

TRICARE BENEFICIARIES!

TRICARE Mid-Atlantic is changing. . .

**Starting July 1, 2004,
contact TRICARE Hampton Roads
for your military health care needs**

★ Ft Eustis
★ Ft Lee

★ Naval Medical Center Portsmouth
★ Langley AFB

(clip & save portion below dotted line)

**For appointments and other TRICARE
information, call our new number:**

1-866-MIL-HLTH
(1-866-645-4584)

List your Primary Care Manager and other
important phone numbers below:


TRICARE
Hampton Roads