

MOVING? TRANSITION YOUR TRICARE COVERAGE



Did you know that relocating to a new country or region is a qualifying life event? Here are a few things you need to know about Tricare when making a permanent change of station move:

You have 90 days from the date of your address change to change your Tricare health plan.

DON'T disenroll from any plan before you move.

Communicate your move with your regional contractor and doctors.

You are still covered by your current plan while enroute to your new location.

Do you have a family member enrolled in the Exceptional Family Member Program (EFMP)? Contact your local Family Caseworker for a referral to Tricare Case Management. Tricare Case Managers help you locate a new doctor and limit disruption of coverage.



WEST - HEALTH NET FEDERAL SERVICES

1-844-866-9378 | www.tricare-west.com

EAST - HUMANA MILITARY

1-800-444-5445 | www.tricare-east.com

For more information on your specific plan and Tricare Dental coverage, check out tricare.mil/lifeevents/moving.

