

TOP Country Specific Wallet Card:	
()	
Local 911/Emergency Service	_____
Customer Service Regional Direct	
Customer Service Toll Free*	
Customer Service Toll Free* Access Number	
Medical Assistance Regional Direct	
Medical Assistance Toll Free*	
Medical Assistance Toll Free Access Number	
<p>* Toll free is not an option in every location. If a toll free number is not listed, please use our regional direct customer service number. If toll free is available and there is an access number listed, please dial the access number prior to dialing the toll free number. Note: Toll free service may be discontinued at any time due to local country restrictions.</p> <p>++Use this number to contact International SOS from the country where you are currently located <i>International SOS offers telephonic language assistance services. Press Option 1 when contacting the TOP Regional Call Center.</i></p>	

TOP Country Specific Wallet Card:	
Useful Resources	TRICARE Web Site: www.tricare.mil Sign Up to Receive Email Updates: www.tricare.mil/subscriptions Update DEERS: http://milconnect.dmdc.mil TRICARE Fact Sheets, Handbooks, Newsletters, Briefings: www.tricare.mil/smart Frequently Asked Questions: www.tricare.mil/faqs
Your TRICARE Overseas Contacts	Primary Provider: _____ _____ Specialist Provider #1: _____ _____ Specialist Provider #2: _____ _____ Pharmacy: _____ In-Country Hospital: _____ Administrative: _____ Emergency: _____ Other Emergency Numbers: _____ U.S. Embassy: _____