

Partner, Contractor or Federal Agency	Phone Number
TRICARE East <a href="#">Humana Military</a> (East Region) Under the new regional contracts, the East Region is a merger of the North and South Regions and includes: Alabama, Arkansas, Connecticut, Delaware, the District of Columbia, Florida, Georgia, Illinois, Indiana, Iowa (Rock Island area), Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri (St. Louis area), New Hampshire, New Jersey, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas (excluding El Paso area), Vermont,	East: 1-800-444-5445
TRICARE West <a href="#">Health Net</a> (West Region) Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excludes Rock Island arsenal area), Kansas, Minnesota, Missouri (except St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (southwestern corner including El Paso), Utah,	West: 1-844-866-9378
TRICARE Overseas <a href="#">International SOS</a> (Overseas Contractor)	<a href="#">Country Specific Toll-Free Numbers</a>
Active Duty Dental Program <a href="#">(United Concordia)</a>	<a href="#">1-866-984-2337</a>
Beneficiary Counseling and Assistance Coordinators (BCAC)	<a href="#">Find a BCAC by location</a>
Canadian Forces Health Facilities	<a href="#">Region-Specific Phone Numbers</a>
Colorado Springs Military Health System	1-719-524-CARE (2273)
Combat-Related Special Compensation Travel Coordinators	<a href="#">Region-Specific Phone Numbers</a>
<a href="#">Computer/Electronic Accommodations Program</a>	1-703-614-8416 Videophone: 1-571-384-5629
<a href="#">Continued Health Care Benefit Program</a>	1-800-444-5445
Debt Collection Assistance Officers (DCAO)	<a href="#">Find a DCAO by location</a>
<a href="#">Defense Centers of Excellence For Psychological Health &amp; Traumatic Brain Injury</a>	1-866-966-1020

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Defense Enrollment Eligibility Reporting System(DEERS) A database of information on uniformed services members (sponsors), U.S.-sponsored foreign military, DoD and uniformed services civilians, other personnel as directed by the DoD, and their family	1-800-538-9552 TYY/TDD: 1-866-363-2883
<a href="#">Defense Health Agency, Great Lakes</a>	1-888-647-6676
Defense Health Agency TRICARE Health Plan	1-844-204-9351
DMDC Support Center	1-800-538-9552
Eurasia-Africa Area European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics. This includes Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and	Commercial: +49-(0)06371-9464-2999 DSN: 314-509-2999 Toll-free: 1-888-777-8343 (from the U.S.)
Eurasia-Africa Regional Call Centers	+44-20-8762-8384 1-877-678-1207 (toll-free from the U.S.)
Eurasia-Africa Service Centers	<a href="#">See List of Country-Specific Numbers</a>
TRICARE Pharmacy Program  <a href="#">Express Scripts, Inc.</a>	Stateside: 1-877-363-1303 Overseas: 1-866-275-4732 (Where toll-free service is established) <a href="#">Search Country-Specific Phone Numbers</a>  Deployment Prescription
Freedom Quitline	1-844-I-AM-FREE (1-844-426-3733)
<a href="#">Health Net Federal Services</a> (West Region Contractor)	1-844-866-9378
<a href="#">Hearing Center of Excellence</a>	1-210-292-4100
<a href="#">Humana Military</a> (East Region Contractor)	1-800-444-5445
<a href="#">International SOS</a> (Overseas Region Contractor)	<a href="#">Country Specific Toll-Free Numbers</a>
Latin America & Canada Area Office	Commercial: 1-210-536-6080 DSN: 761-643-2036 Toll-free: 1-888-777-8343, option 2
Latin America & Canada Regional Call Center	1-215-942-8393 1-877-451-8659 (toll-free from the U.S.)

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Latin America & Canada Service Centers	<a href="#">See List of Country Specific Numbers</a>
<a href="#">Medicare</a>	1-800-MEDICARE (1-800-633-42273)
<a href="#">Military Crisis Line</a>	1-800-273-8255, then press 1
<a href="#">Military OneSource</a>	1-800-342-9647
<a href="#">National Cancer Institute</a>	1-800-4-CANCER (226237) TTY: 1-800-332-8615
National Suicide Prevention Hotline	1-800-273-8255, or TTY: 1-800-799-4889
Nurse Advice Line (Military Health System Nurse Advice Line)	CONUS: 1-800-874-2273, Option 1 OCONUS: <a href="http://MHSNurseAdviceLine.com">MHSNurseAdviceLine.com</a>
Pacific Area Guam, Japan, Korea, Asia, Australia, New Zealand, India and Western Pacific remote countries. Office	Commercial: +81-98-970-9155 DSN: 315-643-2036 Toll-free: 1-888-777-8343 (from the U.S.)
Pacific Area Regional Call Center - Singapore	+65-6339-2676 1-877-678-1208 (toll-free from the U.S.)
Pacific Area Regional Call Center - Sydney	+61-2-9273-2710 1-877-678-1209 (toll-free from the U.S.)
Pacific Area Service Centers	<a href="#">See List of Country Specific Numbers</a>
<a href="#">Real Warriors</a>	1-866-966-1020
San Antonio Military Health System	1-210-916-9900 or 1-800-443-2262 Refill Prescriptions: 1-800-469-7170
Service Personnel Components	<a href="#">View Numbers by Service Component</a>
TOL Secure Web Portal Technical Support	U.S.: 1-800-600-9332 <a href="#">Search Country Specific Phone Numbers</a>

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TRICARE Dental Program <a href="#">(United Concordia)</a>	United Concordia TDD/TTY service for the hearing impaired: 711  CONUS Toll Free: 844-653-4061 OCONUS Toll Free: 844-653-4060 OCONUS Toll: 717-888-7400 Fraud Hotline Toll Free: 877-968-7455  <i>(Services prior to May 1, 2017 call MetLife)</i>
TRICARE Retiree Dental Program <a href="#">(Delta Dental)</a>  NOTE: TRDP ended in 2018.	1-888-838-8737
TRICARE For Life Contractor <a href="#">(WPS-Military and Veterans Health)</a>	Toll-Free: 1-866-773-0404 TDD: 1-866-773-0405
TRICARE Service Centers	<a href="#">Eurasia-Africa Area</a> <a href="#">Latin America and Canada Area</a> <a href="#">Pacific Area</a>
<a href="#">United Concordia</a> (Active Duty Dental Program)	1-866-984-2337
<a href="#">United Concordia</a> (TRICARE Dental Program)	CONUS Toll Free: 1-844-653-4061 OCONUS Toll Free: 1-844-653-4060
<a href="#">US Family Health Plan (USFHP)</a>	1-800-748-7347
USFHP - <a href="#">Brighton Marine Health Center</a>	1-800-818-8589
USFHP - <a href="#">CHRISTUS Health</a>	1-800-678-7347
USFHP - <a href="#">Johns Hopkins Medicine</a>	1-800-808-7347 Not a member yet? Call 1-800-801-9322
USFHP - <a href="#">Martin's Point Health Care</a>	1-888-241-4556
USFHP - <a href="#">Pacific Medical Centers (Pacmed)</a>	1-888-958-7347
USFHP - <a href="#">St. Vincent Catholic Medical Centers</a>	1-800-241-4848
<a href="#">Veterans Affairs</a>	1-877-222-8387

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<a href="#">Vision Center of Excellence</a>	1-301-400-1130
Women, Infants and Children Overseas Program	<a href="#">See Country Specific Phone Numbers</a>
<a href="#">WPS-Military and Veterans Health</a>	Toll-Free: 1-866-773-0404 TDD: 1-866-773-0405