

TRICARE Services and Links

Beneficiary Counseling and Assistance Coordinator (BCAC) Directory:
<http://www.tricare.osd.mil/BCACDirectory.htm>

Provider Directory:
http://www.tricare.osd.mil/provider_directory.html

Retail Pharmacies:
<http://www.tricare.osd.mil/pharmacy/retailnetwork.cfm>

Regional Map and Guide to TRICARE Service Centers:
<http://www.tricare.osd.mil/regionalinfo/>

Toll-free Numbers to TRICARE Service Centers:

Northeast (1)	1-888-999-5195
Mid-Atlantic (2)	1-800-931-9501
Southeast (3)	1-800-444-5445
Gulfsouth (4)	1-800-444-5445
Heartland (5)	1-800-941-4501
Southwest (6)	1-800-406-2832
Central (7/8)	1-888-874-9378
Southern California (9)	1-800-242-6788
Golden Gate (10)	1-800-242-6788
Northwest (11)	1-800-404-2042
TRICARE Pacific	
Hawaii	1-800-242-6788
WESTPAC	1-888-777-8343
Latin America & Canada	1-888-777-8343
Puerto Rico & Virgin Islands	1-888-777-8343
Europe	1-888-777-8343

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SOURCE: TRICARE Help E-mail Service (THEMS) at
mailto:TRICARE_Help@amedd.army.mil