



Your TRICARE® Resources

Get Answers to Your Questions www.tricare.mil

Your best resource for TRICARE benefit information. Get tailored benefit information by answering three simple questions: Who are you? Where do you live? What plan are you using? You can also click "Find out now!" to use the easy Plan Finder.



TRICARE Regional Contractors

TRICARE regional contractors administer the TRICARE medical benefit. Visit the Web sites below for lists of network providers, claims updates, referral and prior authorization status, and more.

STATESIDE



North Region

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



South Region

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



West Region

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

OVERSEAS

TRICARE Overseas Program (TOP)

International SOS Assistance, Inc.
www.tricare-overseas.com



TOP Regional Call Centers

Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)

Pacific (Singapore)

+65-6339-2676 (overseas)
1-877-678-1208 (stateside)

Pacific (Sydney)

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)

KEEP YOUR DEERS INFORMATION UP TO DATE!

The key to receiving timely TRICARE benefits is keeping your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date.

www.tricare.mil/deers

You have several convenient options for updating DEERS:

- milConnect: <http://milconnect.dmdc.mil>
 - Verify and update your DEERS information
 - Learn about your other military benefits
 - Learn more about how to log on to milConnect at www.dmdc.osd.mil/identitymanagement
- 1-800-538-9552 or 1-866-363-2883 (TDD/TTY)
- 1-831-655-8317 (fax)

Find a local ID card-issuing facility: www.dmdc.osd.mil/rsl

TRICARE PROGRAM COSTS

Health care costs vary depending on your health care plan. Get the latest TRICARE cost information here, including dental and pharmacy costs.

www.tricare.mil/costs

TRICARE COVERED SERVICES

Get details about TRICARE coverage, limitations, and exclusions.

www.tricare.mil/coveredservices

GETTING CARE

Find a Provider: www.tricare.mil/providerdirectory

MTF Appointments Online: www.tricareonline.com

MTF Locator: www.tricare.mil/mtf

TRICARE Programs and Resources

TRICARE Pharmacy Program www.tricare.mil/pharmacy
Express Scripts, Inc. www.express-scripts.com/TRICARE
1-877-363-1303

TRICARE Active Duty Dental Program www.tricare.mil/addp
www.addp-ucci.com
1-866-984-2337
United Concordia Companies, Inc.

TRICARE Dental Program www.tricare.mil/tdp
MetLife <https://mybenefits.metlife.com/tricare>
1-855-638-8371 (stateside)
+1-855-638-8372 (overseas)

TRICARE Retiree Dental Program www.tricare.mil/trdp
Delta Dental of California www.trdp.org
1-888-838-8737

TRICARE For Life www.tricare.mil/tfl
Wisconsin Physicians Service www.TRICARE4u.com
1-866-773-0404

Continued Health Care Benefit Program www.tricare.mil/chcbp
www.humana-military.com
1-800-444-5445
Humana Military Healthcare Services, Inc.

US Family Health Plan www.tricare.mil/usfhp
www.usfhp.com
1-800-748-7347

GET "SMART" ABOUT TRICARE

Visit the TRICARE Smart site to view, print, or download TRICARE materials on a wide range of topics.

www.tricare.mil/smart

BCACs AND DCAOs

Got a complex TRICARE issue or concern? Contact a Beneficiary Counseling and Assistance Coordinator (BCAC). Debt Collection Assistance Officers (DCAOs) can assist with TRICARE claims debt collection issues.

www.tricare.mil/bcacdcao

TRICARE UNIVERSITY

Learn more about TRICARE—take the free public course online.

www.tricare.mil/tricareu

TRICARE Contacts www.tricare.mil/contactus

Military Medical Support Office

www.tricare.mil/mmso

1-888-647-6676

Behavioral Health www.tricare.mil/mentalhealth

Claims www.tricare.mil/claims

Enrollment www.tricare.mil/enroll

Forms www.tricare.mil/forms

Frequently Asked Questions www.tricare.mil/faqs

Report Fraud and Abuse

Web site: www.tricare.mil/fraud

E-mail: fraudline@tma.osd.mil