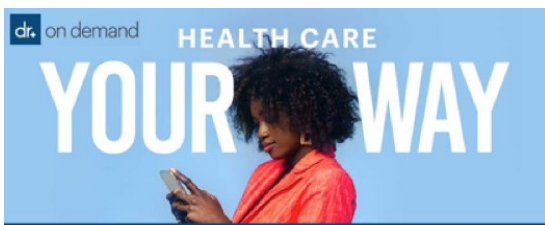


Telehealth Options in the TRICARE® West Region



Not ready for an in-person office visit with your doctor or just like the convenience of telemedicine? We've got you covered.

TRICARE continues to waive copayments/cost-shares for covered telemedicine care by network providers during the COVID-19 stateside public health emergency.



Doctor on Demand. Offering urgent care and mental health care services, connect face to face with licensed providers, psychologists and new as of Aug. 1, licensed psychiatrists through virtual appointments. In addition to therapy, psychiatrists can diagnose mental health illnesses and prescribe medication. Get started by visiting www.doctorondemand.com/hnfs.



Telemynd. Offering mental health care services, access licensed psychiatrists, psychiatric nurse practitioners, psychologists, and therapists from the convenience of your home. Connect with a mental health provider today by visiting: www.telemetrynd.com/hnfs.

Provider Directory

We continue to update our directory daily. We encourage you to Nominate a New Provider if your provider is not listed.

* = required field

SEARCH FOR

Health Care Providers Urgent Care Center

Convenient Care Clinic Telemedicine

MTF

Directory search. We continue to offer a telemedicine search feature in our Network Provider Directory to help you identify providers who offer remote care. Select "Telemedicine" to get started.*

TRICARE benefits

Find complete benefit details at www.tricare.mil/CoveredServices. TRICARE covers the use of telemedicine to provide medically and psychologically necessary health care. Some exclusions apply.

Referrals

Referral requirements for covered telemedicine services are the same as those for in-person visits. Active duty service members need a referral for urgent care and mental health care services. TRICARE Prime active duty family members and retirees do not need a referral or authorization for most outpatient urgent and mental health care, including visits through Doctor on Demand and Telemynd.

*While TRICARE is temporarily allowing for audio-only telehealth in response to COVID-19, directory search results will only include providers who have notified us they offer video telemedicine services. For video telehealth, you will need a camera-enabled device that also allows for audio, such as a computer, telephone or tablet.

Did you know?

If you are looking to start therapy but aren't sure which mental health provider type to see, TRICARE offers a chart to help you understand the difference. Check it out here: <https://www.tricare.mil/CoveredServices/Mental/GettingMHCare/SelectProvider>