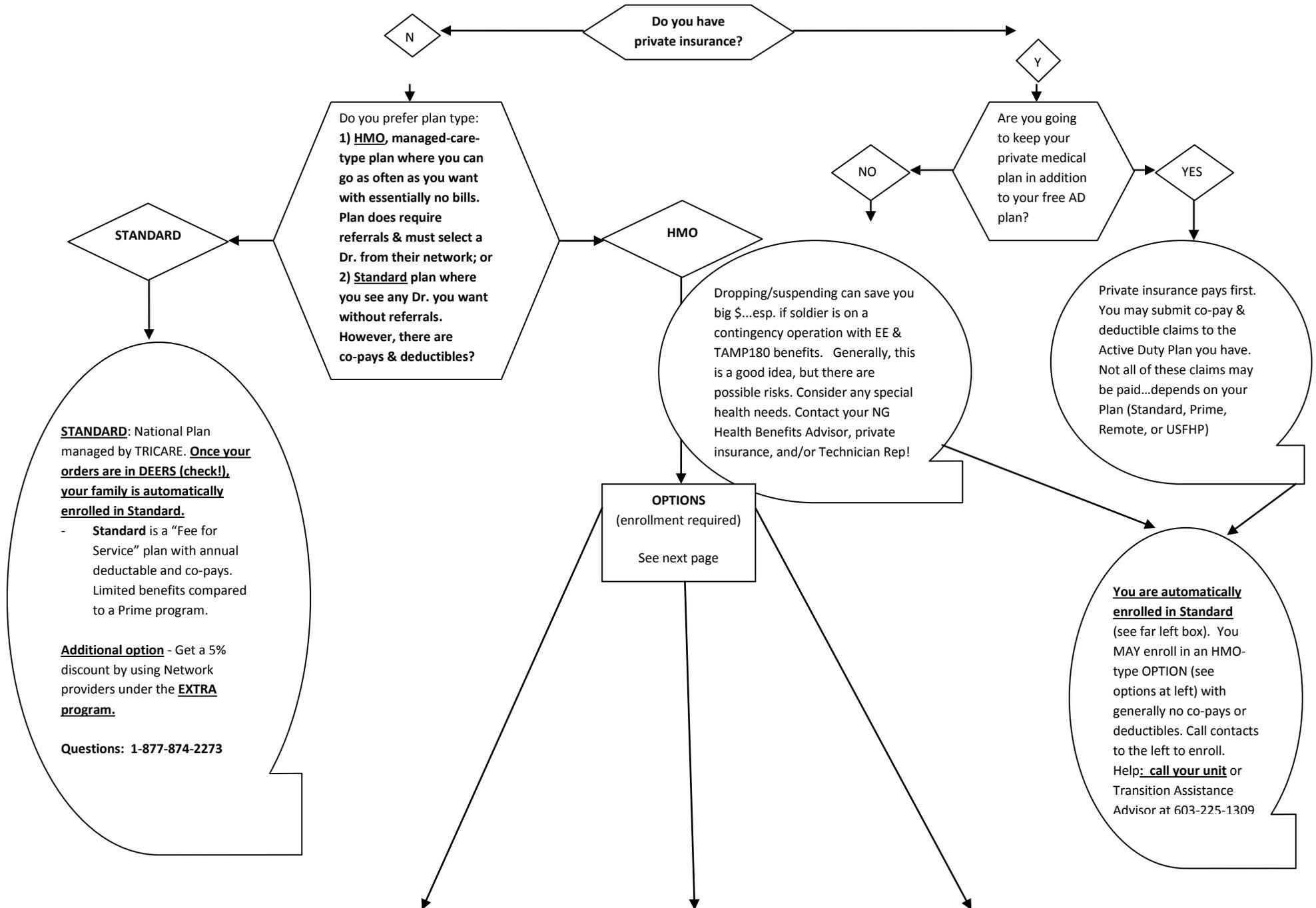


# TRICARE ACTIVE DUTY FAMILY MEDICAL – Self Assist Enrollment Sheet

04Feb 13

Ensure you are within 15 days of your orders being cut before mailing application. Note order status on cover sheet. Check DEERS (1-800-538-9552) or <http://dmdc.osd.mil> to ensure orders have been updated! Call TRICARE/USFHP (below) to ensure your enrollment is verified!

## Application: ACTIVE DUTY FAMILY MEMBER (ADFM)



**PRIME REMOTE:** National plan managed by TRICARE. Family members living **more than 50 miles from a Military Treatment Facility (MTF)** may enroll. With waiver, member may use non-network providers if no network providers are within 30 miles of home. Prime plan coverage in remote locations.

**Verify eligibility:**

<http://www.tricare.mil/TPRZipCode/>

**Search for Providers:**

<https://www.hnfs.com/apps/providerdirectory/default.aspx>

**Questions: 1-888-647-6676**

**Enrollment:**

[https://www.hnfs.com/content/dam/hnfs/tn/bene/enrollment/pdf/Enrollment For m.pdf](https://www.hnfs.com/content/dam/hnfs/tn/bene/enrollment/pdf/Enrollment%20For%20m.pdf)

**PRIME:** National plan managed by TRICARE. Family members living **less than 50 miles from a MTF** may enroll. Plan moves if/when you do. Member may use MTF if space available. Provider choices may be limited.

**Search for Providers:**

<https://www.hnfs.com/apps/providerdirectory/default.aspx>

**Questions: 1-877-874-2273**

**Enrollment:**

[https://www.hnfs.com/content/hnfs/home/tn/bene/enroll/enroll/new\\_enroll.html#Enrolling](https://www.hnfs.com/content/hnfs/home/tn/bene/enroll/enroll/new_enroll.html#Enrolling)

**U.S. FAMILY HEALTH PLAN/ aka Martin's Point:**

Managed regionally by private insurer. Martin's Point is in (ME, NH, MD, DE, DC, PA, VA, WV, MA, RI, NY, NJ, PA and CT). Great customer service! Martins Point has many providers throughout NH.

**Search for Providers:**

<https://healthcarecenters.martinspoint.org/doctors-and-providers>

**Questions: 1-800-748-7347**

**Enrollment:**

<https://tricare.martinspoint.org/how-to-enroll/enrollment>