Did you or your spouse have a baby?

Follow these steps to Enroll Your Newborn



If you just had a baby and are an active-duty family with one parent enrolled in TRICARE Prime® Demo by CareSource Military & Veterans™ (CSMV):

You must enroll your baby into the Defense Enrollment Eligibility Reporting System (DEERS) within 90 days.

Once DEERS records your baby's enrollment, the baby is automatically enrolled with the regional carrier program (TRICARE East Humana). If you would like your baby to be enrolled with you in TRICARE Prime Demo by CSMV, you can adjust their enrollment to TRICARE Prime Demo within the 90-day Qualifying Life Event (QLE).

If you are a military retiree or military retiree spouse in the TRICARE Prime Demo and just had a baby:

- You must enroll your baby in DEERS.
  - Enrolling your baby in DEERS ***does not automatically enroll*** them in a program.

- The birth counts as a QLE.
  - Your family has 90 days to enroll your baby in any program and is eligible for the demo.
  - You can disenroll from the demo.

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How to enroll your baby in DEERS:

You have many options for updating your information in DEERS:



1. Online

Log into ID Card Online, then select “My Profile” to update your information.



2. By Phone

Call DEERS at 1-800-538-9552 (TTY/TDD: 1-866-363-2883). Hours are 6 a.m. to 3:30 p.m. Pacific Time.



3. By Fax

Send updates to 1-800-336-4416 (primary) or 1-502-335-9980 (alternate).



4. By Mail

DMDC/DEERS Support Office
Attn: COA
400 Gigling Rd.
Seaside, CA 93955-6771



5. In Person

Make an appointment with the local ID card office to enroll in person. Either call or visit RAPIDS ID Card Locator to make an appointment. Confirm which documents you must bring.

How to enroll in the TRICARE Prime Demo:



1. Online

- Visit EnrollTRICARE.com. Log in to your account. Choose TRICARE Prime Demo by CareSource Military & Veterans as your plan.
- This is a safe way to make choices at your own pace.



2. By Phone

Call 1-877-996-9333 to speak with a TRICARE enrollment representative. They will walk you through your options. They can answer your questions and guide you through next steps.

Once you enroll, you will choose or confirm your Primary Care Manager (PCM) and receive confirmation of your coverage.

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