

OARNG Traditional Soldier – Basic Benefits Quick Reference

The benefits and services listed are not representative of all benefits but rather basic benefits that most traditional soldiers are receiving or may be eligible to receive. For a more comprehensive list of local, state and federal benefits go to: <https://dvs.ohio.gov/home>. For comprehensive information on Department of Veteran Affairs benefits and services go to: <https://www.ebenefits.va.gov>.

Benefits can be significantly impacted by active duty service, service connected disability, medical separation/retirement and traditional retirement. Benefits associated with these military lifecycle events can be found at <https://ong.ohio.gov/programs/transition-assistance/index.html> .

Eligibility and access to Veteran Benefits is determined by reviewing your military and medical records. No one will care more than you about your personal military records. Be absolutely certain to maintain a complete copy of these important files!

Benefits	Description	Contact
Healthcare Insurance		
TRICARE Reserve Select	TRICARE Reserve Select (TRS) provides comprehensive, affordable health care, dental and pharmacy coverage to meet your changing needs.	Enroll – Online or by Phone at: https://www.tricare.mil/Plans/Enroll/TRS Call the Eastern Regional contractor at: 800-444-5445
Life Insurance		
SGLI	Service members’ Group Life Insurance (SGLI) - low-cost term life insurance for service members. Coverage up to the top limit of \$400,000—in \$50,000 increments.	https://www.va.gov/life-insurance/options-eligibility/
FSGLI	Family SGLI, also known as Family Service members’ Group Life Insurance (FSGLI), offers coverage for the spouse (\$100,000) and dependent children (10,000) of service members covered under full-time SGLI.	
Death Gratuity	The death gratuity program provides for a special tax free payment of \$100,000 to eligible survivors of members of the Armed Forces, who die while on active duty or while serving in certain reserve statuses. The death gratuity is the same regardless of the cause of death.	https://militarypay.defense.gov/Benefits/Death-Gratuity/

Benefits	Description	Contact
Ohio National Guard Association	There is no charge for this basic benefit which is provided by our underwriter, the Armed Forces Benefit Association, and no enrollment required. Service members can also opt for additional coverage for themselves, their spouse and their dependents. Basic life insurance benefit: \$1,000 non-contributory; Optional life insurance benefits: \$10,000-\$50,000	http://ngaoh.org/insurance/ 614-486-4186
Retirement		
Blended Retirement System	The Blended Retirement System combines elements of the legacy retirement system with benefits similar to those offered in many civilian 401(k) plans.	https://militarypay.defense.gov/blendedretirement/
Legacy Retirement System	Legacy Retirement System. Under the Legacy Retirement System, which we often call the "High-3 System" because the retired pay is based on an average of a Service member's highest three years of pay, Service members who complete at least 20 years of active military service are eligible to receive monthly retired pay (aka defined annuity).	https://militarypay.defense.gov/Pay/Retirement/Reserve.aspx
Education Benefits		
Ohio National Guard Scholarship	ONGSP scholarships are available for both full-time and part-time students who are actively enrolled in at least three (3) credit hours or more of coursework. Accumulation of eligibility units is based on actual attendance.	https://www.ong.ohio.gov/programs/education/index.html
Federal Tuition Assistance	The Federal government extends several educational provisions for members of the armed forces. Additionally, individuals serving their local state National Guard are eligible for Federal Tuition Assistance under a different set of guidelines.	https://www.ong.ohio.gov/programs/education/index.html

Benefits	Description	Contact
1606 GI Bill	The Montgomery GI Selected Reserve (MGIB) or Chapter 1606 program provides education and training benefits to eligible members of the Selected Reserve, including the Army Reserve, Navy Reserve, Air Force Reserve, Marine Corps Reserve and Coast Guard Reserve, and the Army National Guard and the Air National Guard.	https://www.ong.ohio.gov/programs/education/index.html
Post 911 GI Bill	The Post-9/11 GI Bill is a generous education benefit for the latest generation of service members and veterans. You become eligible for this benefit by serving on active duty. The GI Bill includes payment of tuition and fees, a monthly housing allowance, and a stipend for textbooks and supplies.	https://www.ong.ohio.gov/programs/education/index.html
Army COOL	Army COOL helps soldiers find information on certifications and licenses related to their jobs and can even provide funding to pay for credential exams and maintenance fees.	https://www.cool.osd.mil/army/index.htm
Joint Services Transcript	The Joint Services Transcript provides documented evidence to colleges and universities of professional military education, training and occupation experiences achieved by service members and veterans.	https://jst.doded.mil/official.html
Verification of Military Experience and Training	One document that includes your training and experience and describes Service occupations in civilian terms.	https://milconnect.dmdc.osd.mil/

Benefits	Description	Contact
Employment Rights		
Uniformed Services Employment and Reemployment Rights Act (USERRA)	USERRA is a federal statute that protects service members' and veterans' civilian employment rights.	https://www.dol.gov/agencies/vets/programs/userra
Veterans Preference-Federal Employment	Veterans who are disabled, who served on active duty in the Armed Forces during certain specified time periods or in military campaigns are entitled to preference over others in hiring for virtually all federal government jobs.	https://www.dol.gov/agencies/vets/programs/vetspref
VA Medical and Disability Benefits		
VA Healthcare	VA Healthcare provides medical care to service members that have a documented (Approved LOD – Line of Duty) service connected illness, injury or disease.	https://www.va.gov/health/
VA Compensation	Disability Compensation is a tax free monetary benefit paid to Veterans with disabilities that are the result of a disease or injury incurred or aggravated during active military service.	https://www.benefits.va.gov/compensation/
Vet Centers	Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families.	https://www.vetcenter.va.gov/
Other VA Benefits		
VA Home Loan Guaranty	VA helps Service members, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy.	https://www.benefits.va.gov/homeloans/
Burial Benefits	VA offers free headstone or marker for <u>eligible veterans</u> .	https://www.cem.va.gov/burial_benefits/

Benefits	Description	Contact
State Benefits		
Ohio Veterans Bonus	The Ohio Veterans Bonus program offers a bonus for military service since October 7, 2001. Once a veteran has received \$500 for service anywhere in the world or \$1,000 for service in a designated country (Afghanistan), or the maximum \$1,500 bonus, the veteran is not eligible for additional funds, even if they served in multiple conflicts.	https://dvs.ohio.gov/resources-for-veterans/veterans-bonus
Military Retirement Tax Exemption	Retirement pay received for service on military active duty or the National Guard or Reserves, as well as pay received by a surviving spouse through the Survivor Benefit plan, has been exempt from the Ohio income tax since 2008.	https://ohio.gov/wps/portal/gov/site/residents/resources/income-taxes-and-the-military
Patriot Program – Ohio Attorney General Legal Assistance	Attorney General provides supportive services to protect the families of our nation's veterans and military personnel.	https://www.ohioattorneygeneral.gov/Individuals-and-Families/Military-and-Veterans/Patriot-Program
Other Military Benefits		
Commissary	Military commissaries, located on military bases around the world, operate on a nonprofit basis and offer food items at cost. Considered a military benefit, they are open to active-duty troops, dependents, retirees and some other special veteran categories.	https://www.commissaries.com/
Exchange	Shop the largest military government ecommerce site with exclusive discounts, military clothing and tactical gear, tax free shopping and sales on name brands.	https://www.shopmyexchange.com/

Benefits	Description	Contact
Morale, Welfare and Recreation (MWR)	MWR strives to deliver the highest quality programs and services that range from Business Operations, Child and Youth Programs, Family Services Programs, Recreation, Sports and Fitness Programs and more. Our programs relieve stress, build strength and resiliency, and help our customers stay physically, mentally, and financially fit.	https://www.defensemwr.com/column/about/vision-mission

Supportive Services	Description	Contact
Space Available Travel	Service members and their families can use Space-Available flights to travel around the country and world at little to no cost. With the right planning and documentation, Space-A travel can be the best way to take a trip with your family.	https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Space-Available-Travel-Page/
Soldier and Family Readiness Specialists	Soldier & Family Readiness Specialists provide information, resources, referrals, and assistance to all Service members and Families before, during, and after deployments, or whenever there is a need.	800-589-9914
Youth and Family Activities	Whether you are single, married, with or without children connecting with other military members and Families will make you (and your Family) stronger and more resilient. Youth and Family activities provide a casual, engaging, and fun environment to connect with other like-minded people. Parents, siblings, spouses, significant partners, children, step children, etc. of Ohio National Guard Soldiers are eligible to participate. DEERs registration not required for participation; you define who your Family includes.	614-336-7274 https://ong.ohio.gov/frg/FRG_youth_programs.html

Supportive Services	Description	Contact
Personal Financial Counselors	Personal Financial Counselors (PFC) are available to help you and your Family manage finances, resolve financial problems, and reach long-term goals such as education, buying a home, and planning for retirement.	Call 800-589-9914 to connect with the PFC in your region.
Education Services	Know and Utilize Your Educational Benefits Future opportunities and promotions will be subject to your commitment to continuing education. As a Soldier you have several formal continuing education opportunities available to you.	https://www.ong.ohio.gov/programs/education/index.html Education Service Officer 614-336-7023
Employment Support Specialists	Provides Ohio National Guard Service Members with vetted, quality information on employment programs, resources and services as well as individualized assistance to improve civilian employment outcomes for those service members seeking employment or looking for new career opportunities.	Employment Support Manager 614-336-7366 https://ong.ohio.gov/frg/FRG_employment.html
Chaplains	Army chaplains are qualified religious leaders dedicated to serving Soldiers and families. Chaplains provide ministry to Soldiers and families as they carry out their units' missions in both peace and war.	State Chaplain's Office 614-336-7377
Psychological Health Coordinators	It takes courage to ask for help for you, a loved one, or a battle buddy. Please know you can reach out to your Psychological Health Coordinator confidentially. He or she is a licensed and trained mental health professional and will be able to assist.	OHIOCARES 800-761-0868 https://ohiocares.ohio.gov/

Supportive Services	Description	Contact
Military OneSource	As a member of our military family, you are eligible to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.	800-342-9647 (available 24/7) https://www.militaryonesource.mil/
Department of Veteran Affairs	The VA provides comprehensive healthcare services to eligible military veterans at VA medical centers and outpatient clinics. Non-healthcare benefits including disability compensation, vocational rehabilitation, education assistance, home loans, and life insurance; and provides burial and memorial benefits to eligible veterans and family members.	https://www.ebenefits.va.gov
Transition Assistance Advisor	Provide personalized assistance to help service members navigate the vast array of veteran benefits and services.	202-987-3919 614-336-4192 https://ong.ohio.gov/programs/transition-assistance/index.html
County Veteran Services Offices	Provide local, state and federal veteran benefit information, assistance and advocacy.	https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso
Ohio Department of Veteran Services	ODVS serves Ohio Veterans by actively identifying, connecting with and advocating for veterans and their families. DVS coordinates the training and certification of Ohio's County Veterans Service officers and County Veterans Service commissioners in all 88 counties.	614-644-0898 https://dvs.ohio.gov/wps/portal/gov/dvs/