TRICARE® Resources for Service
Get answers to your TRICARE questions using these convenient online and toll-free call center resources

Visit the “I want to …” section at www.tricare.mil to:

- Enroll in or Purchase a Plan
- File or Check a Claim
- View Referrals and Prior Authorizations
- Find a Health Care Provider
- Download a Form
- Change Your Primary Care Manager
- See What’s Covered
- Compare Plans
- Manage Prescriptions

...and more

TRICARE Regional Contractors
Regional contractors work with the Department of Defense to administer the TRICARE medical benefit.

<table>
<thead>
<tr>
<th>STATESIDE</th>
<th>OVERSEAS</th>
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<tbody>
<tr>
<td>North Region</td>
<td>TRICARE Overseas Program (TOP)</td>
</tr>
<tr>
<td>Health Net Federal Services, LLC</td>
<td>International SOS Government Services, Inc.</td>
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<tr>
<td>1-877-TRICARE (1-877-874-2273)</td>
<td><a href="http://www.tricare-overseas.com">www.tricare-overseas.com</a></td>
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<td><a href="http://www.hnfs.com">www.hnfs.com</a></td>
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<th>South Region</th>
<th>TOP REGIONAL CALL CENTERS</th>
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<tr>
<td>Humana Military</td>
<td>Eurasia-Africa</td>
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<tr>
<td>1-800-444-5445</td>
<td>+44-20-8762-8384 (overseas)</td>
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<tr>
<td>HumanaMilitary.com</td>
<td>1-877-678-1207 (stateside)</td>
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| West Region | | Latin America and Canada |
| UnitedHealthcare Military & Veterans | | +1-215-942-8393 (overseas) |
| 1-877-988-WEST (1-877-988-9378) | | 1-877-451-8659 (stateside) |
| www.uhcmilitarywest.com | Pacific (Singapore) |

This overview is not all-inclusive. For additional information, go to www.tricare.mil. May 2017
SIGN UP FOR eCORRESPONDENCE
Go to www.dmdc.osd.mil/milconnect and sign up for eCorrespondence to get important information about your TRICARE benefit.

KEEP YOUR DEERS INFORMATION UP TO DATE!
It is important to keep your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date: www.tricare.mil/deers
You have several convenient options for updating your contact information in DEERS:
- milConnect: www.dmdc.osd.mil/milconnect
- 1-800-538-9552 or 1-866-363-2883 (TDD/TTY)
- 1-831-655-8317 (fax)
To add a family member, go to an ID card office. Find an office at www.dmdc.osd.mil/rsl.
Sign up for a DS Logon in order to log in to milConnect: https://myaccess.dmdc.osd.mil

TRICARE Programs and Resources

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

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

TRICARE Dental Program
United Concordia Companies, Inc.
www.tricare.mil/tdp
www.uci tdp.com
1-844-653-4061 (CONUS)
1-844-653-4060 (CONUS)

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

TRICARE For Life
Wisconsin Physicians Service—Military and Veterans Health
www.TRICARE4u.com
1-866-773-0404

Continued Health Care Benefit Program
HumanaMilitary.com
1-800-444-5445

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

TRICARE PROGRAM COSTS
Health care costs vary depending on your TRICARE program option. Get the latest TRICARE cost information 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 health care provider:
www.tricare.mil/findprovider
Make an appointment at a military hospital or clinic:
www.tricareonline.com
Find a military hospital or clinic:
www.tricare.mil/mhf

Tobacco-Cessation Resources
North Region Tobacco Quitline: 1-866-459-8766
South Region Tobacco Quitline: 1-877-414-9949
West Region Tobacco Quitline: 1-888-713-4597
TRICARE website: www.tricare.mil/tobacco cessation
UCanQuit2 website: www.ucanquit2.org

New to TRICARE
Learn more about TRICARE—watch an overview video and take the free public TRICARE Fundamentals course online:
www.tricare.mil/new

ADDITIONAL RESOURCES
TRICARE Contacts: www.tricare.mil/contactus
TRICARE Publications Site (view/download TRICARE materials):
www.tricare.mil/publications
Claims: www.tricare.mil/claims
Enrollment: www.tricare.mil/enroll
Forms: www.tricare.mil/forms
Frequently Asked Questions: www.tricare.mil/faqs
Mental Health Care: www.tricare.mil/mentalhealth
Defense Health Agency—Great Lakes: 1-888-647-6676
Customer Service Community Directory:
www.tricare.mil/bcccdao
Nurse Advice Line: 1-800-TRICARE (1-800-874-2273), Press 1
Military OneSource: www.militaryonesource.mil
Report Fraud and Abuse: www.health.mil/fraud

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