

# 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
- ★ USCG

(clip & save portion below dotted line)

**For appointments, call:**

**1-866-MIL-HLTH**

**(1-866-645-4584)**

**For TRICARE information, call:**

**1-877-TRICARE**

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

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