



## 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. This includes appointing, Blue Button personal health data, prescription refill, and links to secure messaging and health risk assessments. This is contingent upon you receiving care at a military hospital or clinic.

### Who is eligible for a TOL account?

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

### What types of accounts can I use to access TOL?

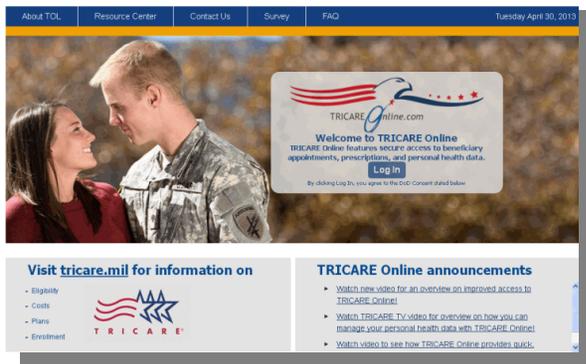
- Premium DoD Self-Service Logon (DS Logon)
- DoD Common Access Card (CAC)
- Defense Finance and Accounting Services (DFAS) myPay

### What health care information and services does TOL provide?

- **Appointment Center** – Schedule, view, set reminders and cancel primary care and select self-referral specialty appointments at a military hospital or clinic for you and your family
- **Blue Button** – Access personal health data; View, download and or print your medication profile, allergy profile, problem lists, encounters, laboratory results, radiology results and vitals
- **Prescription (Rx) Refill** – Request Rx refills for military hospital or clinic pick up, check status of Rx, or link to the TRICARE Mail Order Pharmacy to schedule home delivery
- **Secure Messaging**- Link to access a robust bi-directional messaging capability to securely communicate with your health care team
- **Health Risk Assessments (HRA)** – Link to submit your HRA online

# How do I access TOL health care information and services?

1



TOL's user-friendly interface allows you to access available health care information and services on one page.

1

Go to [www.tricareonline.com](http://www.tricareonline.com) and click “Log In”

2

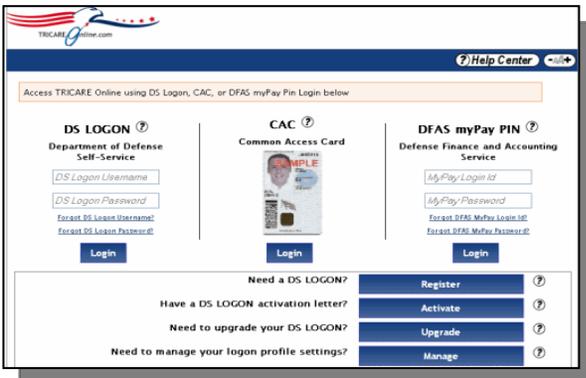
Log in with your Premium DS Logon, DoD CAC or DFAS myPay account. If you do not have an account, click “Register”

3

Select the TOL feature you wish to explore:

- **Appointment Center** – Schedule, view, set reminders and cancel primary care and select self-referral specialty appointments at a military hospital or clinic for you and your family
- **Blue Button** – Access personal health data; View, download and/or print your laboratory results, radiology results, vitals history, outpatient medication profile, allergy profile, problem list and encounters
- **Prescription (Rx) Refill** – Request Rx refills for military hospital or clinic pick up, check status of Rx or link to the TRICARE Mail Order Pharmacy to schedule home delivery
- **Secure Messaging**- Link to access a robust bi-directional messaging capability to securely communicate with your health care team
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2



3

