



TRICARE

VP-4 Pre-Deployment

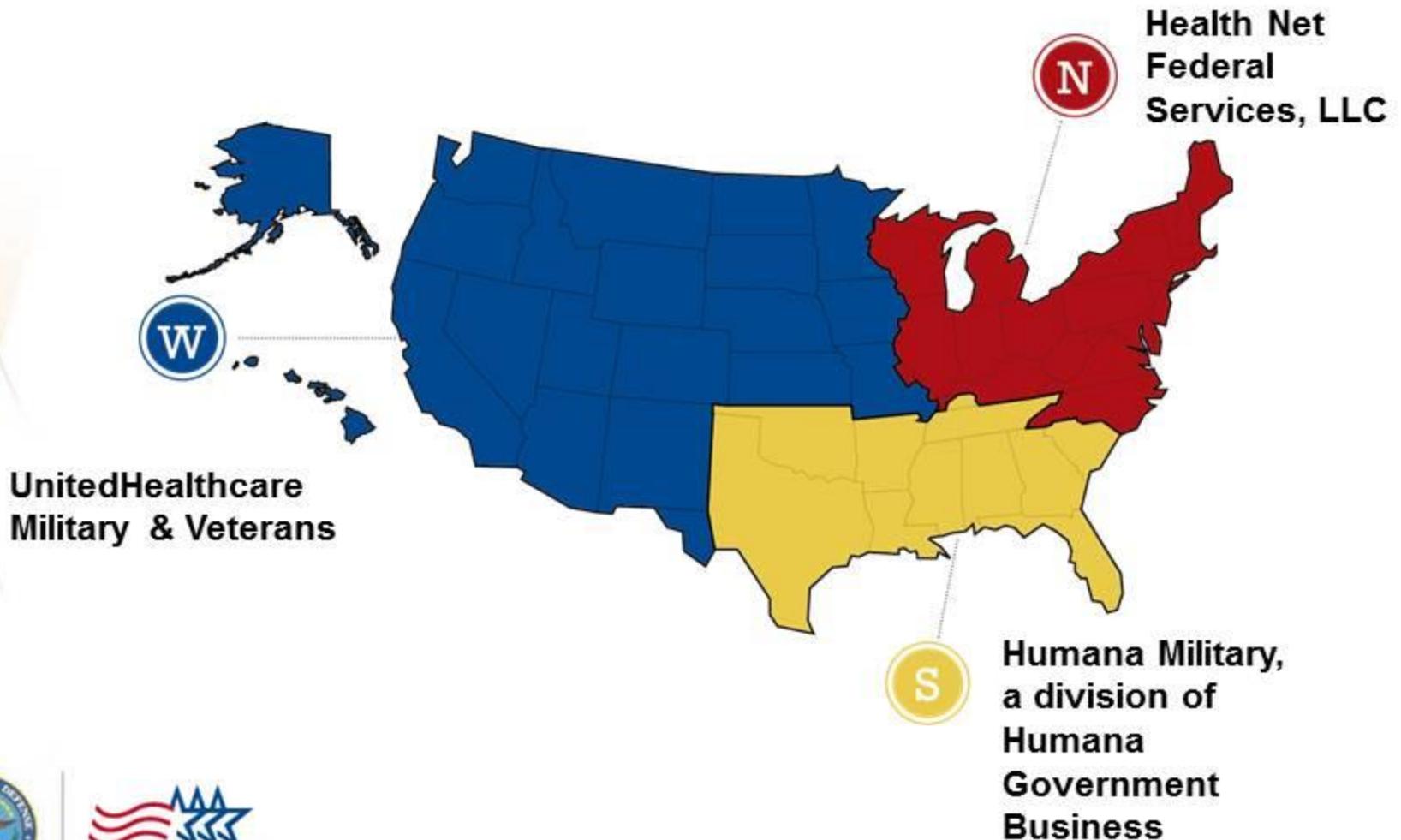
Marine Corps Base Hawaii Theater
February 18, 2016



What Is TRICARE?

TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally.



What Is TRICARE?

TRICARE Overseas Program

The TRICARE Overseas Program is managed through three geographic areas.



Latin America and Canada

Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

Eurasia-Africa

Africa, Europe and the Middle East

Pacific

Asia, Guam, India, Japan, Korea, New Zealand, and Western Pacific remote countries



Getting Care While Traveling

How to Get Care During Your Move

Type of Care	TRICARE Prime	TRICARE Standard and TRICARE Extra
Emergency (<i>immediate</i>)	Call 911 or go to the nearest emergency room	
Urgent (<i>within 24 hours</i>)	Contact your primary care manager (PCM)	See any TRICARE-authorized provider
Prescriptions	<ul style="list-style-type: none">• Military treatment facility pharmacy: www.tricare.mil/mtf• TRICARE retail network pharmacy: www.express-scripts.com/TRICARE or 1-877-363-1303	



Ongoing Medical Care

Before moving, sponsors and dependents should:

- Request copies of medical and dental records
- Fill/refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers' phone numbers
- Coordinate services for family members with special needs



TRICARE Benefit at Your New Location

Keep DEERS Up to Date

- Make sure your military orders reflect your correct information and unit of assignment.
- Remember to update DEERS whenever there is a change in the family (*e.g. marriage birth, adoption, divorce, death*) or when you move. New family members must be registered in DEERS.
- Update your contact information in DEERS within 30 days:
 - Online: <http://milconnect.dmdc.mil>
 - Phone: 1-800-538-9552
 - Fax: 1-831-655-8317
 - By visiting a uniformed services ID card-issuing facility:
www.dmdc.osd.mil/rsi
 - More information: www.tricare.mil/deers



Your Checklist

Moving with TRICARE

On the Road:

- For urgent and routine care, call your PCM to coordinate care.
- For emergency care, no referral is required; call 911 or go to the nearest emergency room.

At Your New Location:

- Update DEERS.
- Finish transferring TRICARE Prime enrollment, if applicable.
- If you are enrolled in the TRICARE Dental Program, provide your new contact information to MetLife.



Other Important Information

TRICARE Self-Service Options Online

Easily manage benefits at home or on the go via secure Web sites. On **www.tricare.mil**, the “I want to ...” section allows you to:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor

... and **much more!**



For Information and Assistance

Stateside Regional Contractors

TRICARE North Region

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

TRICARE South Region

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

TRICARE West Region

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

Overseas Regional Contractor

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 Contact Information

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

General Contact Information

TRICARE Website: www.tricare.mil

Contacts: www.tricare.mil/contactus





Thank You!

