



# Your TRICARE® Resources

## www.tricare.mil

The TRICARE Web site is your best resource for TRICARE information!

## Get e-mail updates

Sign up to receive regular e-mail updates at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions).



## Need to Talk to Someone?

### REGIONAL CONTRACTORS



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 Healthcare Services, Inc.  
1-800-444-5445  
[www.humana-military.com](http://www.humana-military.com)



West Region  
TriWest Healthcare Alliance  
1-888-TRIWEST (1-888-874-9378)  
[www.triwest.com](http://www.triwest.com)

### TRICARE OVERSEAS PROGRAM

International SOS Assistance, Inc.  
[www.tricare-overseas.com](http://www.tricare-overseas.com)

TRICARE Dental Program Overseas  
+1-888-418-0466

#### 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)

### TRICARE PROGRAMS AND TOLL-FREE NUMBERS

TRICARE For Life 1-866-773-0404  
TRICARE Pharmacy Program 1-877-363-1303  
US Family Health Plan 1-800-748-7347  
Military Medical Support Office 1-888-647-6676

TRICARE Active Duty Dental Program 1-866-984-2337  
TRICARE Dental Program 1-800-866-8499  
TRICARE Retiree Dental Program 1-888-838-8737

# Need More Help?

## BENEFICIARY COUNSELING AND ASSISTANCE COORDINATORS (BCACs)

Got a complex TRICARE issue or concern? Contact your BCAC. Use the BCAC locator: [www.tricare.mil/bcacdcao](http://www.tricare.mil/bcacdcao)

## HELP YOURSELF—ONLY YOU CAN 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. You have several convenient options:

DEERS: [www.dmdc.osd.mil/appj/address/](http://www.dmdc.osd.mil/appj/address/)

Beneficiary Web Enrollment: [www.dmdc.osd.mil/appj/bwe/](http://www.dmdc.osd.mil/appj/bwe/)

1-800-538-9552 or 1-866-363-2883 (TTY/TDD)

1-831-655-8317 (fax)

Find a local ID card-issuing facility: [www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl)

## PROTECT YOUR BENEFIT FROM FRAUD AND ABUSE

Beneficiaries are important partners in the ongoing fight against fraud and abuse. To report fraud, beneficiaries can visit [www.tricare.mil/fraud](http://www.tricare.mil/fraud) or contact [fraudline@tma.osd.mil](mailto:fraudline@tma.osd.mil).

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

## GET “SMART” ABOUT TRICARE

TRICARE Smart is your source for TRICARE materials online. You can view, print, e-mail, or download copies of TRICARE brochures, booklets, handbooks, and other materials on a wide range of topics. A variety of materials are also available at your local military treatment facility (MTF) or TRICARE Service Center (TSC).

## WANT JUST THE FACTS?

Need detailed information on a specific topic? TRICARE fact sheets are downloadable and have information on everything from DEERS to special programs! Click “Fact Sheets” on the Smart site for a complete list.

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

## NEED ANSWERS? FIND THEM HERE

TRICARE FAQs provide answers to common TRICARE questions. You can check out the Top 20 Most Viewed Questions, or search by topic, program, or your beneficiary status to get the answers you need.

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

## Learn the Fundamentals at TRICARE University

Take the free TRICARE public courses online and learn more about TRICARE. This self-paced course covers all the basics: keeping your DEERS information up to date, program options, dental and pharmacy program overviews, claims and appeals, and more.



# Find Information by Topic

## ELIGIBILITY AND ENROLLMENT

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

1-800-538-9552

Beneficiary Web Enrollment:

[www.dmdc.osd.mil/appj/bwe/](http://www.dmdc.osd.mil/appj/bwe/)

## TRICARE PROGRAMS

TRICARE Active Duty Dental Program: [www.addp-ucci.com](http://www.addp-ucci.com)

TRICARE Dental Program: [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com)

TRICARE Retiree Dental Program: [www.trdp.org](http://www.trdp.org)

TRICARE Pharmacy Program: [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)

## GETTING CARE

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

Enter your profile to get the specific requirements for your region.

Find a Provider: [www.tricare.mil/providerdirectory](http://www.tricare.mil/providerdirectory)

MTF Appointments Online: [www.tricareonline.com](http://www.tricareonline.com)

MTF Locator: [www.tricare.mil/mtf](http://www.tricare.mil/mtf)

Find a TSC: [www.tricare.mil/tsc](http://www.tricare.mil/tsc)

## COVERED SERVICES

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

## COSTS

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

## CLAIMS

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

## FORMS

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

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

## Connect with TRICARE Online

Use the Media Center to link to TRICARE on Facebook, Twitter, YouTube, Flickr, and Diigo, or subscribe to get e-alerts and to receive newsletters and news releases electronically.