



## TRICARE STATESIDE CONTACTS

- E East Region**  
Humana Military  
1-800-444-5445  
HumanaMilitary.com  
www.tricare-east.com  
  
Warrior Navigation and Assistance Program  
1-888-4GO-WNAP (1-888-446-9627)
- W West Region**  
Health Net Federal Services, LLC  
1-844-866-WEST (1-844-866-9378)  
www.tricare-west.com



### TRICARE Prime Remote (TPR)

www.tricare.mil/tp  
Active Duty: 1-888-647-6676  
www.health.mil/greatlakes

**US Family Health Plan (USFHP)**  
1-800-74-USFHP (1-800-748-7347)  
www.tricare.mil/usfhp

## TRICARE OVERSEAS PROGRAM

For toll-free, country-specific contact information, visit [www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us). Only call Medical Assistance numbers to coordinate emergency care overseas.

**Eurasia-Africa**  
+44-20-8762-8384 (overseas)  
1-877-678-1207 (stateside)  
tricarel@internationalso.com  
Medical Assistance  
+44-20-8762-8133

**Latin America and Canada**  
+1-215-942-8393 (overseas)  
1-877-451-8659 (stateside)  
tricarephi@internationalso.com  
Medical Assistance  
+1-215-942-8320

**Pacific**  
**Singapore**  
+65-6339-2676 (overseas)  
1-877-678-1208 (stateside)  
sin.tricare@internationalso.com  
Medical Assistance  
+65-6338-9277

**Sydney**  
+61-2-9273-2710 (overseas)  
1-877-678-1209 (stateside)  
sydtricare@internationalso.com  
Medical Assistance  
+61-2-9273-2760

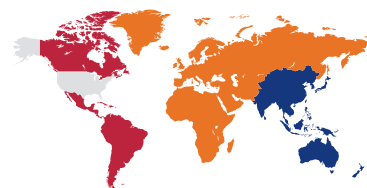
## TRICARE AREA OFFICES

[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)  
+1-888-888-777-8343, option 2  
312-761-1153 (DSN), option 1, ext. 536-6200

**Eurasia-Africa**  
(Africa, Europe, and the Middle East)  
+1-888-777-8343, option 1  
314-590-2999 (DSN)

**Pacific**  
(Asia, Australia, Guam, India, Japan, New Zealand, South Korea, and Western Pacific remote countries)  
315-645-4854 (DSN)



# TRICARE® IMPORTANT CONTACT INFORMATION



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Find your benefits number on your ID card.

**MHSNurseAdviceLine.com**

**Call** (visit us on the web to find your location-specific number)  
In the U.S., call 1-800-TRICARE (1-800-874-2273), option 1

**Video Chat**

**Web Chat**

A Registered Nurse is Only a Call or Click Away!



## OTHER IMPORTANT CONTACTS

**TRICARE Pharmacy Program**  
1-877-363-1303  
www.tricare.mil/pharmacy

**TRICARE Dental Programs**  
www.tricare.mil/dental

**TRICARE Active Duty Dental Program (ADDP)**  
1-866-984-ADDP (1-866-984-2337)

**TRICARE Dental Program (TDP)**  
1-844-653-4061 (CONUS)

**TRICARE Retiree Dental Program (TRDP)**  
1-888-838-8737

TRDP ends on Dec. 31, 2018. Learn about new retiree dental coverage at [www.tricare.mil/dental](http://www.tricare.mil/dental).

**TRICARE For Life (TFL)**  
1-866-773-0404  
www.tricare.mil/tfl

**Defense Enrollment Eligibility Reporting System (DEERS)**  
1-800-538-9552  
www.tricare.mil/deers

**Social Media**  
Follow TRICARE on Facebook, Twitter, and YouTube.  
www.dmdc.osd.mil/milconnect (update DEERS, view eCorrespondence)

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