



How do I unsubscribe from myTRICARE News?

Every email sent from myTRICARE News contains an “Unsubscribe” link at the bottom. This link will immediately remove you from the myTRICARE News mailing list.

When I click on the registration page it does not display or says it’s unavailable?

If you are a North Region provider, call 1-877-698-7422.
If you are a South Region provider, call 1-866-698-7422.

I unsubscribed from myTRICARE News, but I want to start receiving emails again?

We do not send unsolicited emails; therefore, you must sign up to receive emails again. From the myTRICARE.com homepage:

1. Click the “Provider” portal
2. Select your TRICARE region
3. Click the “receive informational emails” link. (You will be directed to the “Subscribe to myTRICARE News” page.)
4. Click the “Subscribe Now!” icon or the “provider news” link.
5. Complete the registration page:
 - First name
 - Last name
 - Email address (where you want to receive these emails at)
 - Specialty information (e.g., Laboratory, Physician, Radiology, etc.)
 - Provider type (Network, Non-network, South Region, North Region)
6. Click “Submit” (You will receive a confirmation message stating “You have been subscribed to the ‘mytricare_news’ mailing list.”)

How do I update my email address or mailing selections?

Every email sent from myTRICARE News contains an “Update Your Profile” link at the bottom. This link allows you to update your information (e.g., name, email address, specialty and provider type). **Please note:** If you update your email address, you will receive a confirmation email from **Lyris ListManager** at your old email address.

When I updated my email address I received a confirmation email from Lyris ListManager?

Lyris ListManager is an email software program. myTRICARE News is hosted by Lyris® Inc. Personal information that you submit to us while subscribing to receive myTRICARE email updates is used for the sole purpose for which it is submitted. We do not sell, trade or otherwise convey your name, e-mail address or other personal identifiers. For more information about the Lyris software and their privacy policy, go to www.lyris.com.