



Updated March 2016

Welcome to **TRICARE**®

An Overview of Your TRICARE Benefit in the U.S.

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What Is TRICARE?



- Uniformed services health care program
- Worldwide network
 - Military hospitals and clinics
 - Civilian health care providers



Keep DEERS Information Up To Date



Go to an **ID card office**. Find an office at www.dmdc.osd.mil/rsl.

Note: You must use this option to add family members in DEERS.



Log on to <http://milconnect.dmdc.osd.mil>.



Call **1-800-538-9552**.



Fax **1-831-655-8317**.



TRICARE Self-Service Options Online

- There are websites available to help you manage your TRICARE benefit, which include:
 - TRICARE Website: **www.tricare.mil**
 - Beneficiary Web Enrollment: **www.dmdc.osd.mil/appj/bwe**
 - milConnect Website: **<http://milconnect.dmdc.osd.mil>**
- Each regional contractor offers other options to help you.

Using TRICARE's “I want to ...” Section

- Book appointments
- Find a doctor
- View referrals and prior authorizations
- Change your primary care manager (PCM)
- Enroll in or purchase a plan
- Manage prescriptions
- File or check a claim



TRICARE Program Options

Those Eligible for TRICARE	TRICARE Program Options
Active duty service members (ADSMs)	<ul style="list-style-type: none">• TRICARE Prime• TRICARE Prime Remote
Active duty family members (ADFMs)	<ul style="list-style-type: none">• TRICARE Prime• TRICARE Prime Remote• TRICARE Standard and TRICARE Extra• TRICARE For Life (TFL)• US Family Health Plan (USFHP)• TRICARE Young Adult (TYA)
National Guard and Reserve (NGR) members and their family members	<ul style="list-style-type: none">• TRICARE Reserve Select• TRICARE Retired Reserve• TYA
Retired service members and their family members, retired NGR members (at age 60) and their family members, Medal of Honor recipients and their family members, survivors and eligible former spouses	<ul style="list-style-type: none">• TRICARE Prime• TRICARE Standard and TRICARE Extra• TFL• USFHP• TYA

Program Comparisons

TRICARE Prime	TRICARE Standard and TRICARE Extra
Enrollment required	Automatically covered
Get most care from a PCM	Choose your TRICARE-authorized provider
Referrals for specialty care Prior authorization for some services	No referrals Prior authorization for some services
No deductible or cost-shares (retirees have copayments)	Deductible and cost-shares apply



Priority for Access to Military Hospitals and Clinics

- 1** ADSMs
- 2** ADFMs in TRICARE Prime
- 3** Retired service members, their family members and all others in TRICARE Prime and TRICARE Plus (primary care)
- 4** ADFMs not enrolled in TRICARE Prime and TRS members
- 5** Retired service members, their family members, TRR members and all others not in TRICARE Prime and TRICARE Plus (specialty care)



Pharmacy Options

Military Pharmacy



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

TRICARE Pharmacy Home Delivery



- Must use this option for some drugs
- Get up to a 90-day supply

TRICARE Retail Network Pharmacy



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

Non-Network Pharmacy



- Pay full price up front and file a claim to get a portion of your money back
- Get up to a 30-day supply



Stateside Regional Contractors

N

TRICARE North Region

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

S

TRICARE South Region

Humana Military
1-800-444-5445
HumanaMilitary.com

W

TRICARE West Region

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



Overseas Regional Contractor

O

TRICARE Overseas Program

International SOS
Government Services, Inc.
www.tricare-overseas.com



TRICARE Pharmacy Program

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



TRICARE Dental Programs

TRICARE Active Duty Dental Program

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

TRICARE Dental Program

MetLife
1-855-638-8371
www.metlife.com/tricare

TRICARE Retiree Dental Program

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

Additional Contacts

TRICARE For Life

Wisconsin Physicians Service—
Military and Veterans Health
1-866-773-0404
www.TRICARE4u.com

US Family Health Plan

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

More Resources

TRICARE Website
www.tricare.mil

Publications
www.tricare.mil/publications

Connect with TRICARE Online



www.tricare.mil/media