



# Your TRICARE® Resources

## Get Answers to Your Questions [www.tricare.mil](http://www.tricare.mil)

Your best resource for TRICARE benefit information. Get tailored benefit information by answering three simple questions: Who are you? Where do you live? What plan are you using? You can also click “Find out now!” to use the easy Plan Finder.



## TRICARE Regional Contractors

TRICARE regional contractors administer the TRICARE medical benefit. Visit the Web sites below for lists of network providers, claims updates, referral and prior authorization status, and more.

### STATESIDE



#### 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)

### OVERSEAS

#### TRICARE Overseas Program (TOP)

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



#### 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)

### 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.

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

You have several convenient options for updating DEERS:

- milConnect: <http://milconnect.dmdc.mil>
  - Verify and update your DEERS information
  - Learn about your other military benefits
  - Learn more about how to log on to milConnect at [www.dmdc.osd.mil/identitymanagement](http://www.dmdc.osd.mil/identitymanagement)
- 1-800-538-9552 or 1-866-363-2883 (TDD/TTY)
- 1-831-655-8317 (fax)

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

### TRICARE PROGRAM COSTS

Health care costs vary depending on your health care plan. Get the latest TRICARE cost information here, including dental and pharmacy costs.

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

### TRICARE COVERED SERVICES

Get details about TRICARE coverage, limitations, and exclusions.

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

### GETTING CARE

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)

## TRICARE Programs and Resources

**TRICARE Pharmacy Program** [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)  
**Express Scripts, Inc.** [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)  
1-877-363-1303

**TRICARE Active Duty Dental Program** [www.tricare.mil/addp](http://www.tricare.mil/addp)  
[www.addp-ucci.com](http://www.addp-ucci.com)  
1-866-984-2337  
United Concordia Companies, Inc.

**TRICARE Dental Program** [www.tricare.mil/tdp](http://www.tricare.mil/tdp)  
MetLife <https://mybenefits.metlife.com/tricare>  
1-855-638-8371 (stateside)  
+1-855-638-8372 (overseas)

**TRICARE Retiree Dental Program** [www.tricare.mil/trdp](http://www.tricare.mil/trdp)  
[www.trdp.org](http://www.trdp.org)  
1-888-838-8737  
Delta Dental of California

**TRICARE For Life** [www.tricare.mil/tfl](http://www.tricare.mil/tfl)  
Wisconsin Physicians Service [www.TRICARE4u.com](http://www.TRICARE4u.com)  
1-866-773-0404

**Continued Health Care Benefit Program** [www.tricare.mil/chcbp](http://www.tricare.mil/chcbp)  
[www.humana-military.com](http://www.humana-military.com)  
1-800-444-5445  
Humana Military Healthcare Services, Inc.

**US Family Health Plan** [www.tricare.mil/usfhp](http://www.tricare.mil/usfhp)  
[www.usfhp.com](http://www.usfhp.com)  
1-800-748-7347

### GET "SMART" ABOUT TRICARE

Visit the TRICARE Smart site to view, print, or download TRICARE materials on a wide range of topics.

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

### BCACs AND DCAOs

Got a complex TRICARE issue or concern? Contact a Beneficiary Counseling and Assistance Coordinator (BCAC). Debt Collection Assistance Officers (DCAOs) can assist with TRICARE claims debt collection issues.

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

### TRICARE UNIVERSITY

Learn more about TRICARE—take the free public course online.

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

**TRICARE Contacts** [www.tricare.mil/contactus](http://www.tricare.mil/contactus)

### Military Medical Support Office

[www.tricare.mil/mmso](http://www.tricare.mil/mmso)  
1-888-647-6676

**Behavioral Health** [www.tricare.mil/mentalhealth](http://www.tricare.mil/mentalhealth)

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

**Enrollment** [www.tricare.mil/enroll](http://www.tricare.mil/enroll)

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

**Frequently Asked Questions** [www.tricare.mil/faqs](http://www.tricare.mil/faqs)

### Report Fraud and Abuse

Web site: [www.tricare.mil/fraud](http://www.tricare.mil/fraud)  
E-mail: [fraudline@tma.osd.mil](mailto:fraudline@tma.osd.mil)