



YELLOW RIBBON PROGRAM

1132nd EN DET Pre-Mobilization

“Bringing Service Members and their Families all the way HOME.”



North Carolina National Guard State Family Programs Office



Yellow Ribbon Pre-Deployment Brief



Your Soldier and Family Readiness Specialist

- **SFRS customers include, but are not limited to, Service Members, Family Members, Retirees, and Civilian Employees.**
- **SFRS remains in constant contact with Family members.**
- **SFRS provides assistance to Family members.**
- **Verify resource information is up-to-date.**
- **Provide a network of resources catered to assist Families before, during and after deployments.**



Your Soldier and Family Readiness Group

- **SFRG are volunteers appointed by the Commander to assist Families with issues/problems and connecting with resources**
- **SFRG may call/email you for wellness check**
- **Will be sending out information on events, benefits, or updates**
- **Distribute information to Families (unit related) authorized by Commander/Rear Detachment Commander**
- **Create activities, events, and or provide briefings/trainings that Families may need**



Family Members “What to expect During deployment”

- Soldier and Family Readiness Group (SFRG) contacting Family members and wellness checks, delivering official and unofficial information from Rear Det Cdr, providing connection/unity opportunities for all.
- Soldier and Family Readiness Specialist (SFRS) will be conducting (mandatory) Family wellness phone calls once a month during deployments. Providing support and services to Family member’s needs, referring of resources, and ensuring the well being of Families while SM are deployed, working with Rear Det Commanders to report major issues and concerns, assisting SFRG Volunteers, supporting and implementing wellness activities for Family.

1132nd ENG DET Team

Contacts

SFRG Coordinator (Volunteer)

- Kelsey Hendrix
- Jennifer Evans

SFRS (Full Time Employee)

Mr. Lawrence Black

Soldier & Family Readiness Specialist

Charlotte National Guard Armory

4240 West Boulevard, Charlotte, NC 28208

Office: 984-661-4547

Gov Cell: 919-817-4943

Email: lawrence.black2.civ@army.mi



Things to know- Before you Go

Visit Family Programs on-line at:

www.nc.ngb.army.mil/SS/FP/Pages/default.aspx

Visit Family Programs on Facebook:

Search NCNGFP

**STATE FAMILY PROGRAM
DIRECTOR**

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**LEAD CHILD AND YOUTH
COORDINATOR**

Kristi Wilson

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**LEAD SOLDIER AND FAMILY
READINESS SPECIALIST**

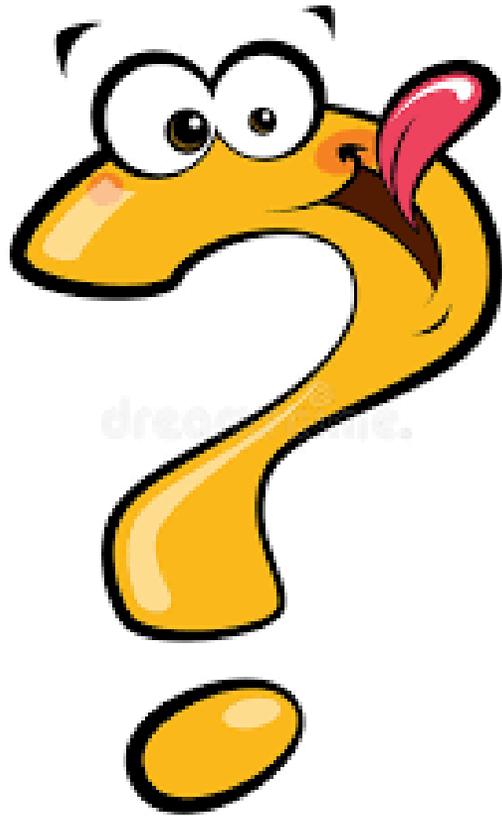
George Lane

Office: 984-664-6935

George.w.lane2.civ@army.mil



Questions



**Stop By The Family Programs Table for
Any Additional Information!**



**Yellow Ribbon
Pre-Deployment Brief**



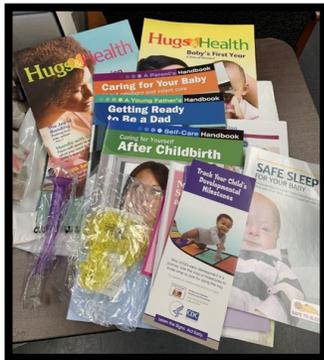
- **Our Mission...**
- To promote and sustain the quality of life and resilience of NC National Guard children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs.



Our Goals...

- **Education:** Provide developmentally-appropriate life skills to National Guard youth.
- **Access:** Provide information on access to Federal and State/Territory benefits that support National Guard children and families, including; counseling, education, childcare, and other resources needed to foster a healthy, stable and secure family environment.
- **Opportunity:** Create partnerships for opportunities to participate in programs, events, and activities geared toward the behavioral and physical health and welfare of children and youth that are available across the spectrum of Government, Community, and the Private Sector.
- **Communication:** Build a sense of belonging to the Army National Guard community by creating secure opportunities to network with other youth, parents/legal guardians, and youth program facilitators in one's community, state/territory, and across the nation.
- **Resilience:** Infuse resilience and leadership skills and techniques into all Army National Guard children and youth programs.
- **Outreach:** Build and sustain contact with parents/legal guardians, and children of the National Guard in order to create awareness of available support services and programs.

NCNG Child and Youth Programs



National Guard Teen Council

Provides NCNG teens an opportunity to connect with others in their age group and receive skills to help them find ways to overcome the challenges they face in everyday life and through the deployment cycle. The mission of the NCNG Teen Council is to help our youth to become ambassadors of patriotism, diversity, moral character, intellectual achievement and service to others. Council members are encouraged to volunteer with our NCNG Child and Youth Program, Operation Kids on Guard, Family Assistance Centers and FRG leaders, as well as organizations in their own communities.

New Parent Packs/Resource Requests

Are sent out to new/expectant parents and provide resources that focus on the unique experiences of parenting a baby or toddler, particularly during times of stress and separation. Resource request provide information on many parenting skills, youth development, careers, stress management, social media & more.

NCNG Youth Camp

Free week-long overnight camp for kids ages 6-13. Fun activities include ... canoeing, horseback riding, hiking, swimming and much more focusing on teambuilding, resiliency, healthy habits, environmental studies.

(There is also a leaders in training (LIT) program for youth ages 15-17 offered during youth camp)

NCNG Teen Leadership Retreat

Free week-long overnight camp for teens 14-High School Senior. These camps typically focus more on college readiness, resiliency, positive youth development and career exploration with lots of fun in between. Teens also get the opportunity to meet other NCNG Teens and make lifelong friends

Educational Programs/Support

NC Pre K Program (Formerly More at Four Program)

Any age –eligible child or either of the following shall be eligible for the program:

1. An active-duty member of the North Carolina Guard who was ordered to active duty by the proper authority within the last 18 months or is expected to be ordered within the next 18 months or
2. A member of the North Carolina National Guard who was injured or killed while serving on active duty.
3. The military member's Leave and Earnings statement should be used when **prioritizing children** of eligible military families. The statement will identify base pay as well additional categories such as housing allowance and/or hazardous duty pay.

For more information go to:

[NC Pre-K | North Carolina Prekindergarten Program - North Carolina Pre-Kindergarten \(NC Pre-K\) \(ncdhhs.gov\)](#)

✓ **North Carolina Department of Public Instruction**

Prior to deployment, it is highly recommended that you notify the school of the service member's upcoming deployment schedule, we have a sample letter you can provide to your child's school. [NC Supports Military Children | NC DPI](#) , or call (919) 807-3376.

Programs & Resources



Army Community-Based Child Care Fee Assistance Program

A Subsidy for childcare, afterschool care and respite care. (Active Duty, AGR, Technician)

<https://usa.childcareaware.org/fee-assistancerespitemilitaryfamiliesarmy/>

or call 800-424-2246

Finding childcare in your local area

<https://ncchildcare.ncdhhs.gov/Parent/County-Resource-Lookup>



YMCA

FREE Membership

<https://www.asymca.org/ymca-dod-military-outreach-initiative>



BOYS & GIRLS CLUBS

Boys and Girls Club

FREE Membership

www.bgca.org



Our Military Kids

Up to a **\$300.00** grants are given per child (3-17).

www.ourmilitarykids.org

Programs



Tutor.com

FREE Online Tutoring www.military.tutor.com



Eknowledge materials (SAT/ACT test prep)

Sponsored and discounted at 95% for military families
www.eknowledge.com/military.asp



National Military Family Association

FREE Camp (Operation Purple Camps),
www.nmfa.org



Camp Corral

FREE Camp
www.campcorral.org



United Through Reading

www.unitedthroughreading.org

Programs



Military Kids Connect

www.militarykidsconnect.dcoe.mil



Exceptional Family Member Program (EFMP):

www.militaryhomefront.dod.mil/tf/efmp



Zero to Three

www.zerotothree.org



MCEC (Military Child Education Coalition)

www.militarychild.org



Upcoming Events:

- **Teen Council Meetings:**
Face to Face or Virtual- 6:00-8:00pm (in-person in Raleigh Area) Second Tuesday each month
September through May – possible summer event/community service support
- **12 August 2023 – Back to School Bash – Elks Lodge #735, Raleigh, NC (Reg. opens 24 June)**

We are currently working to secure dates for day events across the state in FY24!

**For additional Information about the Child and Youth Program
Visit our Public Website and other Social Media**

Visit us Online

<http://nc.ng.mil/services/familyprograms/FPCY/Pages>



Become a Fan on Facebook, search “NCNGFP”



Follow us on Twitter @ncngfamily

Find us on Instagram @ncngfamilyprograms



Visit the Army Child & Youth Services Website

<https://www.arngcys.com>

ARNG CYS Program Needs

Assessment: <https://www.surveymonkey.com/r/N-Assess-23>



Check out Photo's from Child & Youth Events...

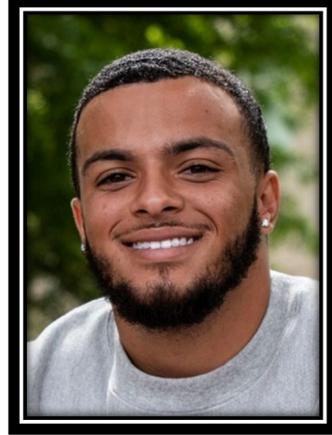
<https://www.flickr.com/photos/143198244@N03/albums>

NCNG Child & Youth Program Staff



Kristi Wilson

Lead Child & Youth Program Coordinator
Contractor – Dynamic Systems Tech.
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Desmond Williams

Child & Youth Program Coordinator
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We are here to serve YOU and YOUR family and are always open to suggestions and ideas!!!



North Carolina National Guard Legal Assistance Program



SCRA protections

- Reduce interest to 6%
- Cancel contracts/leases
- Stay civil proceedings

USERRA protections (re-employment rights w/ proper notice)

Taxes

Estate planning (wills)

Power of Attorney

Immigration

CONTACT INFORMATION

1636 Gold Star Dr.,
Raleigh, NC 27607

Office: 984-664-6220

Email: ng.nc.ncarng.mbx.legal-assistance-office@mail.mil



Find us on  Like

Facebook

<https://www.facebook.com/#!/NCARNGLA>

Legal assistance is also available for family members w/ DoD ID cards.

NORTH CAROLINA
NATIONAL GUARD
**EMPLOYMENT
CENTER**



WHAT WE DO

OUR SERVICES

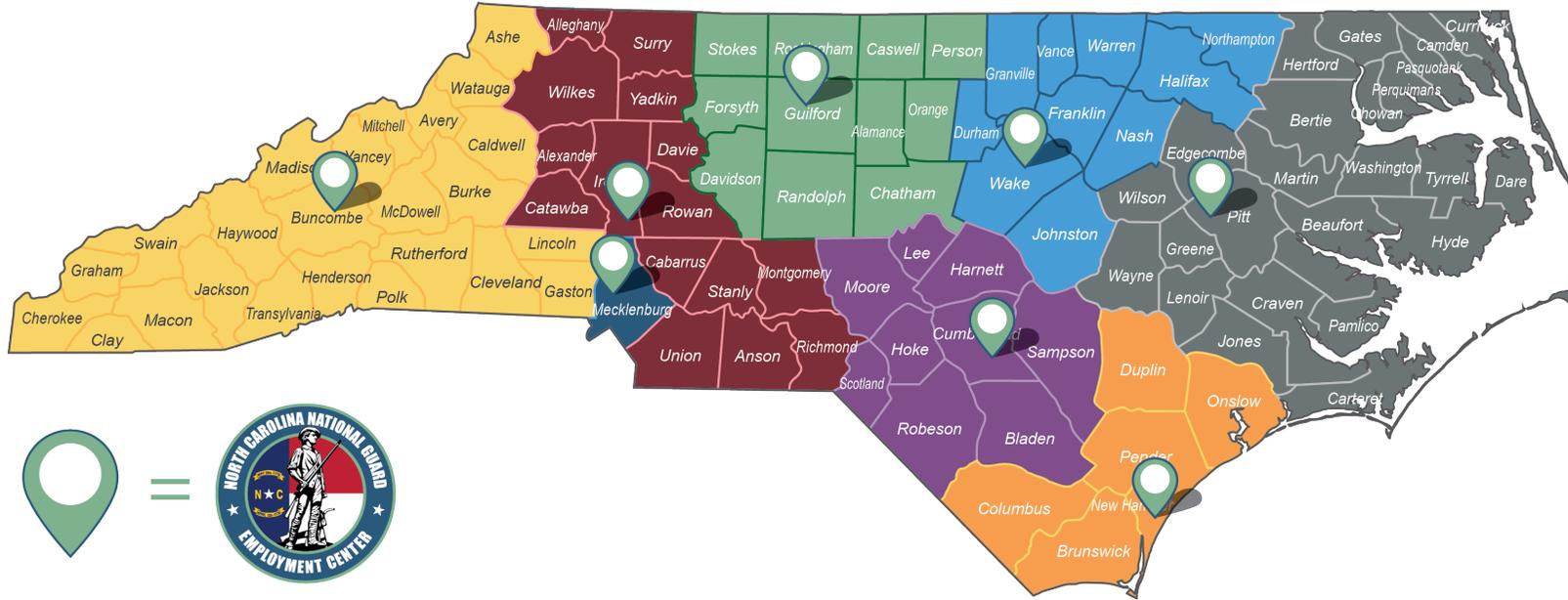
- Resume preparation/review
- Career assessment and employment pathways
- Military to civilian work translation
- Mock interviews
- Access to our nationwide database (MSCCN/CASY)
- Hiring events/Job fairs
- Direct contact to our network of veteran friendly employers



OUR GOALS

- Establish on going relationships with Veteran friendly employers within the state of North Carolina (two sided communication)
- Place clients within our North Carolina employer network in mutually beneficial positions that help achieve client's career goals

NCNG EMPLOYMENT CENTER LOCATIONS



ASHEVILLE

Jeff Wheeler
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jeffrey.a.wheeler.ctr@army.mil

MOORESVILLE

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juliann.m.breeden.ctr@army.mil

RALEIGH

Victoria Knott
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michael.w.lockman.ctr@army.mil

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jeffrey.r.wyatt2.ctr@army.mil

WILMINGTON

George Millsap
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george.r.millsap.ctr@army.mil

WINTERVILLE

Sandra Wyatt
 (984) 661-3190
sandra.wyatt6.ctr@army.mil

Connect with us

Office

984-664-6463

Website

www.ncngemploymentcenter.com

Social Media

www.facebook.com/ncngemployment

Linked In

www.linkedin.com/groups/5118915



North Carolina National Guard Education Services Office

WEBSITE: nc.ng.mil/ESO

Google or Bing: [NCNG Education Office](#)



NGNCESO QR
Code: Scan for
our contact info

ESO MAIN PHONE LINE : 984.664.6272

EDUCATION SERVICES OFFICE

**1636 GOLD STAR DR
RALEIGH, NC 27607**

ESO EMAIL ADDRESS:

ng.nc.ncarng.mbx.education-service-office@mail.mil





**FOR
OUR
SOLDIERS:**

- MILITARY EDUCATION BENEFITS COUNSELING AS IT PERTAINS TO FUTURE ACADEMIC AND CAREER GOALS; HOW TO MAXIMIZE AVAILABLE BENEFITS (GI BILL(S), FEDERAL TA, STATE TA, CREDENTIALING ASSISTANCE)
- ARMY PERSONNEL TESTING AND TEST REIMBURSEMENT: DLPT, AFCT, SIFT, AND DANTES EXAM REIMBURSEMENT OPTIONS (GED, ACT, SAT, GRE, CLEP, GMAT, DSST AND PRAXIS)
- CIVILIAN EDUCATION LEVEL UPDATES TO SOLDIER'S MILITARY RECORD, JOINT SERVICE TRANSCRIPTS

FOR OUR FAMILIES:

- ACADEMIC GOAL SETTING AS IT PERTAINS TO FUTURE CAREER GOALS
- TRANSFER OF EDUCATION BENEFITS; HOW TO INITIATE USE OF TRANSFERRED EDUCATION BENEFITS
- REFERENCE SCHOLARSHIP INFORMATION
- ACADEMIC GOAL COST ESTIMATES, FACTORING AVAILABLE EDUCATION BENEFITS



CHAPTER 33 POST 9-11 FOREVER GI BILL/TRANSFER EDUCATION BENEFITS (TEB)

- **MANY OF OUR RETURNING SOLDIERS HAVE GAINED ELIGIBILITY FOR CHAPTER 33 FOR THE FIRST TIME, WHILE OTHERS ARE CONTINUING TO INCREASE THEIR PAYMENT TIER RATING**
- **CHAPTER 33 POST 9-11 FOREVER GI BILL IS CURRENTLY THE ONLY GI BILL THAT MAY BE TRANSFERRED TO DEERS ELIGIBLE DEPENDENTS**
- **IN ORDER TO TRANSFER, SOLDIER MUST HAVE 6 YEARS OR MORE TIME IN SERVICE, NO PERSONNEL FLAGS AND AGREE TO SERVE AN ADDITIONAL FOUR YEARS FROM THE SUBMISSION OF TEB.**
- **BENEFIT MAY BE USED TOWARDS COLLEGE DEGREES, CERTIFICATIONS, APPRENTICESHIP PROGRAMS AND MORE.....**
- **CONTACT THE NORTH CAROLINA NATIONAL GUARD EDUCATION SERVICES OFFICE FOR MORE INFORMATION**

CHAPTER 33 PAYMENT TIER %

Tier	Current Qualifying Service	New Qualifying Service <i>*Effective Aug. 1, 2020</i>
40%	90 days to 6 months	Deleted
50%	6 months -12 months	90 days to 6 months
60%	12 months- 18 months	6 months – 18 months
70%	18 months- 24 months	18 months -24 months
80%	24 months- 30 months	24 months- 30 months
90%	30 months- 36 months	30 months- 36 months
100%	36 months or greater; Purple Heart	36 months or greater



USEFUL RESOURCE LINKS

FEDERAL TUITION ASSISTANCE PROGRAM

Visit <https://www.armyignited.com/app/>

CREDENTIALING ASSISTANCE

Visit <https://www.armyignited.com/app/> to activate your new account

CIVILIAN TRANSCRIPTS

Mail or hand carry sealed transcripts to: 1636 Gold Star Dr Raleigh NC 27607

Official electronic transcripts directly from a certified institution to the email address: ng.nc.ncarng.mbx.education-service-office@mail.mil. (Email to email is unauthorized)

GI BILL SUPPORT and TRANSFERRING CHAPTER 33 POST 9-11 BENEFIT TO DEPENDENTS

VISIT www.benefits.va.gov/gibill FOR MORE INFORMATION

VISIT <https://ng.nc.mil/gibill>

JOINT SERVICE TRANSCRIPT

POTENTIALLY EARN CIVILIAN COLLEGE CREDIT FOR YOUR MILITARY TRAINING. Visit <https://jst.doded.mil> TO VIEW AND TRANSMIT YOUR OFFICIAL MILITARY TRANSCRIPT TO YOUR SCHOOL

NORTH CAROLINA TUITION ASSISTANCE REIMBURSEMENT PROGRAM

VISIT www2.ncseaa.edu/NCGuard/Login.aspx TO REQUEST VISIT <https://nc.ng.mil/nctap> FOR INSTRUCTIONS AND ELIGIBILITY REQUIREMENTS

DANTES EXAM REIMBURSEMENT:

<http://www.dantes.doded.mil/examinations/funding-and-reimbursement-eligibility/reimbursement-eligibility.html>



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- Health Care
- Education
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militaryoutreach.ecu.edu

#1 in N.C.
#6 in the U.S.



REAL OPTIONS
for REAL LIFE

Army ROTC Pirate Battalion



NC Army National Guard

Recruiter: ECU Campus

SFC Littlefield

Ph: 252.916.9073

Email:

Ashley.v.littlefield.mil@army.mil

Office: 200B Christenbury Gym

Greenville, NC 27858

Army Reserve

Recruiter: ECU Campus

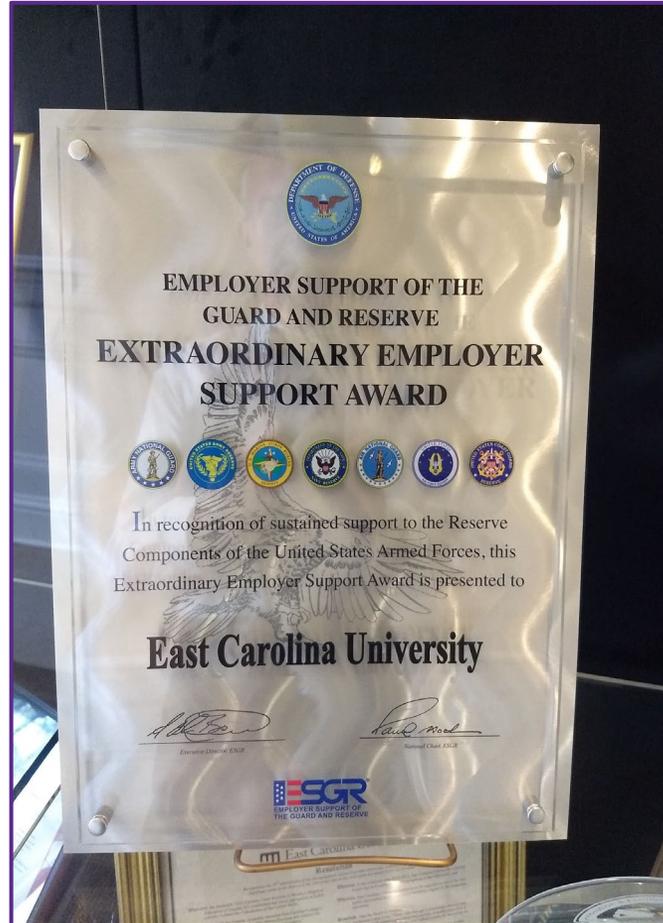
SFC Head

Ph: 270.558.9440

Email:



ECU received the Secretary of Defense Employer Support Freedom Award in 2010, a prerequisite for the Extraordinary Employer Support Award. These are the two highest employer awards given at the federal level.



United States Department of Defense Extraordinary Employer Support Award for sustained support of National Guard and Reserve service members. The award recognizes public and private sector employers who have demonstrated a culture of support for military members within their organization.



The Pro Patria award is the highest-level award that may be bestowed by an ESGR state committee. The Pro Patria award is presented annually by each Department of Defense Employer Support of the Guard and Reserve (ESGR) state committee to employers who “have demonstrated the greatest support to Guard and Reserve employees through their leadership and practices, including adopting personnel policies that make it easier for employees to participate in the National Guard and Reserve.”

ECU PIRATE NATION



ARRGGGHHHH



METHODIST
UNIVERSITY

Military OneSource

Connecting You
to Your Best MilLife



Connecting You to Your Best MilLife

Military OneSource:

Your 24/7 connection to information, answers and support.

Your one source for your best MilLife.

- Dedicated to the greater military community — service members, military spouses and families
 - Helping you take full advantage of all the benefits and resources you have available

Operated under the direction of the Deputy Assistant Secretary of
Defense for Military Community and Family Policy



Connecting You to Support and Resources



Privacy Protections

Personal information is secure. Each user is treated confidentially and with respect, regardless of rank

Privacy protections ensure your personal information will not be:

- Provided to the military or chain of command
- Shared with family or friends
- Released to other agencies



Privacy exceptions include the following duty-to-warn situations:

- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity



Non-medical Counseling to Help You Be Your Best

Confidential non-medical counseling:

- For service members and military families
- Private, at no cost, not reported to command
- Short-term, up to 12 sessions
- Connects you – or immediate family members – to professionals with master’s level education
- Helps with issues such as:
 - Improving relationships at home and work
 - Stress management
 - Marital and communication issues
 - Adjustment and deployment difficulties
 - Parenting skills
 - Grief or loss

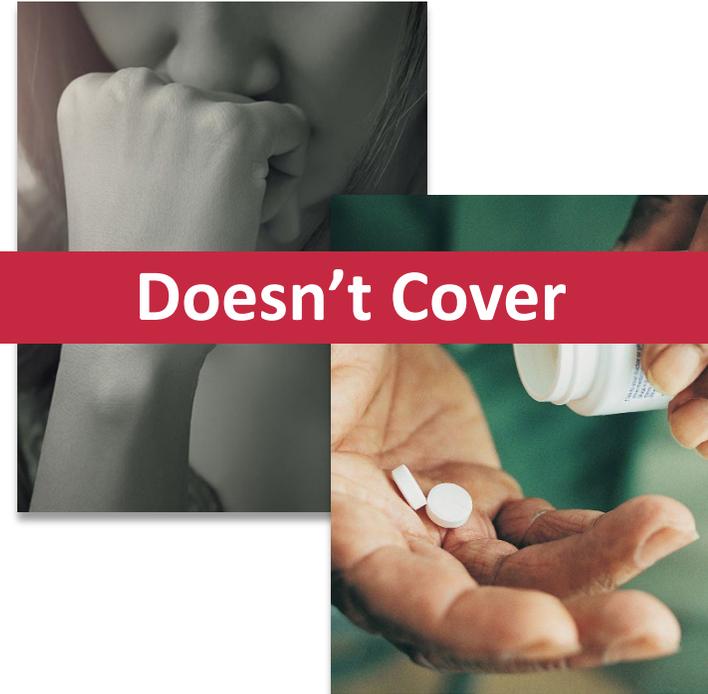


What Non-medical Counseling Doesn't Cover

Non-medical counseling is **NOT** appropriate for:

- Long-term counseling and support
- Post-traumatic stress disorder
- Psychological or fitness-for-duty evaluations
- Addictions
- Mental health diagnoses requiring medication
- Determining a medical diagnosis
- Crisis situations

If issues fall outside the scope of non-medical counseling, persons will be referred to a treatment center, TRICARE or another service.



How to Access Non-medical Counseling

You can connect with Military OneSource 24/7/365 from anywhere in the world to arrange your session:

Counseling services are offered via:

- Telephone
- Online chat
- Secure, live video session
- Face-to-Face

Face-to-face sessions are also available through the Military and Family Life Counseling Program at installations worldwide



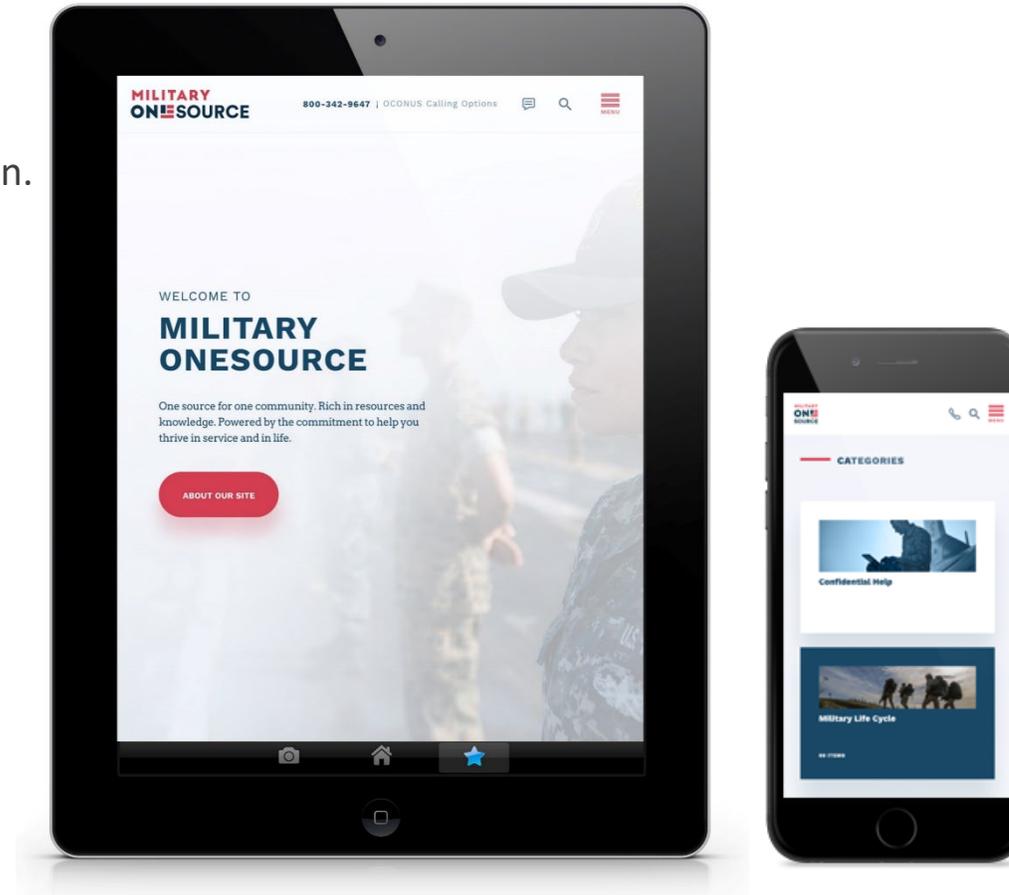
The Military OneSource Website

MilitaryOneSource.mil

Is your 24/7/365 connection to even more resources, services and information.

The Homepage:

- 800 number and OCONUS Calling Options
- Link to secure online chat
- Optimized search function
- Categories and featured content
- Menu with Quick Access links to important pages and Site Feedback
- Confidential Help



Connect to Your Best MilLife

You Can Expect:

- Worldwide access 24/7/365
- Free and confidential support
- Objective and experienced experts
- Current and practical information and tools
- A commitment to help service members and military families thrive



Toll-free telephone
800-342-9647



www.MilitaryOneSource.mil
with live chat



www.MilitaryOneSource.mil



Interaction with
trained professionals



YELLOW RIBBON PROGRAM



**American
Red Cross**



NCARNG Casualty Operations Program

Casualty Case Managers

1SG Bryan Purcell



Casualty Affairs

- Pre-Deployment
 - Review your DD-93 and SGLV 8286
 - Have the Hard Discussion
 - Update your Last Will and Testament
- During the Deployment
 - Flow of Information:
 - Unit will Contact Higher HQ
 - Higher HQ will process and confirm report
 - Ft Bragg and NCNG will be notified to make notification
 - Injuries will be notified via Telephone
 - Death, Missing will be notified in person



Take Away Information

- Let the Casualty Notification Process take its course
 - Social Media vs. In Person
- Pay attention specifically to:
 - DD 93 Block 14
 - SGLV 8286 section 3
 - DD 2656-5 as appropriate

Questions?

Please Contact:

1SG Bryan Purcell

Case Manager

4105 Reedy Creek Rd

Raleigh, NC 27607

(919) 664-7002 Office

(919) 306-2748 Gov Cell

Bryan.m.Purcell.mil@army.mil

On call 24/7: 984-664-6566





Last Reviewed May 2022

TRICARE® Benefits/ Programs for National Guard and Reserve Members during Early Eligibility and Activation

Your Options for Coverage during Early Eligibility
and Activation

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

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Today's AGENDA

- What Is TRICARE?
- TRICARE Eligibility
- Medical Coverage
- Other Important Information
- For Information and Assistance



Today's AGENDA

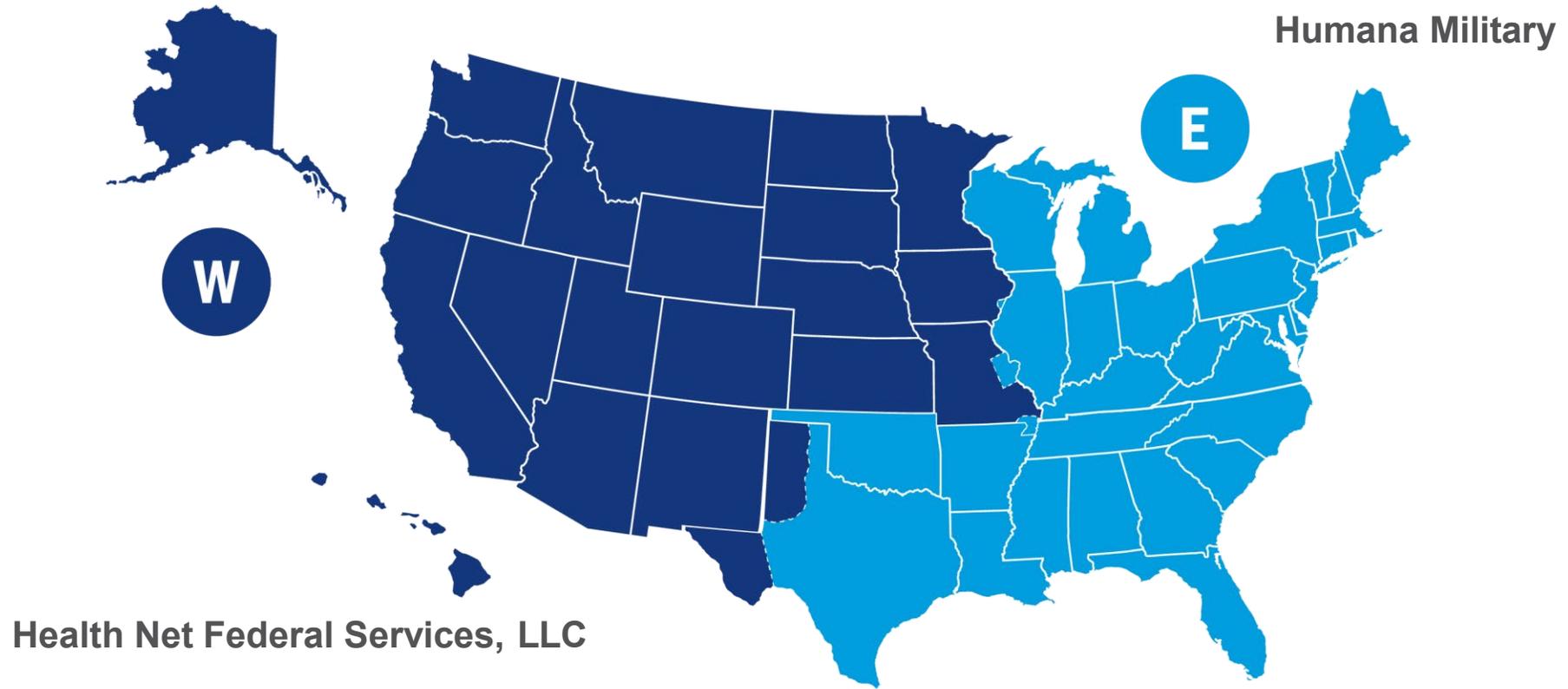
- What Is TRICARE?
- TRICARE Eligibility
- Medical Coverage
- Other Important Information
- For Information and Assistance

What is TRICARE?



- Uniformed services health care program
- Worldwide network
 - Military hospitals and clinics
 - Civilian health care providers

TRICARE Stateside Regions



TRICARE Overseas Program



Latin America and Canada

Canada, the Caribbean Basin, Central and South America, Puerto Rico and the U.S. Virgin Islands

Eurasia-Africa

Africa, Europe and the Middle East

Pacific

American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, Northern Mariana Islands, South Korea and Western Pacific remote countries

Today's AGENDA

- What Is TRICARE?
- **TRICARE Eligibility**
- Medical Coverage
- Other Important Information
- For Information and Assistance

Keep DEERS Information Up To Date



Being able to use TRICARE depends on keeping DEERS up to date. Update DEERS after you have a life event, like getting married or divorced, moving, giving birth, adopting a child, retiring, and other changes.



Visit an **ID Card Office** (<https://idco.dmdc.osd.mil/idco>).

Note: You must use this option to add family members in DEERS.



Log on to <https://milconnect.dmdc.osd.mil>.

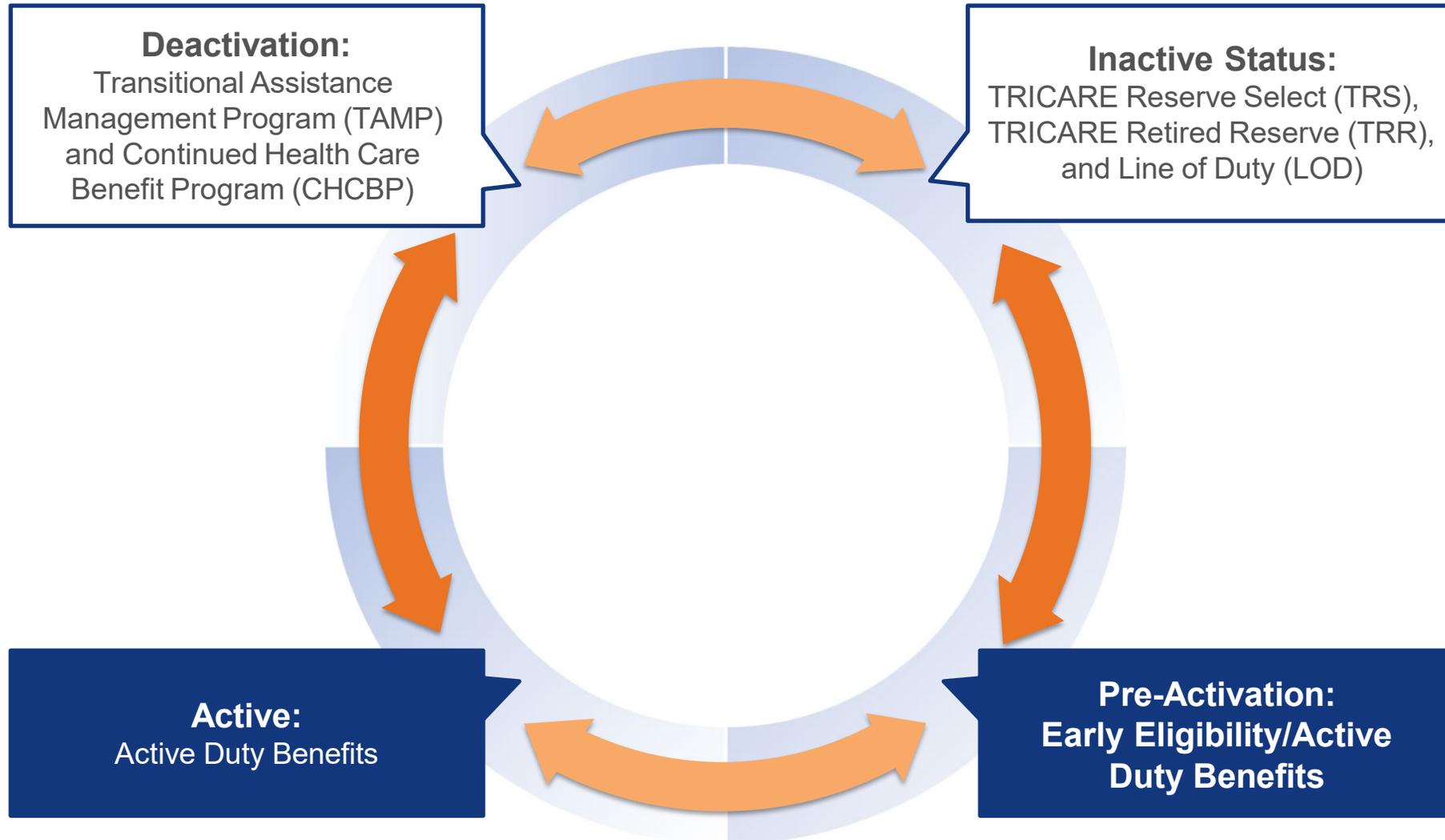


Call **1-800-538-9552**.



Fax **1-800-336-4416**.

Coverage Lifecycle



Today's AGENDA

- What Is TRICARE?
- TRICARE Eligibility
- **Medical Coverage**
- Other Important Information
- For Information and Assistance

Early Eligibility

- Eligible up to 180 days before activation:
 - Delayed-effective-date active duty orders for more than 30 days
 - For a federal preplanned mission
 - In support of a contingency operation
 - Service personnel office updates status in DEERS
- Provides the active duty TRICARE benefit to you and your eligible family members
- If the orders are rescinded prior to the report date:
 - Active duty TRICARE coverage ends
 - May qualify to purchase TRS
 - May wish to reinstate employer-sponsored health plan

Note: Eligibility ends on the “effective date” that orders are rescinded.

Service Members: Early Eligibility/Active Duty Benefits

- For National Guard and Reserve members, TRICARE benefits are the same as for any other ADSM.
- Routine and urgent care:
 - Visit a military hospital or clinic.
 - www.tricare.mil/mtf
 - Find a civilian TRICARE-authorized provider via your regional contractor when a military hospital or clinic is not available.
 - www.tricare.mil/findadoctor

Note: National Guard and Reserve members in early eligibility status who seek urgent, specialty, or inpatient care outside of a military hospital or clinic must coordinate all requests with their regional contractor for pre-authorization.

Service Members: Early Eligibility/Active Duty Benefits

- Specialty care (pre-authorization is required):
 - Contact your primary care manager (PCM) or regional contractor to coordinate specialty care pre-authorizations.
- Emergency care: Call 911 or go to the nearest emergency room.
- Enrollment in TRICARE Prime may be required at your final duty station. Upon arrival, follow the command's guidance.

Note: Service members living near a military hospital or clinic may enroll in TRICARE Prime at the military hospital or clinic. Enrollment in TRICARE Prime Remote or with a civilian PCM is **not** authorized during the early eligibility period.

Family Members: Program Options

- **TRICARE Prime:**
 - Available in Prime Service Areas in the United States and areas near military hospitals or clinics overseas
 - If eligible, ADFMs are automatically enrolled in TRICARE Prime.
 - **US Family Health Plan is:**
 - A TRICARE Prime option
 - Available in six designated areas across the United States
- **TRICARE Select:**
 - Available worldwide
 - If TRICARE Prime is not available, ADFMs are automatically enrolled in TRICARE Select.
- **TRICARE Young Adult:**
 - Available worldwide

Family Members: Program Options (continued)

- TRICARE Prime Remote for Active Duty Family Members:
 - Available in remote locations (if living and working more than 50 miles from the closest military hospital or clinic)
 - Available to families of activated National Guard and Reserve members:
 - National Guard or Reserve member and family must reside together in a TRICARE Prime Remote ZIP code at the start of early eligibility or at activation, whichever is earlier
 - TRICARE Plan Finder tool: www.tricare.mil/planfinder
 - Eligible for TPRADFM only while remaining at that residence



Beneficiary Categories: Group A and Group B

- All beneficiaries fall into one of two categories based on when you or your sponsor entered the uniformed services. The groups pay different costs and fees.
 - **Group A:** If your or your sponsor's initial enlistment or appointment occurred before Jan. 1, 2018, you're in Group A.
 - **Note:** When enrolled in a premium-based plan, Group A beneficiaries follow Group B cost-shares, deductibles, and catastrophic caps.
 - **Group B:** If your or your sponsor's initial enlistment or appointment occurred on or after Jan. 1, 2018, you're in Group B.

TRICARE Prime: Getting Care

- Affordable and comprehensive health care coverage.
- TRICARE network provider or primary care manager (PCM) delivers most routine care.
- PCM coordinates specialty care (referrals required).
- For emergencies, call 911 or go to the nearest emergency room.

TRICARE Prime: Costs for ADSMs and ADFMs

- No enrollment fees, deductibles, or cost-shares
- Pharmacy copayments apply when using retail pharmacies
- Point-of-service (POS) option available for out-of-pocket costs
- Catastrophic cap is per family for covered medical services

US Family Health Plan (USFHP)

USFHP Service Areas



- TRICARE Prime option
- Six service areas
- Must enroll
- May not get care at military hospitals or clinics or use military pharmacies

TRICARE Select

- Freedom to choose providers
- Referrals not required for most services
- Yearly deductible and cost-shares apply
- Enrollment required
- Some services require pre-authorization
- May have to file your own claims



TRICARE Select: Getting Care

- For TRICARE Select, find a network or TRICARE-authorized provider:
 - Go to www.tricare.mil/findadoctor
 - Call your regional contractor.
 - Ask your provider's office if they accept TRICARE.
 - If not, invite the provider to become TRICARE-authorized.
 - Give the provider your regional contractor's phone number or send them to www.tricare.mil/providers.



TRICARE Select: Costs for ADFMs

- No enrollment fees for ADFMs
- Deductibles based on the sponsor's pay grade and status
 - The TRICARE Select yearly deductible is waived for National Guard and Reserve family members of sponsors called or ordered to active duty for more than 30 days for a federal preplanned mission or in support of a contingency operation.
- Cost-shares or Copayments
- Catastrophic cap is per family for covered medical services
- For the most up-to-date cost information, go to www.tricare.mil/costs.

TRICARE Prime and TRICARE Select Enrollment

- There are four ways to enroll:
 - **Online:** Enroll at <https://milconnect.dmdc.osd.mil>.
 - **By phone:** Call your regional contractor.
 - **By mail:** Download the TRICARE Prime or TRICARE Select form and submit it to your regional contractor. Forms are available at www.tricare.mil/forms.
 - **In person** (overseas only): Go to an overseas TRICARE Service Center.

TRICARE Plus

- A primary care enrollment program at select military hospitals and clinics for beneficiaries who are not enrolled in TRICARE Prime
- No enrollment fees or cards
- Available to eligible beneficiaries not enrolled in TRICARE Prime and to their dependent parents or parents-in-law
- Limited enrollment based on military hospital or clinic capability and capacity
- Specialty care within the military hospital or clinic not guaranteed
- Eligible beneficiaries must complete *TRICARE Plus Enrollment Application* (DD Form 2853)

TRICARE Young Adult

- Available to qualified unmarried, adult-age dependents of TRICARE-eligible sponsors who are:
 - At least age 21 (or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provided over 50% of the financial support), but haven't yet reached age 26
 - Not eligible to enroll in an employer-sponsored health plan
 - Not otherwise eligible for TRICARE program coverage
 - Not a uniformed service sponsor (for example, a member of the Selected Reserve)
- For TRICARE Young Adult eligibility, cost, and enrollment information, and to download the *TRICARE Young Adult Application* (DD Form 2947), visit www.tricare.mil/tya.



Today's AGENDA

- What Is TRICARE?
- TRICARE Eligibility
- Medical Coverage
- **Other Important Information**
- For Information and Assistance

Priority for Access to Military Hospitals and Clinics

- 1** ADSMs, including National Guard and Reserve members on active duty status
- 2** ADFMs enrolled in a TRICARE Prime option
- 3** Retired service members, their dependents, and all others enrolled in a TRICARE Prime option
- 4** ADFMs not enrolled in a TRICARE Prime option, and TRICARE Reserve Select members
- 5** Retired service members and their dependents not enrolled in a TRICARE Prime option, TRICARE Retired Reserve members, and all other eligible beneficiaries not enrolled in a TRICARE Prime option

Pharmacy Options

Military Pharmacy



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

TRICARE Pharmacy Home Delivery



- Must use this option for some drugs
- Get up to a 90-day supply

TRICARE Retail Network Pharmacy



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

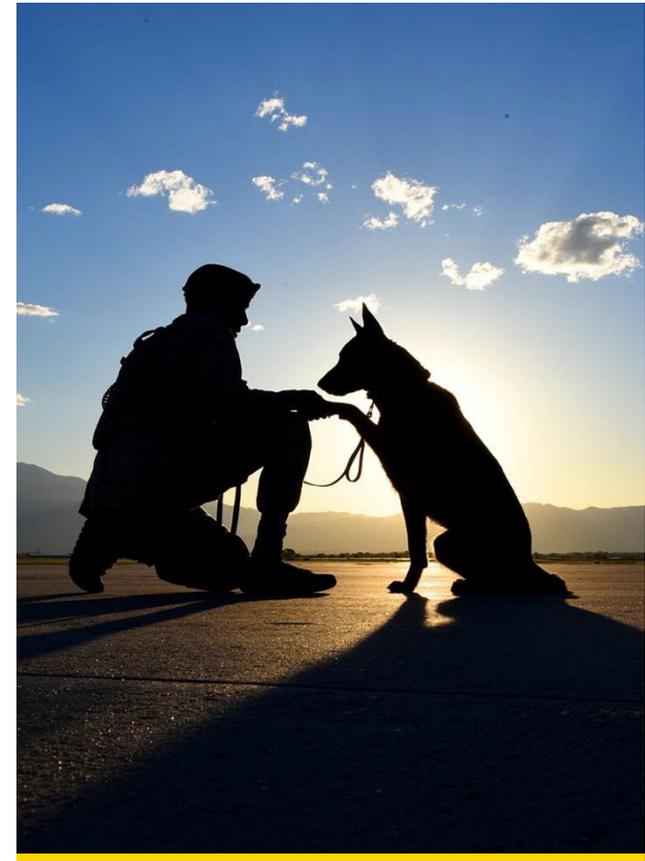
Non-Network Pharmacy



- Pay full price up front and file a claim to get a portion of your money back
 - Get up to a 30-day supply
-

Service Members: Active Duty Dental Benefits

- Automatic coverage:
 - Upon early eligibility or activation
 - If previously enrolled in the TRICARE Dental Program (TDP), sponsor is automatically disenrolled and covered as an ADSM
- Seek care from military dental clinics if living or working within 50 miles of a military dental clinic.



Service Members: Active Duty Dental Program

- The Active Duty Dental Program (ADDP) is a dental program administered by United Concordia Companies, Inc. (United Concordia):
 - Provides civilian dental care to eligible remote ADSMs in two service areas:
 - CONUS (Continental United States)
 - OCONUS (Outside the continental United States)
- You must have an Appointment Control Number (ACN) before getting nonemergency dental care.
 - You can get an ACN on the ADDP website at www.addp-ucci.com.
 - If you're in the CONUS service area, call United Concordia at **1-866-984-2337**.
 - If you're in the OCONUS service area, call United Concordia at **1-844-653-4058**.
- For eligibility and benefit details, go to www.addp-ucci.com.

TRICARE Dental Program

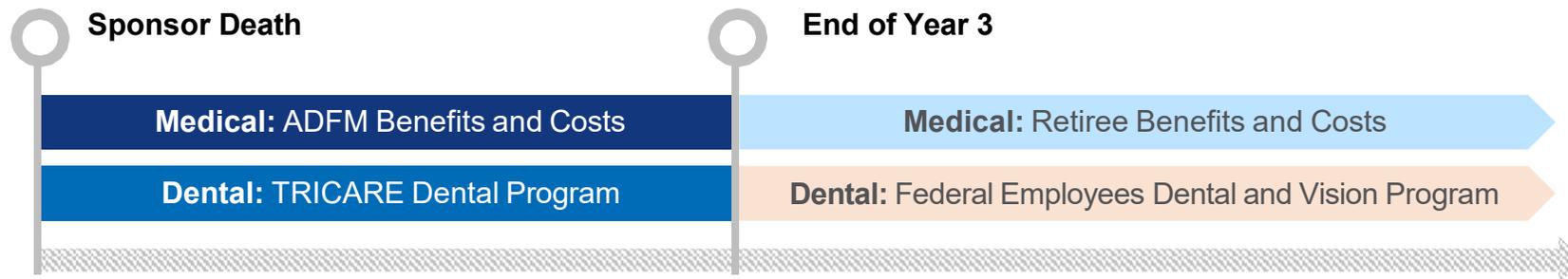
- The TRICARE Dental Program (TDP) is a voluntary, premium-based dental program; the benefit is administered by United Concordia.
- Plan premiums depend on the sponsor's status.
- Eligible enrollees include:
 - Family members of active duty service members.
 - Family members of National Guard and Reserve members.
 - National Guard and Reserve members who aren't on active duty or covered by the Transitional Assistance Management Program.

For more information, visit the TDP website: www.uccitdp.com

Survivor Benefits: Activated More Than 30 Days

If a National Guard or Reserve member dies while serving on federal active duty orders for more than 30 days, family members remain eligible as follows:

Surviving Spouses Benefit Timeline



Surviving Children Benefit Timeline



Survivor Benefits: Activated 30 Days or Less

- If a National Guard or Reserve member dies while serving on federal active duty orders for a period of 30 consecutive days or less, family members remain eligible as survivors:
 - They have retiree benefits and costs.
 - They're eligible for the TDP Survivor Benefit.

Survivor Benefits: Not Activated

- Family members of non-activated National Guard or Reserve members who had TRS or TAMP coverage at the time of their death have the following options:
 - If TRS coverage was in effect, qualified survivors may purchase or continue coverage under TRS for up to six months from the date of their sponsor's death.
 - If TAMP coverage was in effect, eligible survivors remain covered until the end of the 180-day TAMP period.

The Affordable Care Act

TRICARE meets the minimum essential coverage requirement under the Affordable Care Act.



Each tax year, you'll get an Internal Revenue Service (IRS) Form 1095 from your pay center. It will list your TRICARE coverage for each month.



Your Social Security number (SSN) and the SSNs of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

Today's AGENDA

- What Is TRICARE?
- TRICARE Eligibility
- Medical Coverage
- Other Important Information
- **For Information and Assistance**

Stateside Regional Contractors

- TRICARE East Region
Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com
- TRICARE West Region
Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

Dental Contractor

- TRICARE Active Duty Dental Program
United Concordia Companies, Inc.
1-866-984-2337 CONUS
1-844-653-4058 OCONUS (using country-specific access codes)
www.addp-ucci.com
- TRICARE Dental Program
United Concordia Companies, Inc.
1-844-653-4061 CONUS
1-844-653-4060 OCONUS
www.uccitdp.com

Overseas Regional Contractor

- TRICARE Overseas Program (TOP)
International SOS Government Services, Inc.
www.tricare-overseas.com/contact-us

More Resources

- TRICARE Website
www.tricare.mil



- TRICARE Publications
www.tricare.mil/publications
- milConnect
<https://milconnect.dmdc.osd.mil>

VA



U.S. Department
of Veterans Affairs

Department of Veterans Affairs (VA) Benefits & Services Overview

U.S. Department of Veterans Affairs



VA's Mission & Values

To care for those who have “borne the battle,” and for their families and their survivors.



Integrity

Commitment

Advocacy

Respect

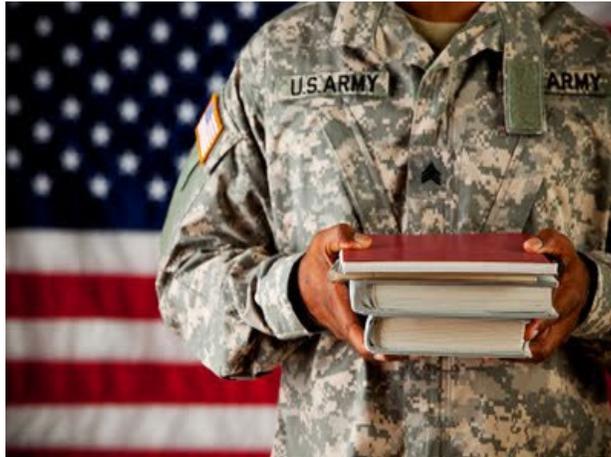
Excellence





How We're Organized

Veterans Benefits Administration (VBA)



Administers Benefits (Compensation, Pension, Vocational Rehabilitation & Employment, Education, Home Loan Guaranty, and Life Insurance)

Veterans Health Administration (VHA)



Provides Healthcare Services (Primary Care, Mental Health, and Specialty Care); Veteran-Focused Services (Amputation Care, TBI, PTSD, Spinal Cord Care, etc.); and Long-Term Care

National Cemetery Administration (NCA)



Honors Veterans & families with final resting places & commemorates their service and sacrifice

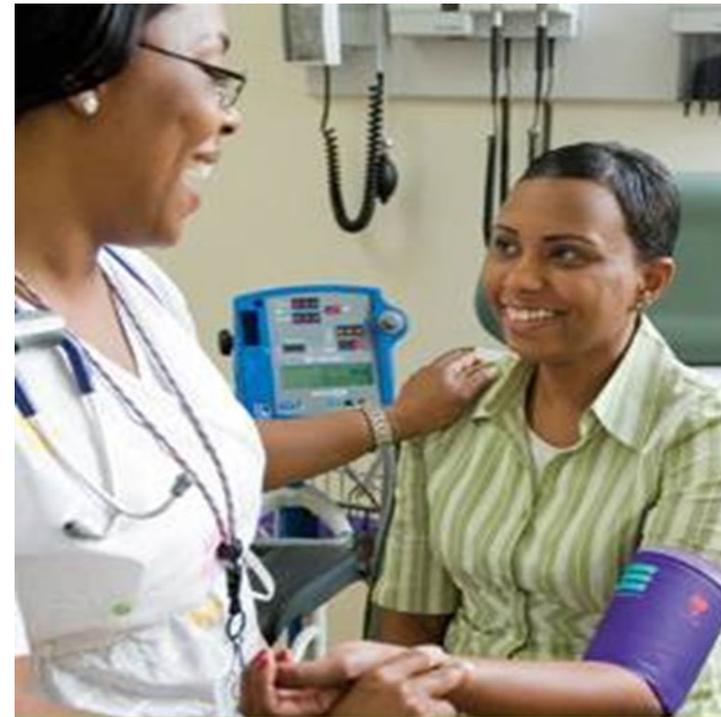


VA Health Care Services

VA ensures that all eligible Veterans have access to all the health care services necessary to promote, preserve and restore their health.

Services include:

- Primary Care
- Mental Health Care
- Preventive Care
- Specialty Care
- Care Management
- Inpatient and Outpatient Pharmacy
- Women's Health Care
- Geriatrics & Palliative Care
- Long Term Services & Support
- Inpatient Medical Care





Specialty Care Services

VA provides a wide range of medical and surgical specialty care services including:

- Anesthesiology
- Bariatric surgery
- Cardiology – Vascular
- Chaplain
- Critical Care Specialty
- Dermatology
- Diabetes and Endocrinology
- Geriatrics & Palliative Care
- Gynecology Care
- Infectious Disease
- Nephrology
- Neurology
- Mental Health
- Oncology
- Optometry & Ophthalmology
- Orthopedic Surgery
- Orthotic and Prosthetic (amputee care & custom orthotics)
- Pacemaker
- Pain Management
- Podiatry
- Pulmonary
- Robotic-Assisted Surgery
- Spinal Cord Injury
- Transplant Surgery (heart, lung, liver, etc.)
- Urology
- Vascular Surgery





Military2VA Transition Program

- Military2VA Case Management Program (M2VA)
 - The M2VA Program is a transitional support program for Veterans and their families during transition from military service
 - The primary responsibility of the M2VA Program is to coordinate care and services for ill and injured transitioning Servicemembers and Veterans in need of case management services (DOD Referrals)
 - Welcome all returning Post 9/11 Veterans into the VA system and assist with connecting them to the needed health care services
 - (every VA Hospital has a M2VA Team)



Mental Health Services

- Inpatient and Outpatient Mental Health Services
- Individual & Group Therapies
- Sexual Trauma Counseling
- Residential PTSD (Post Traumatic Stress Disorder) Program
- Substance Abuse Counseling
- Suicide Prevention Program
- If you feel you are in crisis or have thoughts of hurting yourself, please contact **VETERAN CRISIS Line (1-800-273-8255)**



Mental Health Services

Transitioning from military to civilian life is often a process that requires the support of friends, family, and often, mental health professionals. The information below can help you through this process:

For Returning Servicemembers:

- **This link provides Servicemembers with several helpful sites:**
<https://www.mentalhealth.va.gov/gethelp.asp>
- **If you are in crisis**, please call 911, go to your nearest Emergency Room, or call the **Veterans Crisis Line** available 24/7 at 1-800-273-8255 (Spanish/Español 1-888-628-9454). Veterans press “1” after you call. You can also chat live online with a crisis counselor 24/7 by visiting the Veterans Crisis Line website (<https://www.veteranscrisisline.net>)



Mental Health Services

- **If you are a Veteran who is homeless or at risk of becoming homeless**, you can contact the National VA Call Center 24/7 at 1-877-424-3838 (also intended for Veterans families, VA Medical Centers, federal, state and local partners, community agencies, service providers and others in the community) or <https://www.va.gov/HOMELESS/NationalCallCenter.asp>

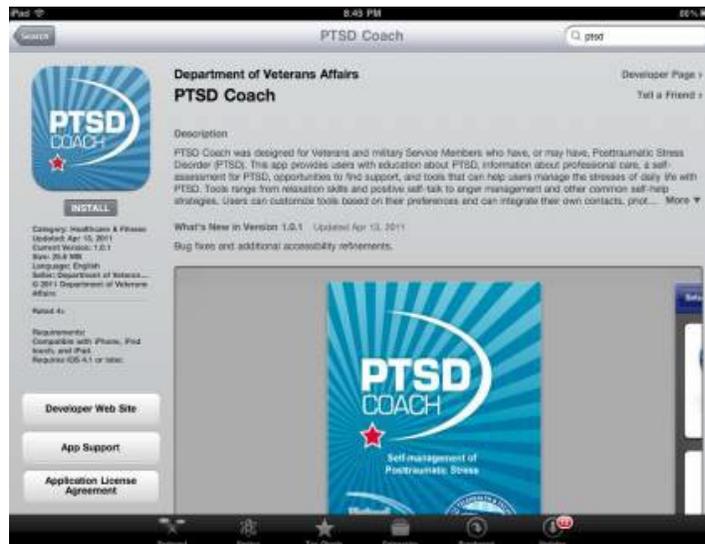
For spouses and loved ones:

- Returning home can be a tough adjustment and loved ones can help. **Coaching Into Care** (<https://www.mirecc.va.gov/coaching/>) offers free coaching to help you help your Veteran. Give us a call: 888-823-7458. Hours: Monday - Friday 8 a.m. - 8 p.m. EST



Mobile Apps

The “PTSD Coach” mobile app was created by the VA's National Center for PTSD in partnership with the Department of Defense's National Center for Telehealth and Technology (T2). It provides reliable information on PTSD and treatments that work, tools for screening and tracking symptoms, and direct links for help and support.





Dental Care (VHA)

- The Department of Veterans Affairs provides comprehensive dental care to Veterans who meet eligibility standards. VA may provide some Veterans extensive dental care, while in other cases treatment may be limited.
- Recently separated veterans who apply within 180 of discharge and served for 90 days or more on active duty and DD214 does not indicate necessary dental care was provided within 90 days of discharge are eligible for cost free one time dental treatment. (limited care)
- VADIP: (VA Dental Insurance Program) offers enrolled Veterans and beneficiaries of VA's Civilian Health and Medical Program (CHAMPVA) the opportunity to purchase dental insurance at a reduce price



Additional Services and Programs

- Health Care for Homeless Veterans Program
- Marriage/Couples Counseling
- Driver Evaluations-Rehab Medicine
- Move-Weight Loss Program
- Optometry and Audiology Services
- Prosthetic Services
- Whole Health Program
- Medical Research Programs
- Environmental Programs (Military Exposures)
- Case Management Services
- Long Term Care Services
- Community Care and Urgent Care Benefits



2022 Copayment Rates

- **Basic Care Services \$15 / visit:** services provided by a primary care clinician
- **Specialty Care Services \$50 / visit:** services provided by a clinical specialist such as surgeon, radiologist, audiologist, optometrist, cardiologist
- **Medications :** Veterans in Priority Groups 2-8, for each 30-day or less supply of medication for treatment of nonservice-connected condition
 - Tier 1 drugs (preferred generics) \$5
 - Tier 2 drugs (non-preferred generics) \$8
 - Tier 3 drugs (brand name drugs) \$11
 - (Veterans in Priority Groups 2 through 8 are limited to \$700 annual cap)



Combat Veterans Copay Benefit

- **Veterans of recent operations (Operation Iraqi Freedom, Operation Enduring Freedom, Operation New Dawn, Inherent Resolve)**
- **VA provides enhanced enrollment opportunity and five years of cost-free health care to veterans who served in a theater of combat operations, for any injury or illness associated with this service.**
- **Veterans Who Experience Non-Service related Illness/Injuries Post Deployment may be charged a co-pay at VA for treatment of the following conditions: i.e. sickness, injuries or accidents**



My HealthVet

What is it? A website designed for Veterans to help them understand and manage their health. It provides Veterans with 24/7/365 access to a variety of tools to manage health care. It enables Veterans to work and communicate privately with their healthcare team to achieve the best possible health.

www.myhealth.va.gov



Communicate with
Participating Patient
Aligned Care Team
Members



View Appointments
and Health
Information



Refill and Track
Prescriptions



Download and Share
Personal Health
Record



Need More Reasons to Enroll

- Medical care rated among the best in U.S.
 - No enrollment fee
 - No monthly premiums or deductibles
 - More than 1,700 medical facilities available
 - Medical care is not limited to military disabilities only
 - Freedom to use other plans, (private insurance)
 - Must be enrolled in VA Health Care to receive the benefit
 - Health Care is expensive and can cost you thousands of dollars
-
- Combat Veterans have special enrollment eligibility benefit. (expires five years from discharge date)
 - (secure the benefit now)



Application Process-Health Benefits

Steps to apply for medical benefits : Complete VA Form 10-10 EZ

1. In person, you can apply at any VA Health Care Facility
2. Veterans can fill out an application online at Vets.gov
3. By Mail, you can download copy of application online
4. By phone at 1-877-222-Vets (8387)
5. Contact your local County VSO (Veteran Service Officer)

Military Documents Needed: DD214 for Verification of Military Service

Request for Military Records (Standard Form SF 180) Complete online or fax/mail request to the National Personnel Records Center (NPRC).

***Application will be processed to determine eligibility for VA Health Care Services. (complete full application)**



VA Health Care application 1010EZ

OMB Approval No. 2009-0001
Estimated Burden: 20-25 min.

Department of Veterans Affairs APPLICATION FOR HEALTH BENEFITS

SECTION I - GENERAL INFORMATION

Federal law provides criminal penalties, including a fine and/or imprisonment for up to 5 years, for concealing a material fact or making a materially false statement. (See 18 U.S.C. 1001.)

1A. VETERAN'S NAME (Last, First, Middle Name) 1B. PREFIX OR NAME 2. MOTHER'S MIDDLE NAME

3A. BIRTH SEX: MALE FEMALE
 3B. SELF-IDENTIFIED GENDER IDENTITY: MALE FEMALE

4. ARE YOU SPANISH, HISPANIC, OR LATINO? YES NO

5. WHAT IS YOUR RACE? (You may check more than one. Information is required for statistical purposes only.)
 ASIAN AMERICAN INDIAN OR ALASKA NATIVE
 BLACK OR AFRICAN AMERICAN WHITE
 NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER

6. SOCIAL SECURITY NO.

7. VA CLAIM NUMBER 8A. DATE OF BIRTH (mm/dd/yyyy) 8B. PLACE OF BIRTH (City and State) 9. RELIGION

10A. PERMANENT ADDRESS (Street) 10B. CITY 10C. STATE 10D. ZIP CODE 10E. COUNTY

10F. HOME TELEPHONE NO. (Include area code) 10G. MOBILE TELEPHONE NO. (Include area code) 10H. E-MAIL ADDRESS

11A. RESIDENTIAL ADDRESS (Street) 11B. CITY 11C. STATE 11D. ZIP CODE 11E. COUNTY

12. TYPE OF BENEFIT(S) APPLICABLE FOR (You may check more than one.)
 ENROLLMENT HEALTH SERVICES DENTAL MARSHED NEVER MARRIED SEPARATED WIDOWED DIVORCED

13. CURRENT MARITAL STATUS

14A. NEXT OF KIN NAME 14B. NEXT OF KIN ADDRESS 14C. NEXT OF KIN RELATIONSHIP

14D. NEXT OF KIN TELEPHONE NO. (Include area code) 14E. NEXT OF KIN BEAR TELEPHONE NO. (Include area code)

15. DESIGNATED - INDIVIDUAL TO RECEIVE POSSESSION OF YOUR PERSONAL PROPERTY LEFT ON PREMISES UNDER VA CONTROL AFTER YOUR DEPARTURE OR AT THE TIME OF DEATH (Name - This does not constitute a will or beneficiary designation)

16. I AM ENROLLING TO OBTAIN PREMIUM ESSENTIAL COVERAGE UNDER THE AFFORDABLE CARE ACT YES NO

17. WHICH VA MEDICAL CENTER OR OUTPATIENT CLINIC DO YOU PREFER? (For listing of facilities visit www.va.gov/locations)

18. WOULD YOU LIKE FOR VA TO CONTACT YOU TO SCHEDULE YOUR FIRST APPOINTMENT? YES NO

SECTION II - MILITARY SERVICE INFORMATION

1A. LAST BRANCH OF SERVICE 1B. LAST ENTRY DATE 1C. FUTURE DISCHARGE DATE 1D. LAST DISCHARGE DATE

1E. DISCHARGE TYPE 1F. MILITARY SERVICE NUMBER

2. MILITARY HISTORY (Check one or more)

	YES	NO	YES	NO
A. ARE YOU A PURPLE HEART AWARD RECIPIENT?	<input type="checkbox"/>	<input type="checkbox"/>	G. DO YOU HAVE A VA SERVICE-CONNECTED RATING?	<input type="checkbox"/>
B. ARE YOU A FORMER PRISONER OF WAR?	<input type="checkbox"/>	<input type="checkbox"/>	IF "YES", WHAT IS YOUR RATED PERCENTAGE _____ %	
C. DID YOU SERVE IN A COMBAT THEATER OF OPERATIONS AFTER 1/01/1980?	<input type="checkbox"/>	<input type="checkbox"/>	H. DID YOU SERVE IN VIETNAM BETWEEN JANUARY 8, 1962 AND MAY 7, 1975?	<input type="checkbox"/>
D. WERE YOU DISCHARGED OR RETIRED FROM MILITARY FOR A DISABILITY INCURRED IN THE LINE OF DUTY?	<input type="checkbox"/>	<input type="checkbox"/>	I. WERE YOU EXPOSED TO RADON WHILE IN THE MILITARY?	<input type="checkbox"/>
E. ARE YOU RECEIVING DISABILITY RETIREMENT PAY INSTEAD OF VA COMPENSATION?	<input type="checkbox"/>	<input type="checkbox"/>	J. DID YOU RECEIVE NOSE AND THROAT RADIUM TREATMENT WHILE IN THE MILITARY?	<input type="checkbox"/>
F. DID YOU SERVE IN SW ASIA DURING THE GULF WAR BETWEEN AUGUST 2, 1990 AND NOVEMBER 11, 1991?	<input type="checkbox"/>	<input type="checkbox"/>	K. DID YOU SERVE ON ACTIVE DUTY AT LEAST 30 DAYS AT CAMP LEJUNE FROM AUGUST 1, 1967 THROUGH DECEMBER 31, 1967?	<input type="checkbox"/>

VA FORM 10-10EZ APR-2017 PREVIOUS EDITIONS OF THIS FORM ARE NOT TO BE USED PAGE 1

APPLICATION FOR HEALTH BENEFITS VETERAN'S NAME (Last, First, Middle) SOCIAL SECURITY NUMBER

Continued

SECTION III - INSURANCE INFORMATION (Use a separate sheet for additional information)

1. ENTER YOUR HEALTH INSURANCE COMPANY NAME, ADDRESS AND TELEPHONE NUMBER (Include coverage through spouse or other person)

2. NAME OF POLICY HOLDER 3. POLICY NUMBER 4. GROUP CODE 5. ARE YOU ELIGIBLE FOR MEDICAID? YES NO 6A. ARE YOU ENROLLED IN MEDICARE HOSPITAL INSURANCE PART A? YES NO 6B. EFFECTIVE DATE (mm/dd/yyyy)

SECTION IV - DEPENDENT INFORMATION (Use a separate sheet for additional dependents)

1. SPOUSE'S NAME (Last, First, Middle Name) 2. CHILD'S NAME (Last, First, Middle Name)

3A. SPOUSE'S SOCIAL SECURITY NUMBER 3B. CHILD'S DATE OF BIRTH (mm/dd/yyyy) 3C. CHILD'S SOCIAL SECURITY NO.

10. SPOUSE'S DATE OF BIRTH (mm/dd/yyyy) 11. SPOUSE SELF-IDENTIFIED GENDER IDENTITY: MALE FEMALE 12. DATE CHILD BECAME YOUR DEPENDENT (mm/dd/yyyy)

13. DATE OF MARRIAGE (mm/dd/yyyy) 14. CHILD'S RELATIONSHIP TO YOU (Check one)
 SON DAUGHTER STEPSON STEPDAUGHTER

15. SPOUSE'S ADDRESS AND TELEPHONE NUMBER (Street, City, State, ZIP) (If different from Veteran's) 16. WAS CHILD PERMANENTLY AND TOTALLY DISABLED BEFORE THE AGE OF 18? YES NO

17. IF CHILD IS BETWEEN 18 AND 23 YEARS OF AGE, DID CHILD ATTEND SCHOOL LAST CALENDAR YEAR? YES NO

18. IF YOUR SPOUSE OR DEPENDENT CHILD DID NOT LIVE WITH YOU LAST YEAR, DID YOU PROVIDE SUPPORT? YES NO 19. EXPENSES PAID BY YOU AS PARENT CHILD FOR COLLEGE, VOCATIONAL REHABILITATION OR TRAINING (e.g., tuition, books, materials)

SECTION V - EMPLOYMENT INFORMATION

1A. VETERAN'S EMPLOYMENT STATUS (Check one)
 FULL TIME PART TIME NOT EMPLOYED RETIRED 1B. DATE OF RETIREMENT

10. COMPANY NAME 11. COMPANY ADDRESS (Complete if employed or retired - Street, City, State, ZIP) 12. COMPANY PHONE NUMBER (Complete if employed or retired - Include area code)

SECTION VI - PREVIOUS CALENDAR YEAR GROSS ANNUAL INCOME OF VETERAN, SPOUSE AND DEPENDENT CHILDREN (Use a separate sheet for additional dependents)

	VETERAN	SPOUSE	CHILD 1
1. GROSS ANNUAL INCOME FROM EMPLOYMENT (wages, salaries, tips, etc.) EXCLUDING INCOME FROM YOUR FARM, RANCH, PROPERTY OR BUSINESS	\$ _____	\$ _____	\$ _____
2. NET INCOME FROM YOUR FARM, RANCH, PROPERTY OR BUSINESS	\$ _____	\$ _____	\$ _____
3. LIST OTHER INCOME AMOUNTS (e.g., Social Security, pension, interest, dividends) EXCLUDING WELFARE	\$ _____	\$ _____	\$ _____

SECTION VII - PREVIOUS CALENDAR YEAR DEDUCTIBLE EXPENSES

1. TOTAL NON-REIMBURSED MEDICAL EXPENSES PAID BY YOU OR YOUR SPOUSE (e.g., copayments for doctors, services, medications, Medicare, health insurance, hospital and nursing home) *Do not include a deductible and the net medical expenses you may claim.* \$ _____

2. AMOUNT YOU PAID LAST CALENDAR YEAR FOR FUNERAL AND BURIAL EXPENSES (INCLUDING PREPAID BURIAL EXPENSES) FOR YOUR DECEASED SPOUSE OR DEPENDENT CHILD *Do not enter an amount if included in Section IV.* \$ _____

3. AMOUNT YOU PAID LAST CALENDAR YEAR FOR YOUR COLLEGE OR VOCATIONAL EDUCATIONAL EXPENSES (e.g., tuition, books, fees, materials) *Do not list your dependent's educational expenses.* \$ _____

VA FORM 10-10EZ APR-2017 PAGE 2



Enrollment Process

- Once determined eligible for VA Health Care services , Veteran will be contacted by VA Staff to schedule New Patient Primary Care appointment.
- Primary Care Provider is the gateway to access VA Services.
- Once you have a legal enrollment you will always remain enrolled in VA Health Care
- Transition Support Staff : Military2VA Case Management Program
- (should you need any assistance with the enrollment process or care that you are receiving at the VA, please contact the M2VA Program)



Local VA Contacts

VA Medical Center:

Charles George VA Medical Center (Asheville, NC) (828)298-7911

Program Manager Patrick McKinsey ext. 5554

Case Manager Alisa Early ext.5366

Durham VA Medical Center (Durham, NC) (919)286-0411

Program Manager Susan Watkins ext. 177040

Transition Patient Advocate Shelton M. Faircloth ext. 175952

Fayetteville VA Medical Center (Fayetteville, NC)

Program Manager Marisol Huertas (910)475-6255

Transition Patient Advocate Wilfredo Davila (910)475-6256



Local VA Contacts

VA Medical Center:

W.G. "Bill" Hefner VA Medical Center (Salisbury, NC) (704)638-9000

Program Manager Ronald McDaniel ext.15507

Transition Patient Advocate Timothy Nason ext. 15502

Vet Center:

Charlotte Vet Center (704)549-8025

Fayetteville Vet Center (910)488-6252

Greensboro Vet Center (336)323-2660

Greenville Vet Center (252)355-7920

Jacksonville Vet Center (910)577-1100

Raleigh Vet Center (919)361-6419

Spindale Outstation (828)288-2757

VA Regional Office: (Winston Salem) (800)827-1000



Questions



"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation."

-George Washington

Veterans Benefits Administration

Darren Luke

Supervisor, VBA

Winston-Salem, NC

Darren.Luke@VA.GOV

(336) 251-6915



Choose **VA**

WWW.VA.GOV

VA



U.S. Department
of Veterans Affairs

WWW.VA.GOV

[Service member benefits](#)

Find out what benefits you may be eligible for during service and which time-sensitive benefits to consider when separating or retiring.

[Careers and employment](#)

Apply for vocational rehabilitation services, get support for your Veteran-owned small business, and access other career resources.

[Life insurance](#)

Explore VA life insurance options for Veterans, service members, and families. Manage your policy online, file claims for benefits, and access helpful resources.

[Health care](#)

Apply for VA health care, find out how to access services, and manage your health and benefits online.

[Family member benefits](#)

Learn about the benefits you may qualify for as a spouse, dependent, or survivor. And find out what you're eligible for as a family member caring for a Veteran with disabilities.

[Housing assistance](#)

Find out if you're eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

[Education and training](#)

Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

[Disability](#)

File a claim for disability compensation for conditions related to your military service, and manage your benefits over time.

[Burials and memorials](#)

Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

[Pension](#)

Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

[Records](#)

Apply for a printed Veteran ID card, get your VA benefit letters and medical records, and learn how to apply for a discharge upgrade.



[Find a VA health facility, regional office, or cemetery](#)



[Talk to a Veterans Crisis Line responder now](#)



[Sign in or create an account to use more tools](#)



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VA



U.S. Department
of Veterans Affairs

Veterans Benefits Administration

- You CAN get VA benefits while in Drill Status – they offset – can't get both at same time
- IF you are going to file for a Disability Compensation due to service – best time is right after discharge from active duty
- To restart Disability Compensation benefits, need copy of DD 214 / statement asking to restart

DARREN LUKE – Darren.luke@va.gov



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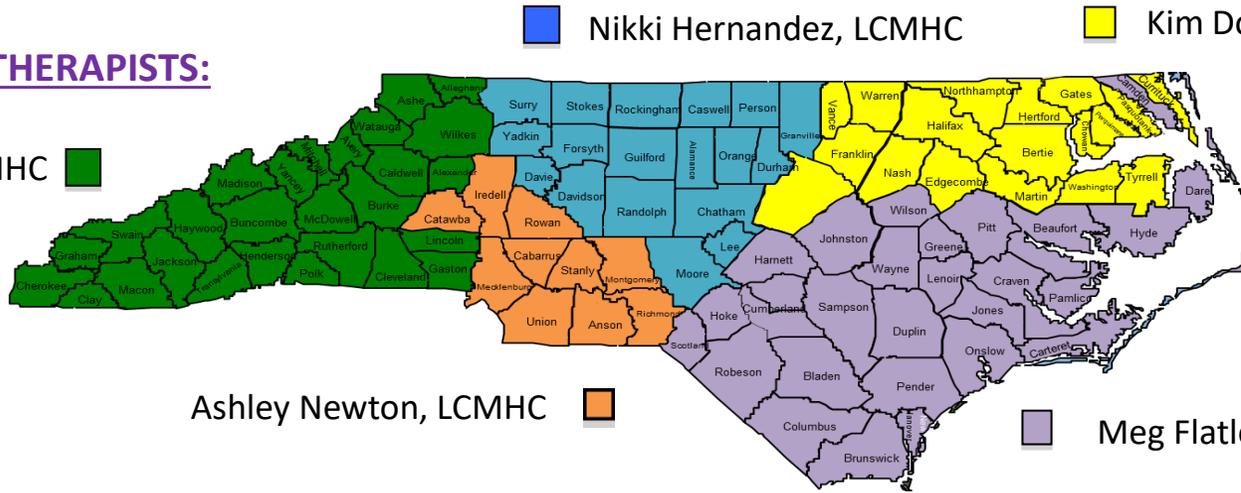




NCNG Integrated Behavioral Health System (IBHS)

EMBEDDED PSYCHOTHERAPISTS:

Starr Thurber, LCMHC



Ashley Newton, LCMHC

Nikki Hernandez, LCMHC

Kim Dougherty, LCSW

Donielle Preusser, LCSW

Meg Flatley, LPA

WELLNESS ADVOCATES:

Jen Farrelly, MAMFC
Chelsie Jordan, MSW
Kim Poff, BSW

SYSTEM BENEFITS:

- **24/7 Availability**
- Credentialed Tele-Mental Health Psychotherapists
- Evidenced Based, Face to Face Treatment for Trauma
- Culturally Competent Providers Embedded in Armories
- Professional Behavioral Health Wellness Advocates
- Emergency monies, mortgage relief, utility assistance, food, shelter, etc.
- Crisis Intervention
- Accurate and Immediate Individual Clinical Assessment
- Immediate Consultative Guidance for Command
- Geographically Available Resources
- Critical Incident Stress Debriefing (CISD)
- Free for R/C Servicemembers and their Families

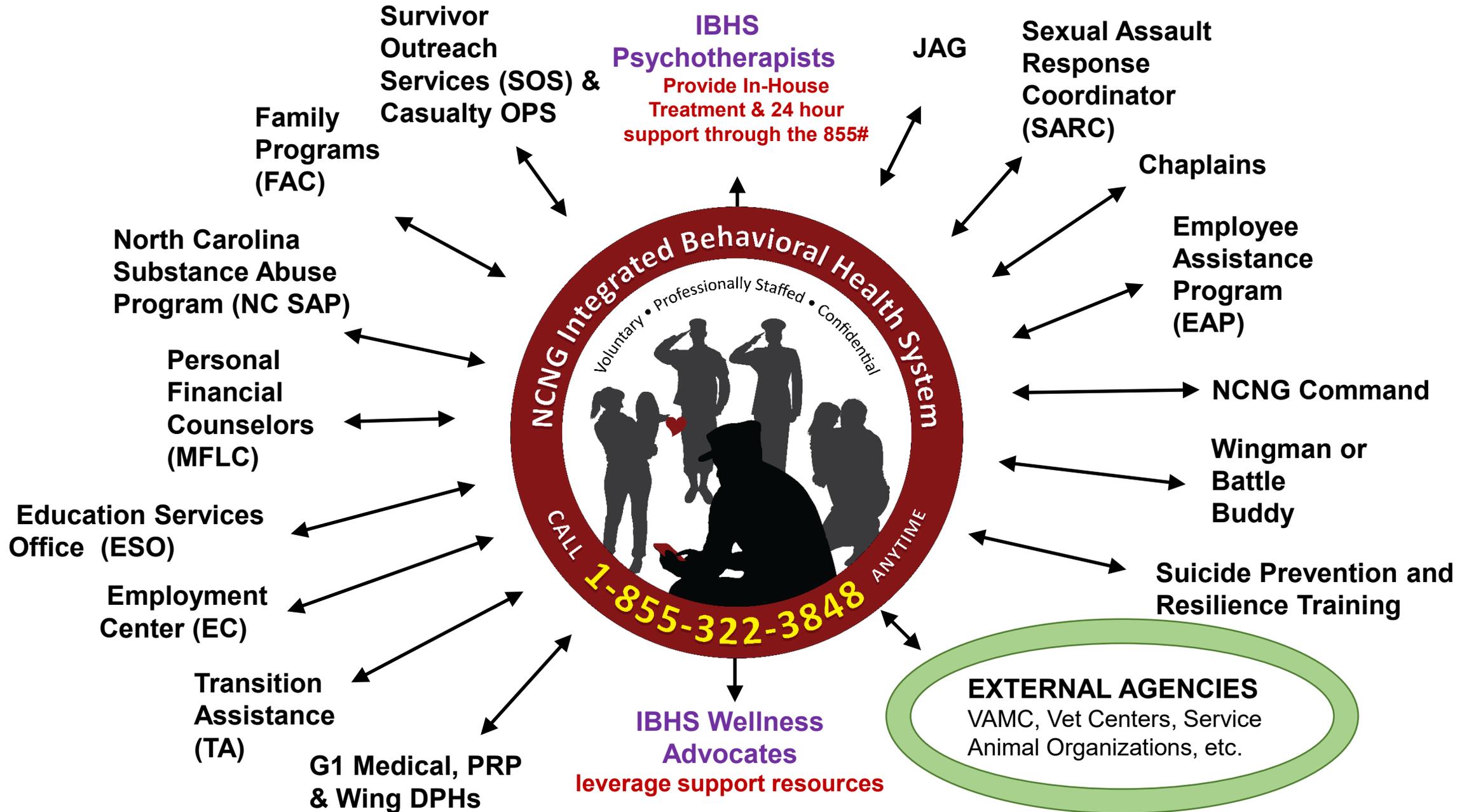
ADMINISTRATION:

Stephanie Nissen, LCMHC
Donielle Preusser, LCSW
Shannon Tennant



CALL 1-855-322-3848

IBHS North Carolina National Guard's One Stop Shop



Questions?