



# Coverage Options by Sponsor Status

## Not Activated

Includes service members on inactive duty for training, annual training, and otherwise on active service for 30 days or less.

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Line of Duty (LOD) Care</b>	LOD care covers treatment of an injury, illness, or disease incurred or aggravated in the line of duty.	LOD care is not available for family members.
<b>TRICARE Reserve Select (TRS)</b>	Qualified service members may purchase TRS member-only or member-and-family coverage.	Eligible family members may be included in TRS member-and-family coverage.
<b>TRICARE Dental Program (TDP)</b>	Eligible sponsors may purchase TDP sponsor coverage, which is separate from TDP family coverage.	Sponsors may purchase TDP family coverage, which is separate from sponsor coverage, for eligible family members.

## Activated

Includes service members called or ordered to active service for more than 30 consecutive days.

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Pre-Activation Benefit</b> ( <i>early eligibility</i> ) <sup>1</sup>	<ul style="list-style-type: none"> <li>Service members may be eligible for active duty health and dental benefits up to 180 days before active duty begins, as shown in the Defense Enrollment Eligibility Reporting System (DEERS).</li> <li>If enrolled, TRICARE Reserve Select (TRS) and TRICARE Dental Program (TDP) coverage automatically ends.</li> <li>Eligible members should wait until reaching their final duty location and then follow command guidance about enrolling in TRICARE Prime or TRICARE Prime Remote (TPR). Until then, contact the appropriate TRICARE regional or overseas contractor for assistance with obtaining care.</li> <li>Eligible service members receive civilian dental care through the TRICARE Active Duty Dental Program (ADDP).</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members are automatically covered under TRICARE Standard and TRICARE Extra when the sponsor's eligibility is shown as active duty in DEERS.</li> <li>Purchased TRS coverage automatically ends.</li> <li>Family members may choose to enroll in an available TRICARE Prime option (<i>TRICARE Prime, TRICARE Prime Remote for Active Duty Family Members, TRICARE Overseas Program [TOP] Prime, TOP Prime Remote, or the US Family Health Plan</i>).</li> </ul>
<b>Medical Coverage</b> ( <i>during active duty</i> )	<ul style="list-style-type: none"> <li>The service member should not enroll or reenroll in a TRICARE Prime option while en route to his or her final duty station.</li> <li>Upon arrival, the service member should follow his or her active command's guidance regarding TRICARE Prime enrollment, which could include enrollment in TPR if applicable.</li> </ul>	<ul style="list-style-type: none"> <li>Family members are automatically covered under TRICARE Standard and TRICARE Extra unless already enrolled in TRICARE Prime during the early-eligibility period.</li> <li>Family members may choose to enroll in an available TRICARE Prime option.</li> </ul>
<b>Dental Coverage</b> ( <i>during active duty</i> )	<ul style="list-style-type: none"> <li>If enrolled, TRICARE Dental Program (TDP) coverage automatically ends.</li> <li>Most dental care is provided through dental treatment facilities at duty stations. Service members living remotely receive care from civilian dentists through the ADDP.</li> </ul>	<ul style="list-style-type: none"> <li>If enrolled, TDP coverage continues at the reduced premium rate.</li> <li>New TDP coverage is available for purchase for eligible family members at the reduced premium rate.</li> </ul>

1. Early eligibility applies when the sponsor receives delayed-effective-date active duty orders for more than 30 consecutive days. The sponsor and family members are eligible for TRICARE on the date the order was issued or 180 days before reporting to active service, whichever is later. The service member's personnel office is solely responsible for establishing eligibility and notifying the sponsor.

## Deactivated

Released from a period of activation.

Potential Coverage	Sponsor Coverage	Family Coverage
<b>Transitional Assistance Management Program (TAMP)<sup>1</sup></b>	<ul style="list-style-type: none"> <li>TAMP provides 180 days of transitional TRICARE coverage for eligible sponsors.</li> <li>Eligible sponsors may enroll (<i>or reenroll</i>) in TRICARE Prime or TRICARE Overseas Program (TOP) Prime, if available, or use TRICARE Standard and TRICARE Extra or TOP Standard. (<i>TRICARE Prime Remote and TOP Prime Remote are not available during TAMP.</i>)</li> <li>Eligible sponsors are covered under the TRICARE Active Duty Dental Program during TAMP, and may qualify to resume or purchase TRICARE Dental Program (TDP) coverage at the end of TAMP.</li> </ul>	<ul style="list-style-type: none"> <li>TAMP provides 180 days of transitional TRICARE coverage for eligible family members.</li> <li>Family members are automatically covered under TRICARE Standard and TRICARE Extra or TOP Standard and may choose to enroll (<i>or reenroll</i>) in TRICARE Prime or TOP Prime if available. (<i>TRICARE Prime Remote for Active Duty Family Members and TOP Prime Remote are not available during TAMP.</i>)</li> <li>Family members may qualify to resume or purchase the TDP at the full premium rate (<i>reduced premium rate for active duty family members is not available during TAMP.</i>)</li> </ul>
<b>TRICARE Reserve Select (TRS)</b>	<ul style="list-style-type: none"> <li>Qualified sponsors may purchase TRS to begin after active duty benefits or TAMP coverage ends, whichever is later.</li> <li>To receive continuous coverage, TRS coverage must be purchased within 30 days of the last day of TRICARE coverage (<i>e.g., active duty benefits, TAMP</i>).</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may be included in TRS member-and-family coverage.</li> <li>Family members may only receive TRS coverage through their sponsors.</li> </ul>
<b>TRICARE Dental Program (TDP)</b>	<ul style="list-style-type: none"> <li>Sponsors who are not covered under TAMP and who were enrolled in the TDP before activation will be automatically reenrolled.</li> <li>Sponsors who are not covered under TAMP and who were not previously enrolled in the TDP may purchase TDP sponsor coverage, which is separate from TDP family coverage.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible sponsors may purchase or continue TDP family coverage, which is separate from sponsor coverage.</li> <li>If previously enrolled, the premium will increase to the National Guard and Reserve family-member rate.</li> </ul>

1. National Guard and Reserve members must be called or ordered to active service for more than 30 consecutive days to qualify for TAMP coverage after deactivation.

## Retired

Potential Coverage	Sponsor Coverage	Family Coverage
<b>TRICARE Retired Reserve (TRR)</b>	<ul style="list-style-type: none"> <li>Members of the Retired Reserve may qualify to purchase TRR until reaching age 60.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may be included in TRR member-and-family coverage purchased by their sponsors.</li> </ul>
<b>TRICARE Retiree Dental Program (TRDP)</b>	<ul style="list-style-type: none"> <li>Eligible sponsors may purchase coverage under the TRDP.</li> </ul>	<ul style="list-style-type: none"> <li>Eligible family members may purchase coverage under the TRDP.</li> <li>Former spouses and remarried surviving spouses are not eligible to purchase coverage.</li> </ul>

## Continued Health Care Benefit Program

The Continued Health Care Benefit Program (CHCBP) is a premium-based health care program available to qualifying former TRICARE-eligible service members and their eligible family members, unremarried former spouses, and unmarried children by adoption or legal custody. CHCBP offers transitional coverage after TRICARE eligibility ends for up to 18 months for former service members and their family members and up to 36 months for unremarried former spouses and adult dependents. Qualifying CHCBP sponsors may purchase either self-only or family coverage, and others individually eligible for CHCBP may purchase self-only coverage, within 60 days of the end of TRICARE eligibility or TAMP coverage, whichever is later. **Note:** CHCBP enrollees are not legally entitled to space-available care at military treatment facilities.

This section explains how to qualify for and purchase TRS or TRR coverage and summarizes the health care benefits and costs for both programs. TRS and TRR offer qualified members and survivors:

- Comprehensive health coverage similar to TRICARE Standard and TRICARE Extra (*in the United States*) or to TRICARE Overseas Program (TOP) Standard
- Two types of coverage: member-only and member-and-family
- Care from any TRICARE-authorized (*in the United States*) or host nation (*overseas*) provider without a referral, unless local TOP restrictions require seeing only certified providers (*i.e., beneficiaries living or traveling in the Philippines must use certified providers, including pharmacies*). For more information, visit [www.tricare-overseas.com/philippines.htm](http://www.tricare-overseas.com/philippines.htm).
- Access to care at military treatment facilities (MTFs) on a space-available basis (*TRS members and their families have the same MTF appointment priority as ADFMs not enrolled in TRICARE Prime. TRR members and their families have the same MTF appointment priority as retirees and retiree family members not enrolled in TRICARE Prime.*)

## Step 1: Qualify

**Selected Reserve members** may qualify to purchase TRS coverage if they are:

- Members of the Selected Reserve
- **Not** eligible for or enrolled in the FEHB program

**Retired Reserve members** may qualify to purchase TRR coverage if they are:

- Members of the Retired Reserve of a Reserve component who are qualified for non-regular retirement
- Under age 60
- **Not** eligible for or enrolled in the FEHB program

**Survivors of Selected Reserve or Retired Reserve members** may qualify to purchase TRS or TRR coverage if all of the following apply:

- Their deceased sponsor was covered by TRS or TRR on the date he or she passed away
- They currently are immediate family members of the deceased sponsor (*spouses cannot have remarried*)

### Survivors of TRS or TRR members should note:

- As a survivor, you qualify to purchase or continue coverage under the plan (*TRS or TRR*) if your sponsor was enrolled at the time of his or her passing.
- Survivors of TRS members may receive coverage for up to six months from the date of the sponsor's passing.
- Survivors of TRR members may purchase or continue coverage until the date the deceased sponsor would have reached age 60.

To qualify for TRS or TRR:

- Log on to the *Defense Manpower Data Center (DMDC) Reserve Component Purchased TRICARE Application* at [www.dmdc.osd.mil/appj/reservetricare](http://www.dmdc.osd.mil/appj/reservetricare).
  - To use the Web site, you will need a Department of Defense (DoD) Common Access Card, myPay Login ID, or a DoD Self-Service Logon (DS Logon).
  - For more information on signing up for a DS Logon, visit [www.dmdc.osd.mil/identitymanagement](http://www.dmdc.osd.mil/identitymanagement).
- Select “Purchase Coverage” and follow the instructions.
  - If you certify that you are eligible for or enrolled in FEHB, you do not qualify for and cannot purchase TRS or TRR.
  - If you certify that you are not eligible for or enrolled in FEHB, you will be guided through the process of selecting a start date and electing which family members you want covered.
- Print and sign the completed *Reserve Component Health Coverage Request* form (DD Form 2896-1)\*. Those who do not qualify will not be able to complete or print the form.

Sponsors or survivors who qualify to purchase TRS or TRR will be able to proceed to *Step 2: Purchase*.

\* *If you experience a technical problem, contact the DMDC Support Center at 1-800-477-8227.*

## Step 2: Purchase

Mail the completed and signed *DD Form 2896-1* with the premium payment amount printed on the form to your regional contractor (see the For Information and Assistance *section of this brochure*) by the applicable deadline.

<p><b>General Enrollment</b></p>	<p>You may purchase TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) coverage to begin in any month of the year.</p> <ul style="list-style-type: none"> <li>• <b>Deadline:</b> Application form must be postmarked or received no later than the last day of the month before coverage is to begin.</li> <li>• <b>Effective date:</b> Coverage begins the first day of the next month or the first day of the second month as indicated on <i>DD Form 2896-1</i>.</li> </ul>
<p><b>Loss of Other TRICARE Coverage</b></p>	<p>If you lose coverage under another TRICARE option due to your sponsor's change in status and qualify for TRS or TRR, you may purchase TRS or TRR with no break in coverage.</p> <ul style="list-style-type: none"> <li>• <b>Deadline:</b> Application must be postmarked or received no later than 30 days after the loss of other TRICARE coverage.</li> <li>• <b>Effective date:</b> Coverage begins the day after you lose your prior TRICARE coverage.</li> </ul>
<p><b>Change in Family Composition</b></p>	<p>If the composition of a sponsor's immediate family changes (<i>e.g., marriage, birth, adoption, death</i>), you may request changes to your TRS or TRR coverage. (<i>See the Changes in Coverage section of this brochure for more details.</i>)</p> <ul style="list-style-type: none"> <li>• <b>Deadline:</b> Application must be postmarked or received no later than 60 days after the date of the change.</li> <li>• <b>Effective date:</b> Coverage date coincides with the date of change in the family.</li> </ul>
<p><b>Survivor Coverage</b> (<i>If you qualify for and want to purchase survivor coverage, see "General Enrollment" above.</i>)</p>	<p>If <b>TRS coverage</b> is in effect when the sponsor passes away, qualified survivors may purchase or continue coverage under TRS for six months from the date of the sponsor's passing. If <b>TRR coverage</b> is in effect when the sponsor passes away, qualified survivors may purchase or continue TRR coverage until the day the sponsor would have turned 60.</p> <p>If TRS or TRR member-and-family coverage is in effect at the time of death:</p> <ul style="list-style-type: none"> <li>• The Defense Enrollment Eligibility Reporting System will automatically convert member-and-family coverage to survivor coverage.</li> <li>• <b>Deadline to opt out:</b> If survivors do not want TRS or TRR survivor coverage, a written letter or a <i>Reserve Component Health Coverage Request</i> form (<i>DD Form 2896-1</i>) must be postmarked or received no later than 60 days after the date of the sponsor's passing. Premiums will be refunded if no claims were submitted during this 60-day period. To access the <i>DD Form 2896-1</i>, log on to the <i>Defense Manpower Data Center (DMDC) Reserve Component Purchased TRICARE Application</i> at <a href="http://www.dmdc.osd.mil/appj/reservetricare">www.dmdc.osd.mil/appj/reservetricare</a>.</li> </ul> <p>If TRS or TRR member-only coverage is in effect at the time of death:</p> <ul style="list-style-type: none"> <li>• Eligible survivors may qualify to purchase TRS or TRR survivor coverage.</li> <li>• Purchased TRS survivor coverage may continue for six months from the date of the sponsor's passing, while purchased TRR survivor coverage may continue until the date the sponsor would have turned 60.</li> <li>• <b>Deadline to purchase coverage:</b> The TRS survivor coverage request must be postmarked or received no later than 60 days after the date of the sponsor's passing. TRR survivors may purchase coverage at any time after the sponsor's death, provided the sponsor would not have turned 60 at the time of purchase.</li> </ul> <p><b>Note:</b> Surviving family members who are eligible for or enrolled in the Federal Employees Health Benefits program may purchase TRS or TRR.</p>

## Covered Services

TRS coverage is similar to TRICARE Standard and TRICARE Extra or TOP Standard for ADFMs, and TRR coverage is similar to TRICARE Standard and TRICARE Extra or TOP Standard for retirees. For additional information, visit [www.tricare.mil](http://www.tricare.mil).

## Costs and Fees

### Monthly Premiums

Premiums are adjusted annually, effective January 1. For the most current cost information, visit [www.tricare.mil/costs](http://www.tricare.mil/costs). Two months of premiums are required when initially purchasing TRS or TRR. Payment may be made with a personal check, cashier's check, money order, or credit/

# TRICARE Reserve Select and TRICARE Retired Reserve

debit card (*i.e.*, *Visa/MasterCard*). After the initial payment, all monthly premium payments must be made by either automated electronic funds transfer (EFT) or recurring, automated credit/debit card (*i.e.*, *Visa/MasterCard*) payment. Contact your regional contractor to set up your automated payments. Payments are due no later than the last day of each month and are applied to the following month's coverage. **Do not miss payment due dates.** Failure to pay will result in a suspension or termination of coverage. If your coverage is suspended, contact your regional contractor for information about the possibility of having your coverage reinstated. If your coverage is ever terminated, your termination date will date back to your previous paid-through date and you will be locked out from coverage for 12 months.

## Annual Outpatient Deductible

You must meet the outpatient deductible each fiscal year (FY) (*October 1–September 30*) before TRICARE outpatient cost-sharing begins.

Member Type	Member-Only Coverage	Member-and-Family Coverage
TRS Member Pay Grade E-4 and Below	\$50	\$100
TRS Member Pay Grade E-5 and Above	\$150	\$300
TRR Member	\$150	\$300

**Note:** The annual TRS deductible is waived for family members of National Guard and Reserve members called or ordered to active service for more than 30 consecutive days.

## Outpatient Costs

This table lists the amounts you will pay for outpatient services after your annual deductible is met.

Provider Type	TRS Outpatient	TRR Outpatient
TRICARE Network	You pay 15% of the negotiated rate	You pay 20% of the negotiated rate
TRICARE-Authorized, Non-Network ( <i>participating</i> )	You pay 20% of the TRICARE-allowable charge	You pay 25% of the TRICARE-allowable charge
TRICARE-Authorized, Non-Network ( <i>nonparticipating</i> )	Provider may charge up to 15% above the TRICARE-allowable charge	Provider may charge up to 15% above the TRICARE-allowable charge

In the United States and U.S. territories (*American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands*), authorized providers who are not

TRICARE-participating providers may charge beneficiaries using TRICARE Standard up to 15 percent above the TRICARE-allowable charge for services. Beneficiaries are responsible for that additional 15 percent, along with applicable cost-share and deductible amounts.

## Catastrophic Cap

The TRS catastrophic cap is \$1,000 and the TRR catastrophic cap is \$3,000. The catastrophic cap is the maximum amount you will pay for health care each FY, except as noted. The cap applies to all TRICARE-covered services—annual deductibles, outpatient and inpatient cost-shares, and pharmacy copayments based on TRICARE-allowable charges. Monthly premiums, payments above the TRICARE-allowable charge, point-of-service charges, and payments for non-covered services are **not** applied toward the catastrophic cap.

## Overseas

Overseas providers and beneficiaries are reimbursed for billed charges, and reimbursement is based on TRICARE-allowable charges. There may be no limit to the amount that nonparticipating non-network overseas providers may bill, and you are responsible for paying any amount that exceeds the TRICARE-allowable charge in addition to your deductibles and cost-shares. Visit [www.tricare.mil/overseas](http://www.tricare.mil/overseas) for more information.

**Note:** If you live or travel in the Philippines, you are required to see a certified provider for care. Additionally, TOP Standard beneficiaries who reside in the Philippines and who seek care within designated Philippine Demonstration areas must see approved demonstration providers to ensure TRICARE cost-shares their claims, unless they request and receive waivers from Global 24 Network Services. For more information, visit [www.tricare-overseas.com/philippines.htm](http://www.tricare-overseas.com/philippines.htm). In other locations, check to see if restrictions on certified providers apply.

## Changes in Coverage

### Changes in Family Composition

When you experience a family change (*e.g.*, *marriage, birth, adoption, death*), you may request changes to your TRS or TRR coverage.

- You must always report all family changes in DEERS. For more information, visit [www.tricare.mil/deers](http://www.tricare.mil/deers).
- To add a DEERS-registered family member to TRS or TRR coverage, follow instructions listed in *Step 2: Purchase*.
- To remove a family member from coverage, follow the procedure described in “Elect To End Coverage.”

## Termination of Coverage

### Elect To End Coverage

You may choose to end coverage at any time, effective at the end of the month. You may end either the entire plan or coverage for an individual family member. **Do not simply stop making payments.** You must take the following actions to end your coverage:

- Visit [www.dmdc.osd.mil/appj/reservetricare](http://www.dmdc.osd.mil/appj/reservetricare) to log on to the *DMDC Reserve Component Purchased TRICARE Application* (as described in the Step 1: Qualify section), and follow the instructions to “Disenroll.”
- Print, sign, and mail your completed *DD Form 2896-1* to your regional contractor. The effective end date is either the last day of the month in which the request was postmarked or received, or the last day of a specified future month.

### Nonpayment

If your automated payment is not received by the end of the month, your coverage may be suspended or terminated, and you may be subject to a 12-month lockout. If your coverage is suspended, immediately contact your regional contractor for information about the possibility of having your coverage reinstated.

## Change in Status

If you are ever called or ordered to active service for more than 30 consecutive days, you and your family may become eligible for premium-free TRICARE plans. At that time, your TRS or TRR coverage automatically ends and unused premiums already paid will be refunded. The 12-month purchase lockout does not apply.

If you want TRS or TRR coverage to continue after your other TRICARE coverage ends, you must qualify for and purchase TRS or TRR coverage again no later than 30 days after the other TRICARE coverage ends. See *Step 1: Qualify* and *Step 2: Purchase* sections for instructions.

**Note to TRS members:** Your TRS coverage will also automatically end if you leave the Selected Reserve. You may purchase TRS coverage again if you requalify, and a purchase lockout will not apply.

## Change in FEHB Eligibility or Enrollment

**You must take immediate action to disenroll from TRS or TRR if you become eligible for or enrolled in the FEHB program.** See “Elect To End Coverage” for more information on how to disenroll. No purchase lockout will go into effect.

If you fail to end coverage as required, your Reserve component may terminate your coverage, and you will be responsible for any health care costs after the effective date of termination.

## TRICARE Young Adult

A parent who is a member of the Selected Reserve of the Ready Reserve or of the Retired Reserve may be a TRICARE Young Adult (TYA) sponsor if he or she is either eligible for premium-free TRICARE (*early eligibility, called or ordered to active service for more than 30 consecutive days, or in the Transitional Assistance Management Program*) or covered by a premium-based TRICARE program (*TRS or TRR*).

TYA coverage is available for purchase by qualified young adult dependents if they are **all** of the following:

- A dependent of a uniformed service sponsor who is covered by TRICARE
- Unmarried
- At least age 21 (*or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provided over 50 percent of the financial support*), but have not yet reached age 26

Dependents do **not** qualify to purchase TYA coverage if they are:

- Eligible to enroll in an employer-sponsored health plan as defined in TYA regulations
- Otherwise eligible for TRICARE coverage
- Married

TYA offers TRICARE Prime and TRICARE Standard coverage. Qualified young adult dependents of TRS or TRR sponsors may only purchase TYA Standard. TYA members pay the same TRICARE Standard and TRICARE Extra deductibles and cost-shares as their sponsoring parent.

Dependents whose sponsors are called or ordered to active service for more than 30 consecutive days may be eligible to purchase TYA Prime, depending on where they live.

TYA includes TRICARE medical and pharmacy benefits, but not dental coverage. For more information about TYA, visit [www.tricare.mil/tya](http://www.tricare.mil/tya).

## For Information and Assistance

You can sign up to receive TRICARE news and publications via e-mail at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions). To sign up for benefits correspondence by e-mail, visit <http://milconnect.dmdc.mil>.

<p><b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) <a href="http://www.hnfs.com">www.hnfs.com</a></p>	<p><b>TRICARE South Region</b> Humana Military, a division of Humana Government Business 1-800-444-5445 <a href="http://Humana-Military.com">Humana-Military.com</a></p>	<p><b>TRICARE West Region</b> UnitedHealthcare Military &amp; Veterans 1-877-988-WEST (1-877-988-9378) <a href="http://www.uhcmilitarywest.com">www.uhcmilitarywest.com</a></p>
<p><b>TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa<sup>1</sup></b> +44-20-8762-8384 (overseas) 1-877-678-1207 (stateside) <a href="mailto:tricarelon@internationalsos.com">tricarelon@internationalsos.com</a></p>	<p><b>TOP Regional Call Center—Latin America and Canada<sup>1</sup></b> +1-215-942-8393 (overseas) 1-877-451-8659 (stateside) <a href="mailto:tricarephl@internationalsos.com">tricarephl@internationalsos.com</a></p>	<p><b>TOP Regional Call Centers—Pacific<sup>1</sup></b> Singapore: +65-6339-2676 (overseas) 1-877-678-1208 (stateside) <a href="mailto:sin.tricare@internationalsos.com">sin.tricare@internationalsos.com</a>  Sydney: +61-2-9273-2710 (overseas) 1-877-678-1209 (stateside) <a href="mailto:sydricare@internationalsos.com">sydricare@internationalsos.com</a></p>
<p><b>TRICARE Reserve Select</b> <a href="http://www.tricare.mil/trs">www.tricare.mil/trs</a> <b>TRICARE Retired Reserve</b> <a href="http://www.tricare.mil/trr">www.tricare.mil/trr</a></p>	<p><b>Defense Manpower Data Center (DMDC) Reserve Component Purchased TRICARE Application</b> <a href="http://www.dmdc.osd.mil/appj/reservetricare">www.dmdc.osd.mil/appj/reservetricare</a> <b>My Access Center</b> (obtain a DS Logon account) <a href="http://www.dmdc.osd.mil/identitymanagement">www.dmdc.osd.mil/identitymanagement</a></p>	<p><b>milConnect Web Site—Update DEERS Information</b> <a href="http://milconnect.dmdc.mil">http://milconnect.dmdc.mil</a></p>
<p><b>TRICARE Active Duty Dental Program</b> United Concordia Companies, Inc. 1-866-984-ADDP (1-866-984-2337) <a href="http://www.addp-ucci.com">www.addp-ucci.com</a></p>	<p><b>TRICARE Dental Program</b> MetLife 1-855-MET-TDP1 (1-855-638-8371) (stateside) 1-855-MET-TDP2 (1-855-638-8372) (overseas) 1-855-MET-TDP3 (1-855-638-8373) (TDD/TTY) <a href="https://mybenefits.metlife.com/tricare">https://mybenefits.metlife.com/tricare</a></p>	<p><b>TRICARE Retiree Dental Program</b> Delta Dental of California 1-888-838-8737 (stateside) AT&amp;T USADirect® Access Number plus +866-721-8737 (overseas) <a href="http://www.trdp.org">www.trdp.org</a></p>
<p><b>TRICARE Pharmacy Program</b> 1-877-363-1303 <a href="http://www.tricare.mil/pharmacy">www.tricare.mil/pharmacy</a> <a href="http://www.express-scripts.com/TRICARE">www.express-scripts.com/TRICARE</a></p>	<p><b>Transitional Assistance Management Program</b> <a href="http://www.tricare.mil/tamp">www.tricare.mil/tamp</a></p>	<p><b>Continued Health Care Benefit Program</b> Humana Military 1-800-444-5445 <a href="http://www.tricare.mil/chcbp">www.tricare.mil/chcbp</a></p>
<p><b>US Family Health Plan</b> 1-800-74-USFHP (1-800-748-7347) <a href="http://www.tricare.mil/usfhp">www.tricare.mil/usfhp</a></p>	<p><b>TRICARE Young Adult</b> <a href="http://www.tricare.mil/tya">www.tricare.mil/tya</a></p>	<p><b>U.S. Department of Veterans Affairs (VA)</b> <a href="http://www.va.gov">www.va.gov</a> <b>eBenefits—VA Benefits Information</b> <a href="http://www.ebenefits.va.gov">www.ebenefits.va.gov</a></p>

1. For toll-free contact information, visit [www.tricare-overseas.com](http://www.tricare-overseas.com).

### 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 treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

TRICARE is a registered trademark of the Department of Defense, TRICARE Management Activity. All rights reserved.