



# Traveling with TRICARE® Prime

Accessing your TRICARE coverage while traveling stateside and overseas

As a TRICARE Prime enrollee, TRICARE has you covered if you become ill or injured while traveling stateside or overseas. Follow these guidelines to receive maximum TRICARE benefits at the lowest cost. See the *For Information and Assistance* section of this fact sheet for contact information.

## MAINTAIN YOUR TRICARE ELIGIBILITY

Keep all Defense Enrollment Eligibility Reporting System (DEERS) information current for you and your family members. Otherwise, care may be denied or claims payment delayed.

## GET ROUTINE CARE BEFORE YOU LEAVE

Routine care, which includes general office visits for treatment and ongoing care, should be handled before you travel or postponed until you return. You must obtain all routine care from your primary care manager (PCM) unless you have been referred to another provider. Routine dental care is not authorized while traveling.

## EMERGENCY CARE

TRICARE defines an emergency as a medical, maternity, or psychiatric condition that would lead a “prudent layperson” (*someone with an average knowledge of health and medicine*) to believe that a serious medical condition exists; that the absence of immediate medical attention would result in a threat to life, limb, or sight; when a person has severe, painful symptoms requiring immediate attention to relieve suffering; or when a person is at immediate risk to self or others.

If you require emergency care, call 911 or go to the nearest emergency room. If you are admitted, you must notify your PCM or regional contractor within 24 hours or on the

next business day to coordinate ongoing care and to receive proper authorization.

**Note:** Prior authorization is not required for emergency care (*including overseas care*) before receiving treatment.

## Overseas Emergency Care

You can locate an emergency facility or emergency number for the country you are visiting by calling the Medical Assistance line for the region in which you are traveling or by contacting the U.S. Embassy or Consulate. When seeking care from a host nation (*overseas*) provider, you should be prepared to pay up front for services and then file a claim with the TRICARE Overseas Program (TOP) claims processor, Wisconsin Physicians Service. To process your claims reimbursements quickly and efficiently, it is recommended that you submit proof of payment with all claims. Active duty service members (ADSMs) should contact the TOP Regional Call Center in your area prior to seeking care when possible or prior to making payment.

## Emergency Dental Care

- **ADSMs:** Contact your local military dental treatment facility, Active Duty Dental Program contractor United Concordia Companies, Inc. (United Concordia), or, if overseas, the TOP Regional Call Center.
- **TRICARE Dental Program (TDP) enrollees:** You may visit any dentist for emergency treatment, but you will save money if you select a TDP network dentist. MetLife administers the TDP.
- **TRICARE Retiree Dental Program (TRDP) enrollees:** You may visit any dentist for emergency treatment, but you will save money if you select a TRDP network dentist. Delta Dental® of California administers the TRDP.

This fact sheet is **not** all-inclusive. For additional information, please visit [www.tricare.mil](http://www.tricare.mil).

