

Tricare Assistance Programs

Tricare Overseas Program (TOP)

+44-20-8762-8384 (overseas)

<https://tricare.mil/LifeEvents/Moving/Overseas/Differences>

Tricare West Region

Health Net Federal Services, LLC

1 844 866-WEST (1 844 866-9378)

www.tricare-west.com

Tricare East Region

Humana Military

1 800 444-5445

www.tricare-east.com

Defense Enrollment Eligibility Reporting System (DEERS)

1 800 538-9552

www.tricare.mil/deers

milConnect (update DEERS, get eCorrespondence)

www.dmdc.osd.mil/milconnect

United Concordia (Dental)

1 844 653-4061

www.uccitdp.com

Federal Employees Dental and Vision Insurance Program (FEDVIP)

1 877 888-3337

www.benefeds.com

Express Scripts (Pharmacy)

1 877 363-1303

www.express-scripts.com/Tricare

Pharmacy Mobile App

<https://apps.apple.com/us/app/express-scripts/id442464896>

Nurse Advice Line

1 800 TRICARE option 1

1 800 874-2273 option 1

<https://tricare.mil/ContactUs/CallUs/NAL>

Tricare Telemental Health

<https://tricare.mil/CoveredServices/IsItCovered/TelementalHealth>

Tricare Telemedicine

<https://tricare.mil/CoveredServices/IsItCovered/Telemedicine>

Tricare Optical Care

https://tricare.mil/CoveredServices/Vision/EyeExams/EE_NGR

Retiring From National Guard & Reserve

<https://tricare.mil/LifeEvents/Retiring/GuardReserve>

Tricare For Life

<https://tricare.mil/tfl>

Tricare Young Adult

<https://www.tricare.mil/Plans/HealthPlans/TYA>

Resource Guide Population Health

[resource guide](#)