

TRICARE®

Your Military Health Plan

Important Contact Information



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WC961BET08112

Other Important Contacts

TRICARE Prime Remote

www.tricare.mil/tpr

Active Duty: 1-888-647-6676

www.tricare.mil/tma/mms0

TRICARE For Life

1-866-773-0404

www.tricare.mil/tfl

TRICARE Pharmacy Program

1-877-363-1303

www.tricare.mil/pharmacy

Defense Enrollment Eligibility Reporting System (DEERS)

1-800-538-9552

www.tricare.mil/deers

US Family Health Plan

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

www.tricare.mil/usfhp

TRICARE Dental Programs

www.tricare.mil/dental

Active Duty Dental Program

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

TRICARE Dental Program

1-800-866-8499

TRICARE Retiree Dental Program

1-888-838-8737

National Guard and Reserve

www.tricare.mil/reserve

TRICARE Young Adult

www.tricare.mil/tya

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

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. 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)

+1-703-588-1868
312-425-1868 (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.