



TRICARE

- To obtain the most current data refer to the official website of the Office of the Assistant Secretary of Defense (Health Affairs) and the TRICARE Management Activity at <http://www.tricare.mil>.
- Click “TRICARE Beneficiaries Enter Here.”
- Go to the Navigation bar entitled “Regions” and select your applicable Region.
- For members of the National Guard and U.S. Army Reserve, refer to <http://www.tricare.mil/reserve/reserveselect/index.cfm>