



INSIGHT

TRICARE EAST: BEGIN INQUIRIES OR ASK FOR APPOINTMENT TO VERIFY INFORMATION IN YOUR PROVIDER PROFILE VIA THE PROVIDER PORTAL:

Humana Military reports the local Market Operations Team is available to aid providers individually. Messages can be sent through the provider portal.

[Provider Self-Service](#)

TRICARE WEST: BEGIN INQUIRIES OR ASK FOR APPOINTMENT TO VERIFY INFORMATION IN YOUR PROVIDER PROFILE VIA THE PROVIDER PORTAL:

[Welcome TRICARE West Providers](#)

FILE A GRIEVANCE DIRECTLY WITH THE CONTRACTOR FOR YOUR REGION:

[File a Grievance | TRICARE](#)

EAST REGION

Regional Grievance Coordinator
Humana Military
8123 Datapoint Drive Suite 400
San Antonio, TX 78229

WEST REGION

TRICARE West Region Grievances
P.O. Box 8930
Virginia Beach, VA 23450
Fax: 877-875-1305

CONTACT YOUR MEMBERS OF CONGRESS:

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