



Tricare

Before you move, contact the Tricare region office you're leaving to see if you need to switch to a new region. Hawaii is part of the West region; the regional Tricare office is called [TriWest Healthcare Alliance](#). You must [update DEERS \(Defense Enrollment Eligibility Reporting System\)](#) with your new address so you do not have any disruptions in service and your enrollment moves with you. Contact information and more Tricare moving tips are available on the [Tricare website](#).

Your Tricare coverage is completely portable—meaning it moves with you. You are covered worldwide—both in-transit to your new duty location and once you arrive—but depending on where you go, you may use a different Tricare health plan option. Additionally, you may have different enrollment steps depending on which health plan option is available in your new area.

Getting Care Along the Way

Before you move, make sure you have received any routine medical or dental care you think you might need during the time you will be traveling. Or, delay the care until you get to your new duty location. Check supply of all prescription medications and get refills/new prescriptions until you can make an appointment with your new Primary Care Manager (PCM) at your new duty site.

Emergency Care in the United States

Call 911 or go to the nearest emergency room. Tricare defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you are near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are seen in a civilian facility, contact your PCM or regional contractor within 24 hours.