



For Information and Assistance

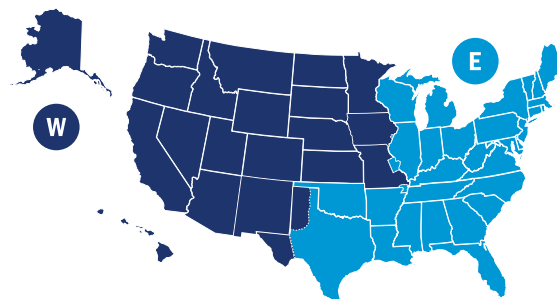
www.tricare.mil

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TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally. There are two TRICARE regions in the U.S.: TRICARE East and TRICARE West.

Your TRICARE benefit is the same regardless of where you are, but there are different customer service contacts for each region.



TRICARE East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com

TRICARE West Region

Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TRICARE For Life

www.tricare.mil/tfl

Wisconsin Physicians Service—
Military and Veterans Health
1-866-773-0404
1-866-773-0405 (TDD/TTY)
www.TRICARE4u.com

TRICARE Young Adult

www.tricare.mil/tya

US Family Health Plan

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

TRICARE Reserve Select

www.tricare.mil/trs

TRICARE Retired Reserve

www.tricare.mil/trr

Reserve Affairs

www.people.mil

Defense Enrollment Eligibility Reporting System (DEERS)

1-800-538-9552
www.tricare.mil/deers

milConnect (update DEERS, get eCorrespondence)

www.dmdc.osd.mil/milconnect

TRICARE Pharmacy Program

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

TRICARE Active Duty Dental Program

www.tricare.mil/addp

United Concordia Companies, Inc.
(U.S. and U.S. territories)
1-866-984-ADDP (1-866-984-2337)
www.addp-ucc.com

TRICARE Dental Program

www.tricare.mil/tdp

United Concordia Companies, Inc.
1-844-653-4061 (CONUS)
1-844-653-4060 (OCONUS)
711 (TDD/TYY)
www.uccitdp.com

TRICARE Retiree Dental Program

www.tricare.mil/trdp
Delta Dental of California
1-855-827-6436 (stateside)
Dial the AT&T USA Direct Access Number followed by 866-721-8737 (overseas)
www.trdp.org

Transitional Assistance Management Program

www.tricare.mil/tamp

Continued Health Care Benefit Program

Humana Military
1-800-444-5445
www.tricare.mil/chcbp

Military Health System Website

www.health.mil

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic. The TRICARE program meets the minimum essential coverage requirement under the Affordable Care Act.

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