



# TRICARE

Health Benefits Advisor



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HQ JUSMAGTHAI  
TRICARE Services, Rm. D-110  
7 Sathorn Tai Road  
Bangkok 10120 Thailand

Retiree Client Hours: Tues-Wed-Thurs, 0800-1100

Telephone: 02-287-1036

Web: <https://www.jusmagthai.com/medical.html>

Fax: 02-287-1575

Nurse Tiptida Dhatsuwanna (Thida), x512

Nurse Panisara Puangsilpa (Aoi), x511

Email: [nursetida.th@jusmagthai.org](mailto:nursetida.th@jusmagthai.org)

Email: [ppuangsilpa.th@jusmagthai.org](mailto:ppuangsilpa.th@jusmagthai.org)

**\*\*\* If urgent or emergent, seek proper medical care as soon as possible! \*\*\***

**Note:** In order to maintain TRICARE Benefits when you turn age 65, you **must** join Medicare Part B.

**TRICARE Overseas (Pacific)  
International SOS, Singapore**  
Email:  
[sin.tricare@internationalsos.com](mailto:sin.tricare@internationalsos.com)  
Regional Direct: +65-6339-2676  
Toll Free: 0018004418952  
<https://www.tricare-overseas.com>

**Select/TFL Claims Address**  
TRICARE Overseas Program  
P.O. Box 7985  
Madison WI 53707-7985 USA  
1-877-451-8659 (Claims)

**TRICARE Area Office-Pacific**  
+81-98-970-3199

**Defense Enrollment Eligibility  
Reporting System (DEERS)**  
1-800-538-9552  
<https://tricare.mil/DEERS>

**TRICARE Pharmacy Benefits**  
Retail: 1-866-363-8779  
Mail Order: 1-866-363-8667  
<https://militaryrx.express-scripts.com/>

**Federal Dental & Vision (FEDVIP)**  
<https://www.benefeds.com/general/uniformed-services>

**TRICARE Beneficiary Counseling  
& Assistance Coordinators**  
<https://tricare.mil/bcacdcao/>

**Medicare**  
1-800-MEDICARE  
<https://www.medicare.gov>

**Social Security  
Administration**  
1-800-772-1213  
TTY/TDD:  
1-800-325-0778  
<https://www.ssa.gov>

**FBU Manila (SSA)**  
<https://ph.usembassy.gov/services/social-security/>

**Veterans Affairs**  
1-800-827-1000  
<https://www.va.gov>

**VERY IMPORTANT:** Your **DEERS** Address **must** be in the Overseas Region and be kept **Updated!**