

TRICARE BENEFICIARIES

About TriWest

The main number (888) 874-9378 is the line beneficiaries should use that are trying to reach TriWest services for beneficiary related issues.

If you do not have an email on file in DEERS, you'll need to make that update prior to logging in. [Verify or Update DEERS](#)

Beneficiary Top 5 Things to Know:

- #1 Sign up for the West Region self-service Beneficiary Portal.
- #2 Avoid disenrollment. Set up or make payments for TRICARE fees and premiums.
- #3 Follow guidelines for seeking care during the transition period.
- #4 Confirm your current primary care manager (TRICARE Prime only).
- #5 Stay in the know about your TRICARE benefits and eligibility.

Sign Into the Tricare West site:

Current Users

New User Press CONTINUE then Look for the “New User? Sign Up Now” link.

Looking for providers in the 2025 West Region? Check out the [TriWest Provider Directory](#).

Find a Claims Address

When you need to file a paper claim for medical, pharmacy or dental services, send the claim to the correct claims filing address to avoid a delay in payment.

Medical Claims - Follow the steps to file and check the status of your claims.

EDUCATION RESOURCES

Download a Briefing and Speaker Notes at Health.mil

Beneficiary education representatives can download the TRICARE briefings and speaker notes below. Each briefing includes recommended TRICARE publications to download and use as handouts.

TRICARE Briefing Request Form

Beneficiary Video Guides

- How to Set Up an Account on Secure, Self-Service Portal
- How to Find a TRICARE West Region Provider
- How to Navigate the Provider Directory
- Navigating Your Plan, Cost, and Fees

TRICARE BENEFICIARIES

[About TriWest](#)



[Verify or Update DEERS](#)



[Beneficiary Top 5 Things to Know:](#)



[Sign Into the Tricare West Site](#)

[Current Users](#)



[TriWest Provider Directory](#)



[New User](#)

Press CONTINUE then Look for the “New User? Sign Up Now” link

[Find a Claims Address](#)



[Medical Claims](#)



[Download a Briefing and Speaker Notes at Health.mil](#)



[TRICARE Briefing Request Form](#)



[Beneficiary Video Guides](#)

