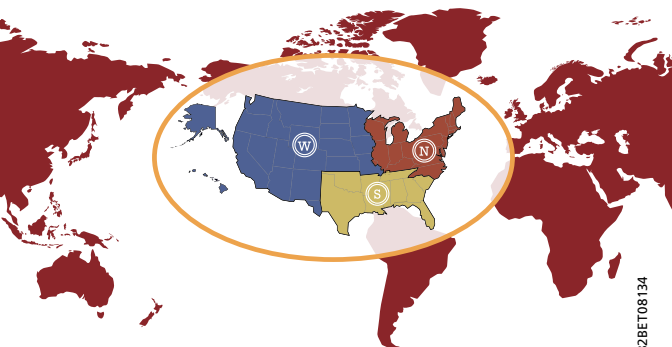


TRICARE®

Your Military Health Plan

Important Contact Information



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TRICARE Overseas Program

Eurasia-Africa

+44-20-8762-8384 (*overseas*)
1-877-678-1207 (*stateside*)
tricarelon@internationalsos.com

Medical Assistance

+44-20-8762-8133

Latin America and Canada

+1-215-942-8393 (*overseas*)
1-877-451-8659 (*stateside*)
tricarephl@internationalsos.com

Medical Assistance

+1-215-942-8320

Pacific

Singapore

+65-6339-2676 (*overseas*)
1-877-678-1208 (*stateside*)
sin.tricare@internationalsos.com

Medical Assistance

+65-6338-9277

Sydney

+61-2-9273-2710 (*overseas*)
1-877-678-1209 (*stateside*)
sydtricare@internationalsos.com

Medical Assistance

+61-2-9273-2760

For toll-free contact information, visit www.tricare-overseas.com. Only call Medical Assistance numbers to coordinate overseas emergency care.

TRICARE Stateside Regional Contractors

North Region

Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

TRICARE Reserve Select and
TRICARE Retired Reserve
1-800-555-2605

West Region

UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhcmilitarywest.com

South Region

Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com

Warrior Navigation and Assistance Program
1-888-4GO-WNAP (1-888-446-9627)

Claims—All Regions

www.myTRICARE.com

TRICARE Pharmacy and Dental Contractors

TRICARE Pharmacy Program

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

Active Duty Dental Program (ADDP)

United Concordia Companies, Inc.
1-866-984-ADDP (1-866-984-2337)
www.addp-ucci.com

TRICARE Dental Program (TDP)

Metropolitan Life Insurance Company
Stateside: 1-855-MET-TDP1
(1-855-638-8371)
Overseas: 1-855-MET-TDP2
(1-855-638-8372)
www.metlife.com/tricare

TRICARE Retiree Dental Program (TRDP)

Delta Dental of California
1-888-838-8737
www.trdp.org

Other Important Contacts

TRICARE Prime Remote (TPR)

www.tricare.mil/tpr
Active Duty: 1-888-647-6676
www.tricare.mil/mms0

TRICARE For Life (TFL)

1-866-773-0404
www.tricare.mil/tfl

Defense Enrollment Eligibility Reporting System (DEERS)

www.tricare.mil/deers

TRICARE Young Adult (TYA)

www.tricare.mil/tya

US Family Health Plan (USFHP)

1-800-74-USFHP (1-800-748-7347)
www.tricare.mil/usfhp

National Guard and Reserve

www.tricare.mil/reserve