

## TRICARE REGIONS

**TRICARE Northeast – (1-888-999-5195)**

Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Delaware, Maryland, New Jersey, New York, Pennsylvania, the District of Columbia, Northern Virginia, and the northeast corner of West Virginia

**TRICARE Mid-Atlantic – (1-800-931-9501)**

North Carolina and most of Virginia.

**TRICARE Southeast – (1-800-444-5445)**

South Carolina, Georgia, and Florida excluding panhandle

**TRICARE Central – (1-888-874-9378)**

New Mexico, Arizona excluding Yuma, Nevada and southwest corner of Texas, including El Paso, Colorado, Utah, Wyoming, Montana, Idaho excluding northern Idaho, North Dakota, South Dakota, Nebraska, Kansas, Minnesota, Iowa, and Missouri excluding the St Louis area

**TRICARE Gulf South – (1-800-444-5445)**

Florida panhandle, Alabama, Mississippi, Tennessee, and Eastern third of Louisiana

**TRICARE Heartland – (1-800-941-4501)**

Michigan, Wisconsin, Illinois, Indiana, Ohio, Kentucky, and West Virginia excluding the Northeast corner, and the St Louis area in Missouri.

**TRICARE Southwest – (1-800-406-2832)**

Oklahoma, Arkansas, western two thirds of Louisiana, Texas, excluding southwest corner.

**TRICARE Golden Gate/Southern CA/Hawaii/Alaska – (1-800-242-6788)**

Southern California and Yuma, Arizona, Alaska, Hawaii

**TRICARE Northwest – (1-800-401-0110)**

Washington, Oregon, and Northern Idaho

**TRICARE Pacific/Puerto Rico/Latin America/Canada/Europe – (1-888-777-8343)**

Canada, Mexico, Central America, Puerto Rico, Bermuda, West Indies, Panama, Caribbean basin, Europe, Africa, Middle East, Azores, and Iceland