2760

For toll-free contact information, visit [www.tricare-overseas.com](http://www.tricare-overseas.com). Only call Medical Assistance numbers to coordinate overseas emergency care.

## TRICARE Area Offices

### Eurasia-Africa

(Africa, Europe, and  
the Middle East)

+49-6302-67-6314  
314-496-6314 (DSN)

teoweb@europe.tricare.osd.mil  
www.tricare.mil/eurasiaafrica

### Latin America and Canada

(Canada, the Caribbean  
Basin, Central and South  
America, Puerto Rico, and  
the U.S. Virgin Islands)

+1-210-292-8520  
94-554-8520 (DSN)

taolac@tma.osd.mil  
www.tricare.mil/tlac

### Pacific

(Asia, Guam, India, Japan,  
Korea, New Zealand, and  
Western Pacific remote  
countries)

+81-6117-43-2036  
315-643-2036 (DSN)

tpao.csc@med.navy.mil  
www.tricare.mil/pacific

**Behavioral Health Care:** Contact your TRICARE Overseas Program Regional Call Center to coordinate behavioral health care.