



## 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"



### Why can't I access TOL from my home/personal computer?

The inability to access TOL from your personal computer/home may be caused by the website not trusting your web browser. The steps on the reverse of this document outline how to add TOL to the list of Internet Explorer Trusted Sites.

### What do I need to do to access the TOL website from my home/personal computer?

You need to make some simple changes to your internet browser settings. Please follow the steps on the reverse of this document to adjust your settings in the web browser. Once you add the TOL site to your web browser's trusted sites for access, you will be able to access the site from your home/personal computer. If you still cannot access TOL from your home/personal computer, please contact TOL Customer Service at 1 (800) 600 9332.

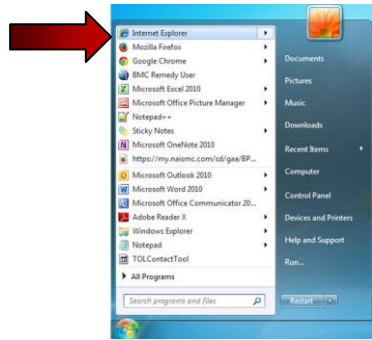
### Why would I want to access TOL from my home/personal computer?

TOL provides secure 24/ 7/365 accesses to military health care information and services including:

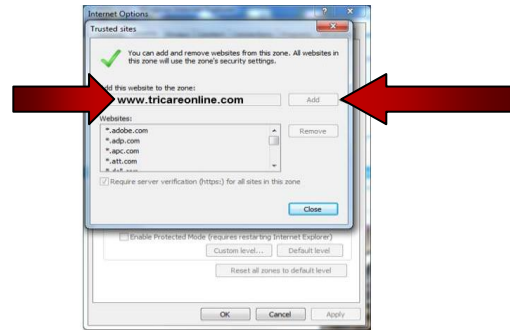
- **Appointments** – Make, change and cancel military hospital or clinic PCM and select self-referral appointments. View future and past appointments. Set up email and text message reminders. Set earlier appointment notifications. Act on behalf of yourself and your family members.
- **Blue Button** – Securely view, download, print or share your lab results, radiology results, medication profile, allergy profile, encounters, problem lists, immunizations, and vital signs.
- **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.
- **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 configure my home/personal computer to allow access to TOL?

1



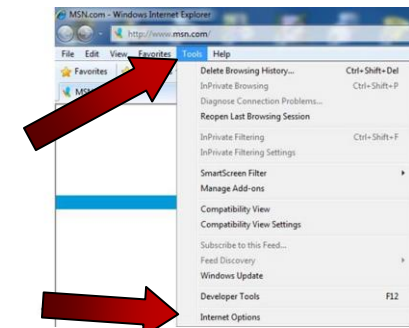
5



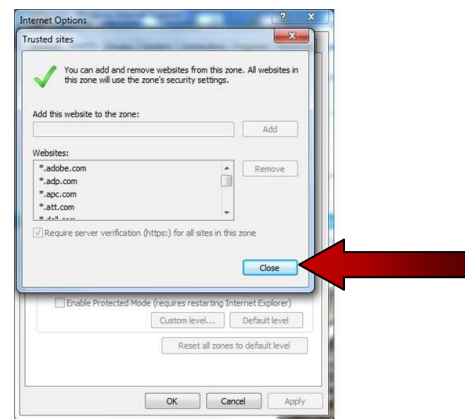
1

Open the Internet Explorer web browser.

2



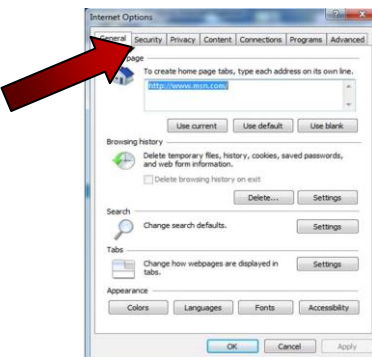
6



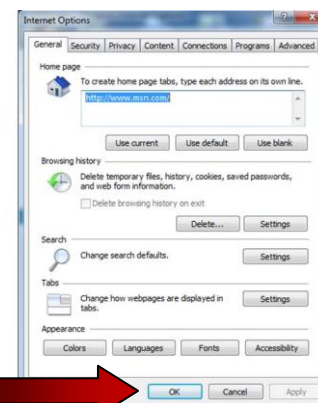
3

In the **Internet Options** window, select the **Security** tab.

3



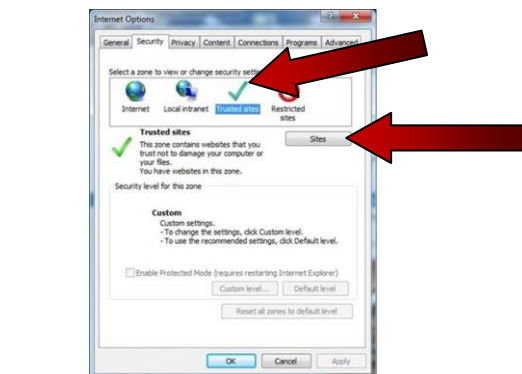
7



5

Type in **www.tricareonline.com** to the "Add this website to the zone" text field and click "Add".

4



6

Click the **Close** button.

7

Click the **OK** button and close your web browser.