

**TRICARE Resources:**

**Pharmacy**

- [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)
- Express Scripts: 1-877-363-1303
- TRICARE Retail Network Pharmacies: 1-877-363-1303

**General**

- [www.Tricare.mil](http://www.Tricare.mil)

**Dental**

- <https://employeedental.metlife.com/dental/public/EmpEntry.do>
- Ph# 1-855-638-8371