Changing Your Primary Care Manager (PCM)
3 Ways to Change Your PCM

• By mail using DD Form 2876
• By phone
  ★ North Region
    1-877-TRICARE (1-877-874-2273)
  ★ South Region
    1-800-444-5445
  ★ West Region
    1-877-988-WEST (1-877-988-9378)
• On the website at
Registering for the Beneficiary Web Enrollment:

Click the RED Log On button.
Active Duty and family members not using CAC or DFAS access can create an account on the DS Log On. Click “Register” by DS LOGON to create an account.
To logon from personal computer without using DFAS myPay account, select “I have none of the above…” then click continue.
Fill in the requested information and click continue. Verification of DEERS enrollment is needed to create an account.

In the next screens you will create a username and password.
Changing Your Primary Care Manager (PCM):

Once logged in, your family information will appear. To change your PCM, click on the “Change Primary Care Manager Icon” by the desired family member.
Enrollment Procedure Compliance

* You must read and check all boxes to continue with updating your PCM.

* Pace yourself as timeout may occur after 20 minutes of inactivity.

DHA Compliance

I understand that it is my responsibility to comply with all TRICARE Prime procedures. By checking the box on the left, I certify that the information on this form is true, accurate and complete. Federal funds are involved in this program and any false claims, statements, comments or concealment of a material fact may be subject to fine and imprisonment under applicable Federal law.

In order to use web enrollment you must indicate your willingness to waive access standards in the event you reside outside the service area. By clicking the box provided, you indicate your understanding and acceptance that your travel time to the network of primary care delivery sites may exceed 30 minutes from your home to the delivery site and your travel time for specialty care may exceed one hour. If you do not wish to accept a PCM that may be more than 30 minutes from your home, please complete a paper based form and mail it to your contractor.

Select both to continue.
Select reason for change “Permanent Change of Station” then click “Next”.
Select type of care (providers at a Military Treatment Facility (MTF) fall under “Direct Care”) then click next.
Choose place of care and PCM specialty that best fits your families needs then click “Next”.

Specialty List Selections:
- Family Practice Physician
- Internist
- Pediatrician
- Aerospace Med Flight Surgeon/ Family Practice Physician
- General Medical Officer

“Place of Care” drop down list gives MFTs within 50 miles of your address.
The selection list gives the PCMs in the area that currently have openings for new patients.

Select a PCM from the list and click “Assign PCM”.
Please note: It will take 6 days for your PCM change to take effect.