

**TRICARE**® Your Military Health Plan



**IMPORTANT  
CONTACT  
INFORMATION**



# TRICARE STATESIDE CONTACTS

## North Region

Health Net Federal Services, LLC  
1-877-TRICARE (1-877-874-2273)  
[www.hnfs.com](http://www.hnfs.com)

## South Region

Humana Military  
1-800-444-5445  
[HumanaMilitary.com](http://HumanaMilitary.com)

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

## West Region

UnitedHealthcare Military & Veterans  
1-877-988-WEST (1-877-988-9378)  
[www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)

## Claims—All Regions

[www.myTRICARE.com](http://www.myTRICARE.com)  
North: 1-877-874-2273  
South: 1-800-403-3950  
West: 1-877-988-9378

## TRICARE Prime Remote (TPR)

[www.tricare.mil/tpr](http://www.tricare.mil/tpr)  
Active Duty: 1-888-647-6676  
[www.tricare.mil/greatlakes](http://www.tricare.mil/greatlakes)

## US Family Health Plan (USFHP)

1-800-74-USFHP (1-800-748-7347)  
[www.tricare.mil/usfhp](http://www.tricare.mil/usfhp)

# 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)

+1-888-777-8343, option 1  
314-590-2999 (DSN)

[www.health.mil/tao](http://www.health.mil/tao)

## Latin America And Canada

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

+1-888-777-8343, option 2  
761-1153 (DSN), option 1,  
ext. 536-6077

[www.health.mil/tao](http://www.health.mil/tao)

## Pacific

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

+1-888-777-8343, option 3  
315-645-4854 (DSN)

[www.health.mil/tao](http://www.health.mil/tao)

## OTHER IMPORTANT CONTACTS

### **TRICARE Pharmacy Program**

1-877-363-1303

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

### **TRICARE Dental Programs**

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

### **TRICARE Active Duty Dental Program (ADDP)**

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

### **TRICARE Dental Program (TDP)**

1-855-MET-TDP1 (1-855-638-8371) (stateside)

1-855-MET-TDP2 (1-855-638-8372) (overseas)

### **TRICARE Retiree Dental Program (TRDP)**

1-888-838-8737

### **TRICARE For Life (TFL)**

1-866-773-0404

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

### **Defense Enrollment Eligibility Reporting System (DEERS)**

1-800-538-9552

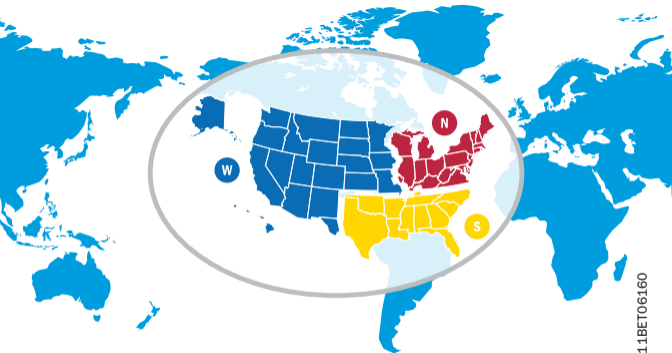
[www.tricare.mil/deers](http://www.tricare.mil/deers)

<http://milconnect.dmdc.osd.mil>  
(update DEERS, view eCorrespondence)

### **Nurse Advice Line (Stateside)**

1-800-TRICARE (1-800-874-2273),  
option 1

*For a complete list of TRICARE contacts, visit [www.tricare.mil/contactus](http://www.tricare.mil/contactus).*



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