



For More Information

Sign up to receive TOL News and Events Emails
<https://public.govdelivery.com/accounts/USMHS DHSS/subscriber/new>

TOL Customer Service
Available 24/7/365
1 (800) 600 9332

OCONUS Telephone
Numbers located at 'Contact Us'



What is TOL? Why would I access TOL?

TOL is the Department of Defense's online patient-focused portal providing you access to online health care information and services including appointments, Blue Button personal health data, and prescription refill.

Who is eligible to access TOL?

If you are a TRICARE patient, at least 18 years old, and receiving care at a military hospital or clinic, you are eligible to access TOL.

What types of credentials can I use to access TOL?

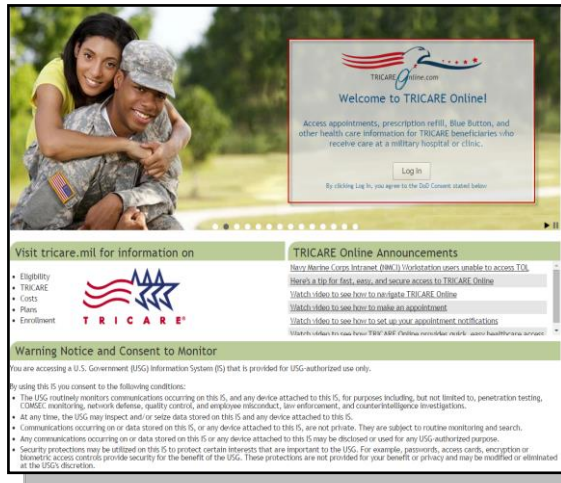
- Premium DoD Self-Service Logon (DS Logon)
- DoD Common Access Card (CAC)
- Defense Finance and Accounting Services (DFAS) myPay

What health care information and services does TOL provide?

- **Appointments** – Make, change and cancel military hospital or clinic PCM and select self-referral appointments. 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.
- **Prescription (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 Secure Messaging.

How do I access TOL health care information and services?

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

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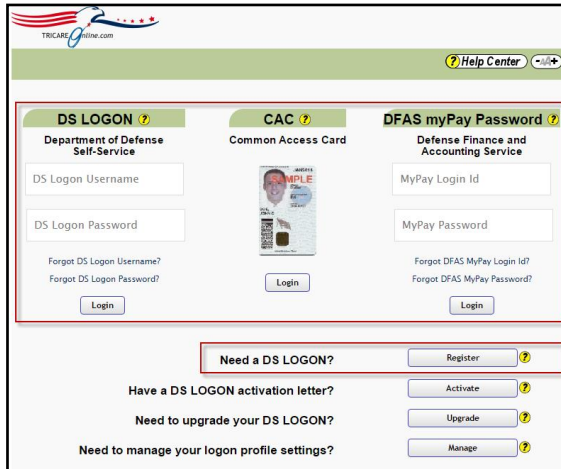
Log in with your **DS Logon Premium (Level 2), DoD CAC or DFAS myPay** credentials. If you do not have DS Logon credentials and would like to, click 'Register'.

3

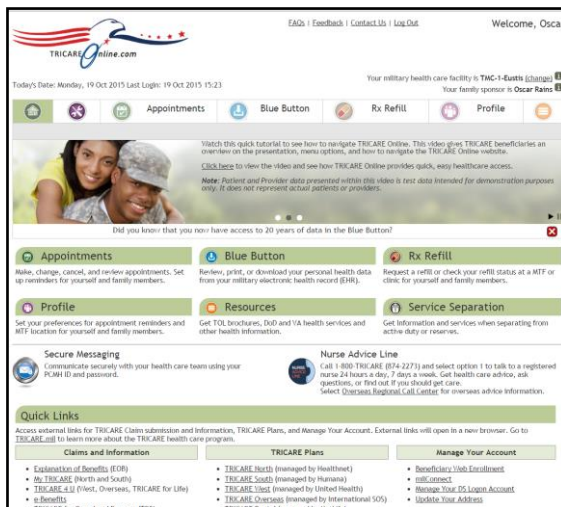
Select the TOL feature you wish to explore:

- **Appointments** – Make, change and cancel military hospital or clinic PCM and select self-referral appointments. 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.
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Visit TOL at www.tricareonline.com