

Understanding the TRICARE

QLES

How to Update DEERS

You Have a Qualifying Life Event ... Now What?

When you experience a qualifying life event—or QLE—you can make a change to your plan or enroll in a new plan.

To get started, just remember, there are...

Two Steps:

- 1 Update DEERS
- 2 Make Changes to your TRICARE Plan

In most cases, you'll have **90 days** to complete your enrollment change, but some QLEs give you a little extra time.



Step One: Updating DEERS

The Defense Enrollment Eligibility Reporting System—DEERS—is a database of uniformed service personnel and family members who are eligible for benefits, including TRICARE.



Adding/Removing Family Members

Only sponsors can add or remove family members.

- 1 Find your local RAPIDS site (ID card office)
- 2 Set up an appointment
- 3 Bring all required paperwork



Updating Addresses and Other Contact Information

Sponsors and family members can update contact information.

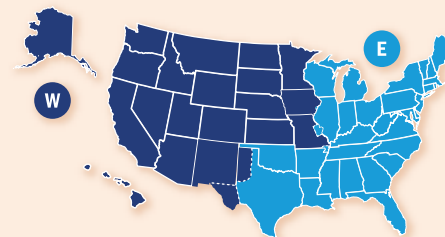
- 1 Online: www.dmdc.osd.mil/milconnect/
- 2 Phone: 1-800-538-9522
(TTY/TDD: 1-866-363-2883)
- 3 Fax: 1-800-336-4416 (Primary)
1-502-335-9980 (Alternate)
- 4 Mail: **Defense Manpower Data Center Support Office**
Attn: COA
400 Gigling Road
Seaside, CA 93955-6771

Step Two: Make Changes To Your TRICARE Plan

You can make changes to your current plan or switch to a new plan.

TRICARE Prime® ? TRICARE Select®

- 1 Online: www.dmdc.osd.mil/milconnect/
- 2 Download and Mail the Enrollment Form. If switching to TRICARE Prime, you'll also need to select a primary care manager as part of the enrollment process. To learn more, visit www.TRICARE.mil/enroll.
- 3 Call your Regional Contractor:



TRICARE East

Humana Military East: 1-800-444-5445

TRICARE West

Health Net West: 1-844-866-9378

TRICARE Overseas

International SOS:
www.tricare-overseas.com/contactus

For more information, visit
www.tricare.mil/DEERS.

