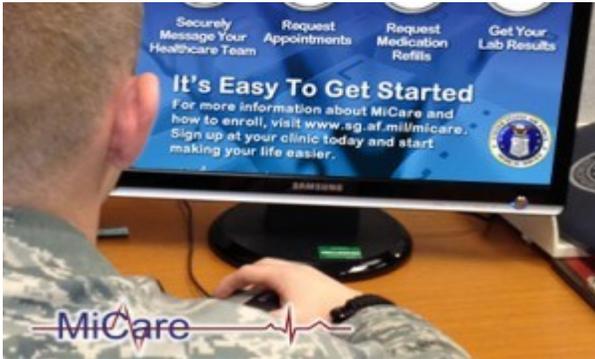


Register in MiCare



Step 1

Learn more about MiCare registration from your Care Team during your next MTF visit.

MiCare Registration Form

Name: _____ Last Name: _____

Date of Birth (MM/DD/YYYY): _____ Home/Cell: _____

Your SSN: _____ Gender (M/F): _____ Race: _____

E-Mail Address: _____

Print/Proxy Card Number: _____

You must be a member of the Federal of 300,000,000

Step 2

Fill out a MiCare registration form while at your clinic visit



Step 3

Check your email for invite from RelayHealth to complete the registration process



Step 4

Log into your account and Start using MiCare!!



Talk to a Registered Nurse who can:

- Answer your urgent medical questions
- Provide professional health care advice
- Assess your symptoms and help you decide if you need to be seen by a provider
- Help you locate high quality medical care, based on your condition
- Schedule same or next day appointment at military hospitals and clinics (MTFs)

If you have an emergency, call 911 or go to the nearest emergency room

Do You Have A Sick Child?

- You can speak to a nurse with experience in pediatrics
- Your child will need to be present with you during the call to help the nurse make the best recommendation for care

Are you traveling?

- The Nurse Advice Line can help you find urgent care in the network

Do you have other health insurance?

You can still call us for help. But if you need to see a provider, remember:

- You must follow the rules of your other health insurance plan first
- Your other health insurance is the primary payer
- If we help you find a provider, make sure they are in your other plan's network or your care may not be covered

1-800-TRICARE (874-2273); Option 1
(24 hours a day, 7 days a week)

Enhanced Access to Care for TRICARE Beneficiaries



For technical help, please call Relay Health at 1-800-relayme. For clinical support contact your clinic.



Benefits of MiCare

There are many benefits to using MiCare. These benefits include:

- Direct access to your health care team for non-urgent matters without needing to leave a phone message
- Getting written advice that might be forgotten or misunderstood if communicated verbally
- Close monitoring of health issues through confidential online communications without the inconveniences of traffic, parking, or lost days at work
- Requesting medication refills, labs, radiology and/or medical test results
- Requesting to arrange lab, radiology, medical tests, or appointments

Access Your Personal Health Record (PHR)

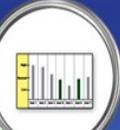
Beneficiaries can access their record for Allergies, Lab/Rad, Medication List, & Encounters



**Securely
Message Your
Healthcare Team**



**Request
Medication
Refills**



**Get Your
Lab Results**



**Request
Appointments**



Go to www.tricareonline.com and click "Log In"

Select the TRICARE Online (TOL) feature you wish to explore

- **Appointments** – Make, change or cancel military medical appointment, whether PCM or self-referral. View future and past appointments. Set up email and text message reminders. Set earlier appointment notifications. Act on behalf of yourself and your family members
- **Blue Button** – Securely view, download, print or share your lab results, radiology results, medication profile, allergy profile, encounters, problem lists, immunizations, and vital signs. View immunizations for your family members under the age of 12
- **Rx Refill** – Refill your prescriptions for military hospital or clinic pick up. Check your prescription status. Access the TRICARE Mail Order Pharmacy. Act on behalf of yourself and your family members
- **Service Separation** - Access medical information and services for those separating from active duty service or the reserves. Information includes how to file a pre-separation claim, schedule a Separation History and Physical Examination (SHPE), and more
- **Profile** - Manage your appointment notification and appointment reminder settings. Change your military hospital or clinic location
- **Resources** - Access TOL educational materials and links to other health care information and service websites like TRICARE.mil and MiCare

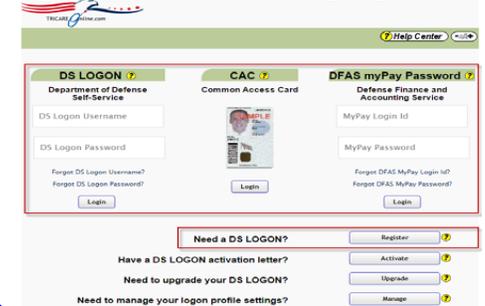
TOL Customer Service Available
24 hours a day, 7 days a week
1-800-600-9332

How do I access TOL health care information and services?

- 1 Go to www.tricareonline.com and click "Log In"



- 2 Log in with your DS Logon Premium (Level 2), DoD CAC or DFAS myPay credentials



- 3 Select the TRICARE Online (TOL) feature you wish to explore



Visit TOL at: www.tricareonline.com
Appointments: 1-800-404-4506

MiCare Login:
<https://app.relayhealth.com/welcome.aspx>