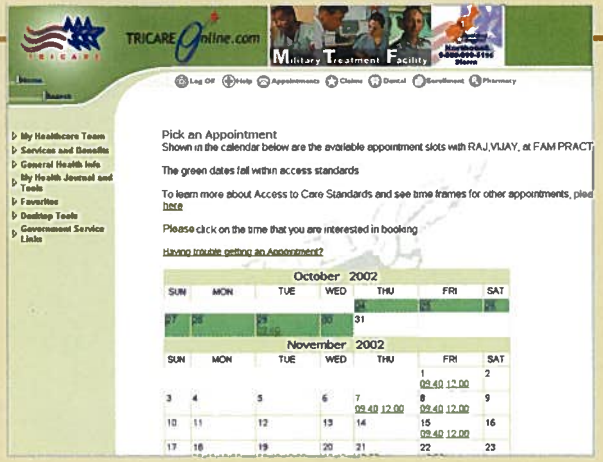
Access is Power!

Your TRICARE health care is now portable, universal and secure. Accessible anytime, anywhere, from any laptop or PC. Now you can:

- Schedule online routine and follow-up appointments with your primary care manager (TRICARE Prime and Plus only).
- View customized MTF, clinic and provider Web pages.
- Access 18 million pages of health and wellness information.



The Health and Wellness section includes:

Personal Health Journal

Create your own Personal Health Journal to store your medical history, care instructions, and prescriptions.

Be Well

Read all the latest information and news you need for staying healthy.

Get Answers

Learn about symptoms, health conditions, medications, treatment choices, and more.

RxChecker

Check your medication for side effects and possible harmful interactions.

For Kids

Learn with fun, educational tools.

Get Answers (Kids)

Check on your child's symptoms, medications, and treatments.

What's Next?

For TRICARE Prime and Plus Beneficiaries

- Web-based pharmacy renewals
- Routine test requests
- Appointment reminders
- Provider/patient e-mails
- More types of online appointments

For All Beneficiaries

- Web-based pharmacy refills
- Web-based health assessment

This is just the beginning...

TRICARE Online.com

try it...

www.tricareonline.com