

IMPORTANT EMAIL ADDRESSES

Defense Finance and Accounting Service (DFAS)	www.dfas.mil
Online account access-	mypay.dfas.mil
Social Security	www.ssa.gov
Medicare	www.medicare.gov
TRICARE South	www.humana-military.com
Retail/Mail Order Pharmacy	www.express-scripts.com/TRICARE
TRICARE Contact Information	www.tricare.mil/contactus
Veterans Administration	www.va.gov
St. Pete VA Regional Office	www.benefits.va.gov/stpetersburg
Florida Dept of Veterans Affairs	www.floridavets.org
Army Retirement Services	www.armygl.army.mil/rso
Air Force Retirement Services	www.retirees.af.mil
Navy Retired Services	www.public.navy.mil/bupers-npc/support/retired_activities
Defense Commissary Agency	www.commissaries.com
Army & Air Force Exchange	www.shopmyexchange.com
Navy Exchange	www.mynavyexchange.com
Marine Corps Exchange	www.mymcx.com
Arlington National Cemetery	www.arlingtoncemetery.org
Federal Long Term Health Insurance	www.opm.gov/insure/ltc
Navy Lodge Reservation Service	www.navy-lodge.com
Armed Forces Recreation Centers	www.armymwr.com