

## News from Tricare

### Online Claim Filing

Please be advised that claims can now be submitted online for reimbursement.

Follow the easy set up process below to register and set up your profile.

Refunds will be directly deposited into your US bank account.

For prescription refunds remember to include a copy of both the prescription and receipt of payment. Contact the TRICARE office at 5195 0564 if you have any questions.

Thank you

### Online Claims Filing and Reimbursement Options

The fastest way to get money back is to file your claim on line and sign up for direct deposit.

To file claims online, go to [www.tricare-overseas.com](http://www.tricare-overseas.com) and click on the "Beneficiaries" tab.

Register for a secure login if you don't already have one.

Once registered, find the secure "Message Center" on the navigation bar and click "Submit a New Claim."

Follow the instructions and send your claim. You will get a confirmation message with your claim number in your "Message Center" inbox.

Once logged in, you can also sign up for direct deposit payments.

To set up direct deposit

Go to "Family Profile" on the blue navigation bar and select "Direct Deposit."  
Select the name of the person signing up for direct deposit and click "Enroll."

**Note:** You won't be able to see the "Enroll" button if you aren't eligible. This could happen if you have records with a wrong name, date of birth or sponsor number. These must be fixed before you can sign up. Enter the name and Social Security number of the account holder, the type of account and the account number. Agree to get paperless explanation of benefits statements. This allows you to see online the amount and dates of payments. Submit your request by selecting "Save Changes."  
You will get an email anytime you get a payment by direct deposit.

#### Submitting Proof of Payment

You must submit proof of payment for all overseas health care and pharmacy claims for care received. Proof of payment is needed for TRICARE to protect the money you spend on health care.

You can use a cancelled check or credit card receipt to show proof of payment. If you paid in cash, TRICARE may ask for proof of withdrawal from your bank or credit union and a receipt from your health care provider.

When submitting your TRICARE DoD/CHAMPUS Medical Claim-Patients Request for medical payment form (DD Form 2642): Write if you paid the provider directly on the form.

Include an itemized bill or invoice.

Include a written diagnosis describing why you got the medical care.

If you have other health insurance (OHI), include the explanation of benefits statements from your OHI.

If you have questions about your proof of payment requirements, call your Tricare Overseas Benefits Advisor or go to [www.tricare.mil/proofofpayment](http://www.tricare.mil/proofofpayment).