

An aerial photograph of a military fleet at sea. The central focus is a large amphibious transport dock ship (LST) moving towards the viewer, leaving a white wake. To its left and right are smaller escort vessels, also leaving wakes. The ocean is a deep blue, and the sky is a lighter blue with scattered white clouds. The text 'UHCMilitarywest.com' is overlaid in a large, yellow, italicized font with a thin underline.

*UHCMilitarywest.com*

Creating an account to manage  
your referrals from home or  
work.



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Search Search

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Beneficiaries

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About



Are you a TRICARE beneficiary or want to learn more?

Beneficiaries

Are you a physician, office manager or other healthcare service provider?

Providers

Are you Government staff and need access to our portal?

Government

After Hours Care Search

Enter your zip code, then click search

Zip Code Search

Popular Topics

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- [Affordable Care Act \(ACA\)](#)
- [Provider Forms](#)
- [Granting Family Member Access](#)
- [TRICARE Autism Information](#)
- [Prime Service Area Changes \(PSA\)](#)
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- [MilConnect](#)



Men Get Depressed Too! What You Can Do About It

Bill had been feeling "out of sorts" over the past few weeks. In addition, he'd also been experiencing stomachaches and back pain regularly. His wife Wendy had noticed that he had become more withdrawn too — he spent longer hours at work and had difficulty interacting with their six-year-old son. In a conversation with his brother-in-law John, Bill admitted that he just didn't feel like himself.





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Overview

Overview

Secure Content

- My Eligibility
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- My Deductibles
- My Other Health Insurance
- My Profile
- Make a Payment

Resources

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- National Guard and Reserve
- Newsletters
- Referrals and Prior

DS Logon is a preferred secure login for those who qualify

**DS Logon**

Don't have a DS Logon?  
[Register Now](#)

uhcmilitarywest.com Logon for those without a DS Logon

**uhcmilitarywest Logon**

Don't have a uhcmilitarywest.com Logon?  
[Register Now](#)

Getting Started

- Download the [Welcome Packet](#) (871kb)
- Update [DEERS](#)
- Update your TRICARE Plan [Enrollment](#)
- [Change Your PCM](#)
- Enroll in [Automatic Recurring Payments](#)

Latest News

Popular Topics

- [ABA Pilot](#)  
Applied Behavior Analysis (ABA) Pilot program...
- [TRICARE Newsletters](#)  
Current and archived newsletters





My Access Center - Login  
https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e3s1

[? Help Center](#) -AA+

### DS LOGON ?

Department of Defense  
Self-Service

[Forgot DS Logon Username?](#)

[Forgot DS Logon Password?](#)

Need a DS LOGON?	<input type="button" value="Register"/> ?
Have a DS LOGON activation letter?	<input type="button" value="Activate"/> ?
Need to upgrade your DS LOGON?	<input type="button" value="Upgrade"/> ?
Need to manage your logon profile settings?	<input type="button" value="Manage"/> ?





[? Help Center](#) [-AA+](#)

## DS LOGON Registration

Welcome to the registration wizard.  
Here you can create your DS LOGON account,  
whether you are a service member, veteran, or family member. [?](#)

Select registration method

- I have a Common Access Card (CAC) with accessible card reader. [?](#)
- I have an active DoD ID card and an email on file in the Defense Enrollment Eligibility Reporting System (DEERS). [?](#)
- I have a Defense Finance and Accounting Service (DFAS) myPay account. [?](#)
- I have none of the above, but I am registered in the Defense Enrollment Eligibility Reporting System (DEERS). [?](#)

[Continue](#) [Cancel](#)



Browser navigation bar with address bar: <https://myaccess.dmdc.osd.mil/identitymanagement/registration.do?execution=e7s2>

Menu: File Edit Recent Pages Tools Help

Favorites: MilitaryCAC's Access your...

Taskbar: Medical Readiness Reporti... Microsoft Outlook Web Ac... My Access Center - Re...

Page Safety Tools



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## Registration Process

Individuals with active CAC's are mandated to utilize the CAC for the purpose of registering for a DS LOGON account. If you are presently unable to utilize your CAC, please return to this website when you are able to use your CAC.

CAC ?

Common Access Card



[Register](#) [Cancel](#)



Windows taskbar with icons for Internet Explorer, Outlook, PowerPoint, and other applications.

## Registration Process

Welcome

Create your personalized password. Please note security tips.

### Password Security Requirements:

At least **one lowercase letter**

At least **one uppercase letter**

At least **one number**

At least **one special character** (@\_#!&\$%^\*+()J,;~:}|?{>=<)

At least **9 characters**

Your password must not contain any common dictionary words.

Password

Confirm Password



# My Access Center

[? Help Center](#) [-AA+](#) [Log Off](#)

## Registration Process

Select challenge questions and enter personalized answers. [?](#)

These questions will be asked if you need to retrieve or change your password.

Question 1

Question 2

Question 3

Question 4

Question 5



*You will have another 2-3  
windows of reviewing and  
completing the registration.  
Then you will be all set to go!!*

