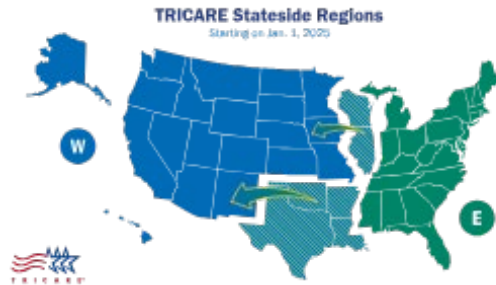


New TRICARE East and West Regions And New West Region Contractor Effective January 1st 2025

www.tricare.mil/changes



NEW TRICARE WEST REGION

- **TriWest Healthcare Alliance (TriWest)** has replaced **Health Net Federal Services, LLC (HNFS)** as the West Region Contractor.
- **TriWest** is accessible at www.tricare.mil/west Phone# 888-874-9378
- **HNFS** will continue to provide service throughout the transition period and is accessible at <https://www.hnfs.com/> Phone# 844-524-3578
- Six East Region states, **highlighted in red**, were moved to the West Region, which now include the following states: Alaska, **Arkansas**, Arizona, California, Colorado, Hawaii, Idaho, Indiana, **Illinois**, Iowa, Kansas, **Louisiana**, Minnesota, **Missouri**, Montana, Nebraska, Nevada, New Mexico, North Dakota, **Oklahoma**, Oregon, South Dakota, **Texas**, Utah, Washington, **Wisconsin**, Wyoming
- There are some ZIP codes in:
 - Arkansas and Wisconsin that will stay in the East Region.
 - Missouri that will move to the East Region.
 - Indiana will move to the West Region.

NEW TRICARE EAST REGION

- **Humana Military** will remain the contractor for the East Region and is accessible at www.tricare-east.com Phone# 800-444-5445
- The East Region now includes the following states/district: Alabama, Arkansas, Connecticut, Delaware, District of Columbia, Florida, Georgia, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Tennessee, Vermont, Virginia, West Virginia, Wisconsin
- There are some ZIP codes in:
 - Arkansas and Wisconsin that will stay in the East Region
 - Missouri that will move to the East Region.
 - Indiana that will move to the West Region.

What's my TRICARE region in 2025?

To see which TRICARE region you reside, just enter your 5 digit ZIP Code in the block accessible at [Contract Region Changes](#)