

Are You a Displaced TRICARE Beneficiary?

Here's how to access your health care



If you were recently displaced from an overseas duty station or your home abroad, you're still covered by TRICARE. This displacement counts as a qualifying life event, which opens a 90-day window for you to update your TRICARE region or make enrollment changes.

Emergency Care

Emergency care means care for an illness or injury that threatens your life, limb, sight, or safety. If you reasonably believe you have an emergency, always call 911 or your international emergency number. Or, go to the nearest emergency room.

Urgent Care

If you need urgent care:

- Call the Military Health System Nurse Advice Line 800-TRICARE (874-2273), option 1.
- Visit a TRICARE-authorized provider. You can find a provider at tricare.mil/networkproviders.
- Get care at a military hospital or clinic which offers urgent care services. You can find a military hospital or clinic at tricare.mil/mtf.

Routine Care

If you need routine care:

- Call International SOS at 877-451-8659 before getting care or making payments.
- International SOS will help connect you with a provider.

Your QLE: What you need to do if you're staying for longer than 90 days

Step 1 — Update DEERS

Go to the TRICARE DEERS webpage (tricare.mil/deers) and update your address. This registers your QLE. Your 90-day enrollment window begins on the date of your displacement.

Step 2 — Choose Your Enrollment Option

- **Temporary or unsure:** Stay enrolled with International SOS. You will be treated as a transient. International SOS will coordinate all care, including connecting you with Humana Military or TriWest Healthcare Alliance for stateside network providers.
- **Permanent relocation:** Change enrollment to your new TRICARE region within 90 days. Visit the TRICARE Regions webpage (tricare.mil/regions) to find your region or use the TRICARE Plan Finder (tricare.mil/planfinder).

MHS Nurse Advice Line

If you need health care advice, help finding an urgent care or emergency care facility, or to schedule a virtual urgent care appointment:

- Call the MHS Nurse Advice Line 800-TRICARE (874-2273), option 1.
- Visit [MHSNurseAdviceLine.com](https://mhsnurseadviceLine.com) for web chat and video chat.

Mental Health

If you need mental health support:

- Dial 988, then press 1. Or, text 838255.
- Call the MHS Nurse Advice Line at 800-TRICARE (874-2273).

Prescriptions

If you need to fill a prescription:

- Fill the prescription at a military pharmacy (tricare.mil/militarypharmacy) if one is nearby.
- Find a retail network pharmacy (tricare.mil/networkpharmacy) or call Express Scripts 877-363-1303 to get help finding a network pharmacy.

Key Phone Numbers

MHS Nurse Advice Line 800-TRICARE (874-2273), opt. 1 Available 24/7 — advice, care finder, virtual urgent care	International SOS (Routine Care) 877-451-8659 Call before getting care or making payments.
Not sure of your region? tricare.mil/regions	
Humana Military (East Region) 800-444-5445 Monday–Friday, 8 a.m. to 6 p.m. ET/CT	TriWest Healthcare Alliance (West Region) 888-TRIWEST (874-9378) 8 a.m. to 6 p.m. in your time zone
Express Scripts (Pharmacy) 877-363-1303 Find a network pharmacy near you at tricare.mil/networkpharmacy .	Mental Health Crisis Line Dial 988, press 1 Text: 838255 Available 24/7

More Information

Scan the QR code to visit our website (tricare.mil/displaced) for relevant links and further information.



Stay Informed

Scan the QR code to follow our Facebook page (facebook.com/TRICARE) for real-time updates and disaster response resources.

