

## RUCKSACK ESSENTIALS – MEDICAL SEPARATION AND MEDICAL RETIREMENT (Traditional Soldier)

(Note: AGR Soldiers MEB/PEB is managed by the AGR Office and Fort Knox)

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**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 obtain a complete copy of these important files! The following information is specific to Traditional Soldiers out-processing (ETS, Retiring, Medical and other separations), for brevity sake, all will be referred to as ETS (with a few exceptions) in this document.

- **Military Service Records**
  - Use your CAC access to download your military service records from iPerms.
    - DD214 – Record of active duty (Title 10) military service
    - Your NGB 22 (National Guard Report of Separation and Record of Service) will be mailed to the home address you have listed in IPPS-A. After ETS – Military records are stored at the National Archives in St. Louis Missouri - <https://www.archives.gov/>
- **Military Medical Records**
  - SF180 - Request Pertaining to Military Records - AMEDD Record Processing Center- San Antonio, Texas
  - Line of Duty (LoD) – Establishes Service Connection
- **Changes to Military Records after you ETS/Retire**
  - The Army Board for Correction of Military Records - The Army Board for Correction of Military Records (ABCMR) is the highest level of administrative review within the Department of the Army with the mission to correct errors in or remove injustices from Army military records. <https://arba.army.pentagon.mil/index.html>

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### Medical and Physical Evaluation Boards (MEB/PEB)

If a Soldier's physician finds it apparent that a Soldier's condition may permanently interfere with his/her ability to serve on active duty, the treating physician will recommend the Soldier to the Medical Evaluation Board (MEB) and the Physical Evaluation Board (PEB), which is governed by the U.S. Army Physical Disability Evaluation System (PDES).

The MEB determines whether or not a Soldier's medical condition enables him/her to continue to meet medical retention standards in accordance with Army regulations, such as AR 40-501: Standards of Medical Fitness. It also provides an opportunity for military physicians to clearly document the Soldier's medical condition and any duty limitations. If the MEB findings and recommendations stipulate that the Soldier does not meet retention standards or should return to duty in a different military occupational specialty (MOS), the Soldier is referred to the PEB, who formally determines if the Soldier is fit for continued military service and his/her subsequent eligibility for disability compensation.

### Medical Evaluation Board (MEB)

The MEB is an informal board comprised of at least two physicians who evaluate the Soldier's medical history, condition, and extent of injury or illness, and recommends whether or not the Soldier's medical condition will impede his/her ability to continue serving in full duty capacity in his/her office, grade or rank. The MEB does not drive any personnel actions; however, the findings of the MEB are referred to the PEB, which reviews all MEB documentation to formally determine if the Soldier is fit for continued military service and eligible for disability compensation. The MEB process is usually complete within 90-100 days of initial packet submission and evaluation outcome; however, each case is unique and may take more or less time to complete.

**Note:** The informal PEB reviews the MEB evidence of record to determine a Soldier's ability to perform military duties. The formal PEB is a formal hearing that can be requested if a Soldier does not concur with the informal PEB's findings. For additional information on formal PEB procedures, visit the U.S. Army Human Resources Command Physical Disability Agency.

### **Physical Evaluation Board (PEB)**

If the MEB finds the Soldier unfit to return to duty in his/her MOS, the Soldier is referred to the PEB. The informal PEB evaluates the Soldier's medical information, MOS, and other factors to determine the Soldier's:

- Fitness to continue military service
- Eligibility for disability compensation
- Disability codes and percentage rating (ranging from zero to 100 percent)
- Case disposition
- Whether or not the injury or illness is combat-related
- Disability Ratings

**Soldiers who receive a disability rating of 30 percent or greater are either placed on the Temporary Disability Retirement List (TDRL) or the Permanent Disability Retired List (PDRL). Soldiers receiving a rating of 20 percent or less will receive disability severance pay.**

- **Separation with severance pay:** Separation with disability severance pay occurs if the member is found unfit, has less than 20 years of service and has a disability rating of less than 30%. Disability severance pay equals 2 months basic pay for each year of service not to exceed 12 years (a maximum of 24 months basic pay). The member may also be eligible to apply for monthly [disability compensation](#) from the Veterans Administration (VA) if the VA determines the disability is "service-connected."
  - Disability severance pay from the military is granted for a disability received or acquired while in the military and is usually paid in a lump sum. VA compensation is unlike severance pay because it is not paid in a single lump sum, but is paid out over time. If the VA were to pay you compensation and severance pay for the same disability, you would be getting paid twice for the same disability. **According to law, this is not allowed.**

**Note:** The Army only rates medical conditions that result in the Soldier being determined unfit for continued military service. The Department of Veterans Affairs (VA) rates a Soldier for all conditions incurred in or aggravated by military service. Therefore, it is not uncommon for a former Soldier to receive a higher combined disability rating from the VA than the PEB combined disability rating.

### **Understanding the Soldier's Role in the MEB/PEB Process**

**Note:** Throughout the IDES process, Physical Evaluation Board Liaison Officers (PEBLOs) and VA Military Service Coordinators (MCSs) help guide and counsel Soldiers to ensure they are aware of their options and required decisions. The VA MCS can also help Soldiers file their VA benefits claim before they leave the service so they can get their benefits as soon as possible after they separate from service.

MEB/PEB decisions can affect the Soldier and Family, so it is necessary for all to understand the entire board process. Having all the documents and necessary medical information completed before the board meets is vital to achieving the right outcome. The Military Treatment Facility (MTF) where the Soldier is receiving care will help assemble medical board documents such as:

- Medical evaluation, medical records, and physician assessments
- Commanding Officer's assessment on Soldier's medical condition and impact on ability to perform assigned job duties
- Soldier's rebuttal, if Soldier disagrees with medical board information

**Soldiers Medically Separating should attend Centralized Out-Processing.** Soldier Medically Retiring will be seen by appointment in the RPAM Office at JFHQ. This appointment will also include a consultation with a Transition Assistance Advisor. At the end of the appointment a Retired ID card is issued. It is strongly recommended that married Soldier's be accompanied by their Spouse.

REQUIRES YOUR ATTENTION	RECOMMENDED ACTIONS	FOR MORE INFORMATION
<b>THE FOLLOWING BENEFITS APPLY TO ELIGIBLE SOLDIERS MEDICALLY SEPARATING OR RETIRING</b> <b>*Excluding CHCBP</b>		
<b>*TRICARE – CHCBP (Medically Separating)</b>	CHCBP is a premium- based health plan managed by Humana Military. Though not a TRICARE program, CHCBP offers continued health coverage (18–36 months) after TRICARE coverage ends. <b>Purchase CHCBP coverage within 60 days of loss of TRICARE</b> or TAMP coverage, whichever is later.	<b>For more information, go to</b> <a href="http://www.tricare.mil/chcbp">www.tricare.mil/chcbp</a>
<b>RPAM Statement</b>	<b>Review your RPAM statement</b> to ensure accuracy and make appropriate corrections. Be certain to obtain a copy of your RPAM statement for your records.	<b>iPERMS</b>  <b>RPAM Administrator</b> <a href="tel:614-336-7277">614-336-7277</a>
<b>VA Solid Start</b>	The VA contacts every service member that ETS and retire. Contact will be by email or phone. <b>Ask questions regarding VA benefits and services that are specific to your interests.</b> The VA will reach out post ETS/Retirement at 90 days, 180 days and 365 days.	<b>VA Solid Start</b> <a href="https://www.benefits.va.gov/benefits/solid-start.asp">https://www.benefits.va.gov/benefits/solid-start.asp</a>
<b>VA eBenefits</b>	eBenefits is a joint VA/DoD web portal that provides resources and self-service capabilities to Veterans, Service members, and their families to research, access and manage their VA and military benefits and personal information. <b>Create a Premium Account</b> – Provides access to view personal data about yourself in VA and DoD systems, apply for benefits online, check the status of your claims, update your address records, and more. To get a Premium eBenefits Account, you must verify your identity.	<b>VA eBenefits</b> <a href="https://www.ebenefits.va.gov">https://www.ebenefits.va.gov</a>
<b>VA Home Loan Guarantee</b>	<b>Lifetime benefit</b> – No money down and no private mortgage insurance. For information on eligibility requirements, go to the VA Home Loan webpage. Eligibility has recently expanded!	<b>VA – Home Loans</b> <a href="https://www.benefits.va.gov/home_loans/">https://www.benefits.va.gov/home_loans/</a>

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<p><b>Education Benefits</b></p>	<p>Depending on eligibility requirements and character of service, some education benefits extend beyond your ETS/Retirement. Programs to examine to determine your eligibility after separation or retirement include:</p> <ul style="list-style-type: none"> <li>▪ Ohio National Guard Scholarship</li> <li>▪ Post 911 GI Bill</li> <li>▪ Montgomery GI Bill</li> <li>▪ MGIB-AD-Chapter 30</li> </ul> <p><b>Contact the ONG Education Office to discuss what remaining benefits you have and when eligibility expires.</b></p>	<p><b>Education Services Officer</b> <a href="tel:614-336-7023">614-336-7023</a></p> <p><b>ONGSP Administrator</b> <a href="tel:614-336-7143">614-336-7143</a></p> <p><b>GI Bill Manager</b> <a href="tel:614-336-7293">614-336-7293</a></p> <p><a href="https://ong.ohio.gov/programs/education/index.html">https://ong.ohio.gov/programs/education/index.html</a></p>
<p><b>VA – Enhanced Eligibility</b></p>	<p>If you are within 5 years of your last OEF/OIF/OND deployment, you should go to your nearest VA Medical Center to complete your enrollment and see a provider! MEB/PEB will result in a disability rating. However you will still need to <b>report to the closets VA Medical Center to complete your enrollment.</b></p>	<p><b>Enhanced Eligibility For Health Care</b> <a href="https://www.va.gov/HEALTHBENEFITS/apply/returning_servicemembers.asp">https://www.va.gov/HEALTHBENEFITS/apply/returning_servicemembers.asp</a></p>
<p><b>VA Healthcare</b></p>	<p><b>VA Healthcare</b> is provided free of charge for service connected injury, illness, and disease. Your comprehensive <b>VA Health Benefits package includes all the necessary inpatient hospital care and outpatient services to promote, preserve or restore your health.</b> VA medical facilities provide a wide range of services, including traditional hospital-based services such as surgery, critical care, mental health, orthopedics, pharmacy, radiology and physical therapy. In addition, most VA medical facilities offer additional medical and surgical specialty services, including audiology and speech pathology, dermatology, dental, geriatrics, neurology, oncology, podiatry, prosthetics, urology and vision care.</p>	<p><b>Healthcare</b> <a href="https://www.va.gov/health-care/">https://www.va.gov/health-care/</a></p>

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<p><b>Vet Centers</b></p>	<p><b>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.</b> Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.</p>	<p><b>Counseling</b>  <a href="https://www.vetcenter.va.gov/">https://www.vetcenter.va.gov/</a></p>
<p><b>VA Disability Compensation</b></p>	<p>Disability compensation is a monthly tax-free benefit paid to Veterans with at least a 10% disability rating for service connected illness, injury or disease. Drill and annual training injuries can be service connected through a formal Line of Duty investigation. At a 30% or higher rating, compensation is increased based on the Veteran’s dependent (i.e. spouse, children). At a 50% or higher rating, the Veteran no longer pays copays for Healthcare services.</p>	<p><b>VA Disability Compensation Rates</b>  <a href="https://www.va.gov/disability/compensation-rates/veteran-rates/">https://www.va.gov/disability/compensation-rates/veteran-rates/</a></p>
<p><b>SGLI and FSGLI Conversion</b></p>	<p>SGLI and FSGLI can convert to individual policy within the following timelines from retirement.  However the premiums are much higher than SGLI and increase with age.</p> <ul style="list-style-type: none"> <li>▪ SGLI to VGLI within 1 year and 120 days</li> <li>▪ FSGLI to Commercial Whole Life within 120 days</li> <li>▪ <b>Recommend these decisions be made within 120 days from your retirement date</b></li> </ul>	<p><b>Department of Veteran Affairs Insurance</b>  <a href="https://www.benefits.va.gov/INSURANCE/converting.asp">https://www.benefits.va.gov/INSURANCE/converting.asp</a></p>
<p><b>ONG Association Life Insurance</b></p>	<p>Very reasonably priced life insurance that <b>can only be applied for while still in uniform.</b></p>	<p><b>ONG Association Life Insurance</b>  <a href="http://ngaoh.org/insurance/">http://ngaoh.org/insurance/</a>  <b>614-486-4186</b></p>

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<p><b>Veterans Hiring Preference</b> <b>5 Point (Federal Jobs)</b></p>	<p>In the competitive service, when agencies use a numerical rating and ranking system to determine the best qualified applicants for a position, an additional 5 or 10 points are added to the numerical score of qualified preference eligible veterans</p> <p>You are a 5 point preference eligible if your active duty service meets any of the following:</p> <ul style="list-style-type: none"> <li>▪ For more than 180 consecutive days, other than for training, any part of which occurred during the period beginning September 11, 2001, and ending on August 31, 2010,</li> <li>▪ In a war, campaign or expedition for which a campaign medal or badge has been authorized.</li> </ul>	<p><b>If interested in Federal Employment recommend creating a USA Jobs profile.</b> <a href="https://www.usajobs.gov">https://www.usajobs.gov</a></p>
<p><b>Veterans Hiring Preference</b> <b>10 Point (Federal Jobs)</b></p>	<p>When an agency uses a category rating system, preference eligible veterans who have a compensable service-connected disability of 10 percent or more are placed at the top of the highest category on the referral list (except for scientific or professional positions at the GS-9 level or higher). You are a 10 point preference eligible if you served at any time, and you:</p> <ul style="list-style-type: none"> <li>▪ Have a service connected disability of at least 10%, OR</li> <li>▪ Received a Purple Heart.</li> </ul>	<p><b>If interested in Federal Employment recommend creating a USA Jobs profile.</b> <a href="https://www.usajobs.gov">https://www.usajobs.gov</a></p>
<p><b>Airborne Hazards and Open Burn Pit Registry</b></p>	<p>Airborne Hazards and Open Burn Pit Registry The registry is a database of information about Veterans and Service members collected through a questionnaire. The registry will help the VA monitor health conditions affecting eligible Veterans and Service members. The VA will use the data to improve programs to help Veterans and Service members with deployment exposure concerns. <b>Exposed .... Register!</b></p>	<p><b>Burn Pit Registry</b> <a href="https://www.publichealth.va.gov/exposures/burnpits/registry.asp">https://www.publichealth.va.gov/exposures/burnpits/registry.asp</a></p>

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<p><b>Thrift Savings Plan (TSP)</b></p>	<p>All money matters should be discussed with DOD- Personal Financial Counselor or seek Consultation through Military OneSource.</p>	<p><b>TSP</b>  <a href="https://www.tsp.gov/PlanningTools/index.html">https://www.tsp.gov/PlanningTools/index.html</a></p> <p><b>Contact a Personal Financial Counselor in your area by calling</b>  <a href="tel:800-589-9914">800-589-9914</a></p> <p><b>To Request a Military OneSource Financial Consultation call:</b>  <a href="tel:800-342-9647">800-342-9647</a></p>
<p><b>Military Injury Relief Fund</b></p>	<p>The Military Injury Relief Fund grants a one-time, tax-exempt monetary payment to military service members injured in active service as a member of the Armed Forces of the United States serving after October 7, 2001, and to individuals diagnosed with post-traumatic stress while serving after October 7, 2001.</p>	<p><b>MIRF Program</b>  <a href="tel:877-644-6838">877-644-6838</a> opt. 3  <b>Download application at:</b>  <a href="https://dvs.ohio.gov/veterans-benefits/benefits-resources/military-injury-relief-fund">https://dvs.ohio.gov/veterans-benefits/benefits-resources/military-injury-relief-fund</a></p>
<p><b>Ohio Veterans Bonus</b></p>	<p>The maximum benefit for in-country (Afghanistan) service is \$1,000. Serving on active duty (except active duty for training only) anywhere else in the world during the specified dates may receive \$50 a month up to a maximum benefit of \$500. Therefore the potential max bonus benefit is \$1,500.</p>	<p><b>Ohio Veterans Bonus Program</b>  <a href="https://dvs.ohio.gov/resources-for-veterans/veterans-bonus/veterans-bonus">https://dvs.ohio.gov/resources-for-veterans/veterans-bonus/veterans-bonus</a></p> <p><b>877-644-6838</b></p>
<p><b>Military OneSource</b></p>	<p>Master your transition to civilian life. <b>Take advantage of Military OneSource services 24/7 for up to one year after separation or retirement.</b> Services after 365 days may be provided through the Department of Veterans Affairs or other community resources. Separation from Military Service With Military OneSource, you get:</p> <ul style="list-style-type: none"> <li>▪ Personal Support</li> <li>▪ Career Resources</li> <li>▪ Education Assistance</li> <li>▪ Financial and Tax Help</li> </ul>	<p><b>Go to:</b> <a href="http://MilitaryOneSource.mil">MilitaryOneSource.mil</a></p> <p><b>or call</b> <a href="tel:800-342-9647">800-342-9647</a> <b>for a full year of access to free transition resources</b></p>

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<p><b>Ohio War Orphan &amp; Severely Disabled Veterans' Scholarship</b></p>	<p>Overall Combined Rating or Overall Service Connection of 60% or more. Currently, dependent students attending a public institutions will be funded 100% of tuition and general fees. Students attending private institutions will receive an annual award amount of \$7,044. This grant is available for 5 academic years.</p>	<p><b>Ohio War Orphan &amp; Severely Disabled Veterans' Scholarship</b>  <a href="https://www.ohiohighered.org/ohio-war-orphans">https://www.ohiohighered.org/ohio-war-orphans</a>  <a href="tel:614-752-9528">614-752-9528</a></p>
<p><b>VA Burial Benefits</b></p>	<p>VA provides memorial services and allowances to help reimburse burial costs for a Veteran and/or his or her dependents. Burial benefits include burial at a national cemetery, an inscribed headstone, marker, or medallion, an allowance to partially reimburse the burial and funeral costs of a Veteran, a Presidential Memorial Certificate, and an American flag to drape over a Veteran's casket. VA burial allowances are flat rate monetary benefits that are generally paid at the maximum amount authorized by law for an eligible Veteran's burial and funeral costs. Eligible surviving spouses of record are paid automatically upon notification of the Veteran's death, without the need to submit a claim. At least one of these must be true. The National Guard or Reserve member:</p> <ul style="list-style-type: none"> <li>▪ Met their legal minimum active-duty service requirements, was called up to active duty and served their full term of service, and didn't receive a dishonorable discharge, or</li> <li>▪ Was entitled to retirement pay at their time of death, or would have been entitled to retirement pay if they weren't under 60 years of age at the time of death, or For other eligibility options go to:</li> </ul> <p><a href="https://www.va.gov/burials-memorials/">https://www.va.gov/burials-memorials/</a>  <b>Recommend incorporating this information in your living will and or Last Will and Testament. Inform loved ones.</b></p>	<p><b>National Cemetery Administration</b>  <a href="https://www.cem.va.gov/burial_benefits/index.asp">https://www.cem.va.gov/burial_benefits/index.asp</a></p>



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<b>THE FOLLOWING APPLIES TO SOLDIERS MEDICALLY RETIRING</b>		
<b>Retired Military ID</b>	Military Retired ID Card provide access to many services and benefits such as Tricare, legal assistance, education benefits, use of morale and welfare activities, commissaries, exchanges and of course discounts at many restaurants and stores. <b>At the completion of your retirement consultation, you and dependents in attendance will be issued an ID card.</b>	<b>RAPIDS ID Card Office</b> <a href="https://idco.dmdc.osd.mil/idco/">https://idco.dmdc.osd.mil/idco/</a>
<b>Survivor Benefit Plan</b>	The Survivor Benefit Plan is a Department of Defense sponsored and subsidized program that provides up to 55 percent of a service member's retired pay to an eligible beneficiary upon the death of the member. A military retiree pays premiums for SBP coverage upon retiring. Premiums are paid from gross retired pay, so they don't count as income. <b>During your retirement consultation the RPAM Administrator will assist you in completing the SBP application.</b>	<b>DFAS SBP</b> <a href="https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/">https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/</a>  <b>RPAM Administrator</b> <a href="tel:614-336-7277">614-336-7277</a>
<b>Military Retirement Legacy</b>	High-3: Number of years you serve X Average of your highest 36 months of basic pay X 2.5%	<b>Military Compensation</b> <a href="https://militarypay.defense.gov/Pay/Retirement/">https://militarypay.defense.gov/Pay/Retirement/</a>
<b>Military Retirement Blended Retirement System</b>	BRS: Number of years you serve X Average of your highest 36 months of pay X 2.0% (This results in about a 20% reduction in monthly retired pay. However, you have the opportunity to make up the difference by maximizing your TSP contributions and receiving the government matching funds.)	<b>Military Compensation</b> <a href="https://militarypay.defense.gov/BlendedRetirement/">https://militarypay.defense.gov/BlendedRetirement/</a>
<b>Retirement Pay Calculations</b>	<b>Ohio does not tax military retirement pay.</b> Check out the retirement pay calculators at the link identified in the last column.	<b>Military Compensation</b> <a href="https://militarypay.defense.gov">https://militarypay.defense.gov</a> search retirement calculators <b>My Army Benefits</b> <a href="https://myarmybenefits.us.army.mil/Benefit-Calculators">https://myarmybenefits.us.army.mil/Benefit-Calculators</a>

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<p><b>VA Offset or VA Waiver</b></p>	<p>The law requires that a military retiree waive a portion of their gross DoD retired pay, dollar for dollar, by the amount of their Department of Veterans Affairs (VA) disability compensation pay; this is known as the VA waiver (or VA offset). This means you receive tax-free compensation from the VA at your disability rate, and your military retirement pay is deducted by that amount. Therefore, a portion of your total retirement pay will be tax free.</p>	<p><b>DFAS:</b>  <a href="https://www.dfas.mil/retiredmilitarysearch">https://www.dfas.mil/retiredmilitarysearch</a> VA Waiver</p> <p>Note: <b>VA Offset is often confused with Concurrent Retirement Disability Program (CRDP). See CRDP information on next page.</b></p>
<p><b>Concurrent Retirement Disability Program (CRDP)</b></p>	<p>CRDP allows military retirees to receive both military retired pay and Veterans Affairs (VA) compensation. <b>Retirees with 20 qualifying years of service, who have a VA disability rating of 50 percent or greater and have reached retirement age.</b> No application is required, DFAS pays based on eligibility. CRDP is paid monthly and is subject to taxes. CRDP is a lifetime benefit.</p>	<p><b>Defense Finance and Accounting Service</b>  <a href="https://www.dfas.mil/retiredmilitary/disability/crdp.html">https://www.dfas.mil/retiredmilitary/disability/crdp.html</a></p>
<p><b>Combat Related Special Compensation</b></p>	<p><b>Army HRC Application Required</b>          Combat-Related Special Compensation (CRSC) provides tax- free monthly payments to eligible retired veterans with combat-related injuries. With CRSC you can receive an amount equal to or less than your length of service retirement pay and your VA disability compensation, if the injury is combat-related. As a result a soldier will receive their full military retirement pay, and a <b>CRSC payment based on the percentage of their disability rating that is considered combat-related.</b></p>	<p><b>Note: Cannot receive both CRDP and CRSC. If eligible for both, DFAS will pay you the higher amount.</b></p> <p><b>Army HRC</b>  <a href="https://www.hrc.army.mil/">https://www.hrc.army.mil/</a> open Special Programs tab</p>
<p><b>Social Security</b></p>	<p>Go to the Social Security Administration webpage to <b>create a “my Social Security” account.</b> You can review your earnings history, estimate retirement benefits and apply for retirement benefits.</p>	<p><b>Social Security Administration</b>  <a href="https://www.ssa.gov/">https://www.ssa.gov/</a></p>
<p><b>Federal Employees Retirement System</b></p>	<p>If you are a Federal Technician and will be retiring from your Federal Technician position you should contact the ONG HRO Technician Office.</p>	<p><b>ONG-HRO Technicians</b>  <b>614-336-7388</b>  <a href="https://hr.ong.ohio.gov/Technicians/Retirement-Separation">https://hr.ong.ohio.gov/Technicians/Retirement-Separation</a></p>

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<b>ASSISTANCE SERVICES AVAILABE TO SOLDIERS MEDICALLY SEPARATING OR RETIRING</b>		
<b>TRICARE for Retirees</b>	<p>If you are medically retired, you can get TRICARE benefits as a <a href="#">retired service member</a>. You must be on the:</p> <ul style="list-style-type: none"> <li>• Temporary Disabled Retirement List</li> <li>• Permanent Disability Retirement List</li> </ul> <p>Keep your family's information in DEERS updated. <b>If you want to keep TRICARE Prime or TRICARE Select with no break in coverage, you must reenroll within 90 days after your retirement date.</b></p>	<p><b>TRICARE</b>  <a href="https://tricare.mil/LifeEvents/Retiring">https://tricare.mil/LifeEvents/Retiring</a></p>
<b>DOL - Transition Assistance Program (TAP) at Wright Patterson AFB</b>	<p>WPAFB Transition Assistance Program (TAP) - Consider beginning transition planning at least one year prior to retirement or separation. A&amp;FRC provides TAP workshops and pre-separation counseling. TAP is designed to provide necessary tools to effectively transition from the military to the civilian community.</p>	<p><b>WPAFB TAP</b>  <a href="https://www.wpafb.af.mil/afrf/">https://www.wpafb.af.mil/afrf/</a>   <a href="tel:937-257-3592">937-257-3592</a></p>
<b>Employment Assistance</b>	<p>The Ohio National Guard Employment Enhancement Program (NGEEP). The NGEEP Team can...</p> <ul style="list-style-type: none"> <li>▪ create, update, or review resumes and linked in profiles</li> <li>▪ assist in identifying "in demand jobs" and military friendly employers</li> <li>▪ assist in career planning and awareness - how to translate, apply, and utilize your military skills and experience in the</li> <li>▪ civilian market</li> </ul>	<p><b>Find your regional NGEEP Specialist at:</b>  <a href="https://ong.ohio.gov/frg/FRG_employment.html">https://ong.ohio.gov/frg/FRG_employment.html</a></p>
<b>Ohio Means Jobs Centers</b>	<p>Transitioning to civilian life or you have previously separated from service, Ohio offers many benefits designed to assist you and your family. Ohio is working to provide you credit for your military training and experience.</p>	<p><b>Ohio Means Jobs - Veterans</b>  <a href="https://ohiomeansjobs.ohio.gov/job-seekers/build-your-career/for-veterans">https://ohiomeansjobs.ohio.gov/job-seekers/build-your-career/for-veterans</a></p>

REQUIRES YOUR ATTENTION	RECOMMENDED ACTIONS	FOR MORE INFORMATION
<b>County Veterans Service Office</b>	Ohio offers many services and supports for veterans and their families. 88 local County Veterans Service Offices (CVSOs) stand ready to assist veterans and their families in applying for the benefits they earned through their service in the United States Military.	<b>County Veterans Service Offices Contact Information</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso">https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso</a>
<b>Certified Personal Financial Counselors</b>	Personal Financial Counselors (PFC) are available to help you and your family manage finances, resolve financial problems and plan for retirement.	<b>To identify the Personal Financial Counselor in your area contact your Soldier and Family Readiness Specialist at: <a href="tel:800-589-9914">800-589-9914</a></b>

**Important Note:** This checklist does not represent every State of Ohio benefit or federal benefit. However, it does include benefits and services most universally available (dependent on eligibility) to Medically Separating and Retiring Soldiers.

## WEB RESOURCES

<ol style="list-style-type: none"> <li>1) <b>DOD – Military Compensation</b></li> <li>2) <b>My Army Benefits</b></li> <li>3) <b>Ohio Department of Veteran Services</b></li> <li>4) <b>County Veteran Services Offices</b></li> <li>5) <b>Department of Veteran Affairs</b></li> <li>6) <b>Department of Defense Transition Assistance Program</b></li> <li>7) <b>United States Army Human Resources Command</b></li> <li>8) <b>Army Retirement Services Office Soldier for Life</b></li> <li>9) <b>Defense Finance and Accounting Services</b></li> </ol>	<p>Familiarize yourself with these sites that provide comprehensive retirement information, resources and services. There are several commercially available sites as well, however be leery of any sites charging for services and benefits you may be entitled to.</p>	<ol style="list-style-type: none"> <li>1. <b>DOD Military Compensation</b> <a href="https://militarypay.defense.gov/Pay/Retirement/">https://militarypay.defense.gov/Pay/Retirement/</a></li> <li>2. <b>MAB</b> <a href="https://myarmybenefits.us.army.mil/">https://myarmybenefits.us.army.mil/</a></li> <li>3. <b>ODVS</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/home">https://dvs.ohio.gov/wps/portal/gov/dvs/home</a></li> <li>4. <b>CVSO</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso">https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/find-a-cvso</a></li> <li>5. <b>VA</b> <a href="https://www.va.gov/">https://www.va.gov/</a></li> <li>6. <b>DOD-TAP</b> <a href="https://www.dodtap.mil/">https://www.dodtap.mil/</a></li> <li>7. <b>Army HR</b> <a href="https://www.hrc.army.mil">https://www.hrc.army.mil</a></li> <li>8. <b>SFL</b> <a href="https://soldierforlife.army.mil/">https://soldierforlife.army.mil/</a></li> <li>9. <b>DFAS</b> <a href="https://www.dfas.mil/">https://www.dfas.mil/</a></li> </ol>
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## FOR ADDITIONAL INFORMATION AND ASSISTANCE

<b>Retirement Program Administrator RPAM</b>	RPAM Administrator Call: <a href="tel:614-336-7277">614-336-7277</a>
<b>Transition Assistance Advisors</b>	Call: <a href="tel:614-336-4192">614-336-4192</a> or <a href="tel:202-987-3919">202-987-3919</a>  <a href="https://ong.ohio.gov/programs/transition-assistance/index.html">https://ong.ohio.gov/programs/transition-assistance/index.html</a>
<b>Ohio Department of Veteran Services</b>	ODVS: <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/home">https://dvs.ohio.gov/wps/portal/gov/dvs/home</a>  Call: <a href="tel:877-644-6838">877-644-6838</a>
<b>Department of Veteran Affairs</b>	VA - <a href="https://www.benefits.va.gov/guardreserve/">https://www.benefits.va.gov/guardreserve/</a>
<b>Soldier and Family Readiness Specialists</b>	Call: <a href="tel:800-589-9914">800-589-9914</a>
<b>OHIO Cares</b>	Behavioral Health Resources – Call: <a href="tel:800-761-0868">800-761-0868</a>  Web: <a href="https://www.ohiocares.ohio.gov/">https://www.ohiocares.ohio.gov/</a>



# New Specialty Consultation for Transitioning Veterans

**Get a series of personalized support sessions  
to make your transition to civilian life easier.**

The Transitioning Veterans specialty consultation from Military OneSource helps you navigate the resources, benefits and programs that pave the way for a successful transition to civilian life. Eligible service members can call anytime to schedule free, personalized support sessions.

## Prep for the Road Ahead

Over phone or video sessions, Military OneSource consultants can help transitioning veterans:

- Identify goals
- Understand veterans' benefits like health, dental, vision and life insurance
- Explore education opportunities
- Prepare for the workforce with referrals to resources for resume building and mock interviews
- Become familiar with VA requirements and procedures

## Who's Eligible

Consultations are available:

- To active-duty, Guard and reserve members transitioning to civilian life
- For 365 days before your separation date and 365 days after

Military spouses can get transition assistance through the Military Spouse Transition Program, or MySTeP. Get started at

<https://myseco.militaryonesource.mil/portal/mystep>.

## Start Planning Today

You can schedule a consultation anytime, 24/7: call Military OneSource at **800-342-964** or live chat at **MilitaryOneSource.mil**

