

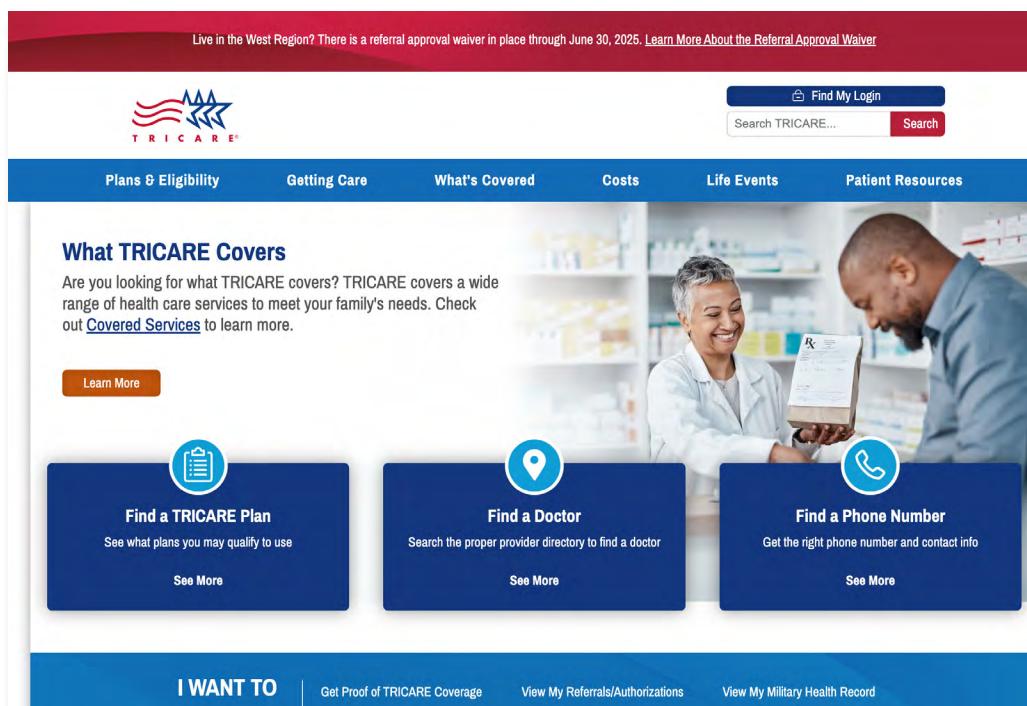
The TRICARE website provides service members and their families access to information about the TRICARE benefit.

The TRICARE website provides easy access to the latest TRICARE info. It allows users to take command of their health care anytime and from anywhere in the world.

Active duty service members of the uniformed services, retired members, and eligible family members can use the site to:

- Review TRICARE plans and eligibility
- Find doctors and contact info
- Review coverage and costs
- Download medical, dental, and pharmacy forms

The Web & Mobile Technology Program Management Office manages the technical development and maintenance of the TRICARE website. The Defense Health Agency Director's Communications and Public Affairs Division oversees content development. They manage content and design, navigation and analysis, and overall end user experience and satisfaction.



Live in the West Region? There is a referral approval waiver in place through June 30, 2025. [Learn More About the Referral Approval Waiver](#)

 [Find My Login](#)

[Plans & Eligibility](#) [Getting Care](#) [What's Covered](#) [Costs](#) [Life Events](#) [Patient Resources](#)

What TRICARE Covers
Are you looking for what TRICARE covers? TRICARE covers a wide range of health care services to meet your family's needs. Check out [Covered Services](#) to learn more. [Learn More](#)



Find a TRICARE Plan
See what plans you may qualify to use [See More](#)

Find a Doctor
Search the proper provider directory to find a doctor [See More](#)

Find a Phone Number
Get the right phone number and contact info [See More](#)

I WANT TO [Get Proof of TRICARE Coverage](#) [View My Referrals/Authorizations](#) [View My Military Health Record](#)

Key Features

- User-friendly layout
- Delivers easy, 24/7 access to the latest TRICARE information
- Search field offers easy access to specific items of interest

Key Benefits

- Users can quickly scroll and view content
- Offers access to eligibility requirements and plan info
- Connects to military hospitals and clinic websites
- Provides links to referrals and authorizations, appointment booking, and mental health resources

For more information about TRICARE, visit <https://tricare.mil>

TRICARE.mil is managed by the
Solution Delivery Division
Web & Mobile Technology Program
Management Office.