Before we get started

- Please silence your cell phone
- Verify all members have completed self-assessment
- Verify all members have completed Initial Counseling (if not completed today)
- Verify DoDTAP EFORM has been created
- Verify all members have copy of ITP
- Review TAP Attendance Instructions

https://www.75thforcesupport.com/transition-assistance-program

Visit our website to download all TAP documents
Introduction

- **Purpose of Pre-separation Counseling:**
  - Mandated by Title 10
  - Introduce benefits and services
  - Answer questions
  - Describe assistance in place to help you

- Counseling serves as reference for planning transition
  - Referrals provided to agency experts
Transition Requirements Overview

- Initial Counseling
- Pre-separation briefing
- DoD Transition Day (mandatory with NO exemptions)
- VA Benefits and Services Briefing (mandatory with NO exemptions)
- Department of Labor (DOL) One-Day (mandatory with some exemptions)
- Additional 2 day tracks
  - DOL Employment Track
  - Accessing Higher Education Track
  - Vocational Training Track
  - Entrepreneurship Track
- Capstone (NLT 90 days prior to date of separation)
DS Logon

- DS Logon provides a secure means of authentication to personally identifiable information (PII) and personal health information (PHI) for all beneficiaries and other individuals with a continuing affiliation with DoD.
- You will need this to access eBenefits and other benefits-related websites where you currently use the CAC log-on option.
- If you already have DS Logon, log-on to the DMDC myAccess site (https://myaccess.dmdc.osd.mil/) and bring up your account on the computer.
- If there is anyone in class who does not already have a DS Logon account, you will obtain your DS Logon credential using the DMDC myAccess site (https://myaccess.dmdc.osd.mil/) before you leave today.
1. Effects of a Career Change

- Explain the effects of a career change
- Identify coping techniques
- Referral contact information
  - Chaplain
  - Medical professionals
  - Education office
  - A&FRC
  - Vet Centers
  - Military and Family Life Counselors
  - Military OneSource (1 year after DOS)
  - Veterans Service Organizations (VSO)
2. Reserve Affiliation and Reserve Component Counselors at Installations

- If you have not served a total of 8 years, you must complete the remainder of your contractual obligation
  - Selected Reserves
  - Inactive National Guard
  - Individual Ready Reserve (IRR)

Air Force Reserve Line Recruiter: MSgt Joey C. Mannozzi: 801-430-5966 joey.mannozzi@us.af.mil
Air National Guard In-Service Recruiter: MSgt Trevor W. Bivins: 661-304-8005 trevor.bivins@us.af.mil
3. Verification of Military Experience and Training (VMET)  
DD Form 2586

- Utilization of VMET
  - Updated quarterly

- Eligible members can download/print VMET at: [https://milconnect.dmdc.osd.mil/milconnect/](https://milconnect.dmdc.osd.mil/milconnect/)
  - NOT an official transcript
  - Refer to FAQs on website

**NOTE:** Print and/or save electronic copy prior to attending TAP
4. Civilian Occupations Corresponding to Military Occupations/O*NET

- Licensing and Certification
- American Job Centers (AJC)
- Defense Activity for Non-Traditional Education Support DANTES
- O*NET resources
  - mynextmove.org (useful information to assist in researching potential occupations)
- Program and features
  - Career Exploration Tools, etc.
5. Licensing, Certification and Apprenticeship Information

- Credentialing
  - Licenses
  - Certifications

- Department of Labor American Job Centers (DOL AJC)
  - [www.careeronestop.org/FindTraining/](http://www.careeronestop.org/FindTraining/)
  - [www.veterans.gov](http://www.veterans.gov)
  - [www.dol.gov/vets](http://www.dol.gov/vets)

6. Credentialing Opportunities On-Line (COOL)

Each branch of the military has a COOL website. There, Service members can:

- Get background information about civilian licensure and certification
- Identify licenses and certifications relevant to your military rating
- Learn how to fill gaps between military training and experience and civilian credentialing requirements
- Learn about resources available to help gain civilian job credentials
6. Credentialing Opportunities On-Line (COOL) cont’d

- U.S. Air Force Credentialing On-Line (AF Cool)
  https://afvec.us.af.mil/afvec/Public/COOL/
- U.S. Army Credentialing Opportunities On-Line (Army Cool)
  https://www.cool.army.mil/
- U.S. Navy Credentialing On-Line (Navy Cool)
  www.cool.navy.mil
- U.S. Marine Corps Credentialing Online (Marine Corps COOL)
  www.cool.navy.mil/usmc
7. United Services Military Apprenticeship Program (USMAP)

- Apprenticeship programs for members who are serving in the United States Marine Corps, Coast Guard, or Navy
- Recognized by DOL
- To apply, speak with your education office professional for information and assistance.
8. DoD SkillBridge

- Still evolving - not every installation currently offers programs
  - More than 30 installations currently offer
- Initiative promotes the civilian job training authority for transitioning service members
  - Can participate in civilian employment training, including apprenticeships and internships
  - Must be 180 days from DOS
  - Approval from their first field-grade level commander in their chain of command
  - Programs must offer a high probability of employment and be provided to the service member at little or no cost

For more information visit:
www.dodskillbridge.com
9. Defense Activity for Non-Traditional Education Support (DANTES)

Service member support:
- Enable access to quality post-secondary educational opportunities that prepare service members for college entrance and a successful learning experience
- Equip education counselors with tools and resources to assist service members with individualized guidance and face-to-face interaction
- Expand the opportunities for obtaining college credits and completing degree requirements, leading to success in higher education
- Support service members during transition into the civilian workforce

For more information about programs and services visit: www.dantes.doded.mil
10. DoD TAP Web Portal

- Comprehensive resource with capabilities to support sep/ret related issues

- Service members and military spouses can:
  - Learn about the Transition Assistance curriculum
  - Determine how and where to prepare for their transition to civilian life
  - Discover a host of online resources, including:
    - VA benefits
    - Financial planning assistance
    - Assessing and documenting their skills for transition to civilian life

- Access the DoDTAP website: [https://www.dodtap.mil](https://www.dodtap.mil)
  - May access online TAP JKO portal for refresher training
    - [www.dodtap.mil/virtual_curriculum.html](http://www.dodtap.mil/virtual_curriculum.html)
11. American Job Centers – Priority of Service (POS)

- **Priority of service (POS)** gives the Veteran and eligible spouses priority over other non-covered persons for any DOL funded employment or training programs.

- **Relation to State Employment Offices**

- **Types of available services**

- **Service locator**
  - [www.servicelocator.org](http://www.servicelocator.org)

- **Finding Career information**
  - [www.careeronestop.org](http://www.careeronestop.org)
  - [www.myskillsmyfuture.org](http://www.myskillsmyfuture.org)
12. Department of Labor (DOL) Veterans Employment Training Service (VETS) Website

- Helps translate military skills and experience into civilian terms, build a resume, search for jobs, and provides essential interview tips and resources
  - [www.dol.gov/vets](http://www.dol.gov/vets)
13. Department of Labor (DOL) One-Day, DOL Employment Track & Service Sponsored Transition Workshops/Seminars

- Mandatory to attend the DOL One-Day Workshop (some exemptions apply)

- Department of Labor One-Day Employment Workshop (DOLEW)
  - Will give a first-hand look of what to expect after military service
  - Provides information on various job search techniques, labor market information, resume, interview skills, and more
  - Will help with individual transition planning, employment assistance, small business information, POS for Veterans in all DOL funded employment and training programs
  - Spouses or caregivers are strongly encouraged to attend the DOLEW.

- DOL 2-day Employment Track
  - Provides more in depth employment information, resume writing, federal hiring, mock interviews and more

- Eligibility
- Timelines
- Notification requirements

DOL Veterans Employment and Training Service (VETS) interprets, and administers USERRA


Employer Support for the Guard and Reserve

- [http://esgr.mil/USERRA/What-is-USERRA.aspx](http://esgr.mil/USERRA/What-is-USERRA.aspx) or call (800) 336-4590, Option 1 to speak to an Ombudsman
15. State Employment Agencies

- These offices are called the American Job Center but may be referred to differently by each state

- Dedicated veterans employment representatives
  - Disabled Veteran Outreach Program (DVOP) Specialist
  - Local Veterans’ Employment Representative (LVER)

- Available services
  - Provide employment, training and placement services
  - Identify potential careers [www.myskillsmyfuture.org](http://www.myskillsmyfuture.org)

- Locate nearest state office at [www.servicelocator.org](http://www.servicelocator.org)
16. State Job Boards

- Each state has a job board for their state
- Employers can search for applicants
- Applicants can search for positions
- To explore state job boards go to: www.careeronestop.org/jobsearch/cos_jobsites.aspx
19. Troops to Teachers – “Proud to Serve Again”

Have you ever considered teaching as a second career after the military?

- Education systems across the nation are looking for qualified teachers.
- You are a rich combination of skills which are a natural fit for the classroom.
- The skills that are honed in the military include leadership, initiative, discipline, teamwork, integrity and the ability to thrive in an ever-changing environment which contribute to making some of the best teachers.

www.proudtoserveagain.com
20. Federal Employment Opportunities

- Another option available, after you leave active duty, is working for the Federal Government.

- USAJOBS is the official job site of the U.S. Federal Government, go to: www.usajobs.gov

- Interested in a career in national defense go to: http://godefense.cpms.osd.mil
21. Veterans’ Preference in Federal Employment

Eligibility
- Five point preference
  - Exemptions – O4 and above
- Ten point preference
  - Have a service connected disability OR received a Purple Heart

Must provide acceptable documentation of your preference or appointment eligibility
- Copy of DD Form 214 showing dates of service and discharge under honorable conditions; acceptable documentation

For more detailed information go to https://jkodirect.jten.mil
There are three main ways to acquire a Federal position:

- **Competitive Appointment**
  Individuals must go through competitive hiring process

- **Excepted Appointment**
  Agencies set their own qualification requirements and are not subject to the appointment, pay and classification rules in title 5

- **Special Hiring Authorities**
  Noncompetitive appointment

There are three authorities that are exclusively for Veterans:

- Veterans Employment Opportunities Act (VEOA)
- Veterans Recruitment Appointment (VRA)
- Thirty percent or more disabled Veteran appointment authority
22a. Veterans Recruitment Appointment (VRA)

- Special authority which allows agencies to appoint an eligible Veteran without open competition
  - Can be appointed when qualified up to a GS-11 or equivalent
- Two years of satisfactory employment then converted to a career-conditional
22b. Thirty Percent or More Disabled Veterans

- May be given a temporary or term position for which they are qualified, no grade limitation.
- Should directly contact the federal agency personnel office in the location where you are interested working to find out about available opportunities.
- Must submit an official document, dated 1991 or later, from VA certifying receipt of compensation for a service-connected disability of 30% or more.

24. Six Month Restriction on Military Retirees

- Retirees must wait 180 days after retirement before employment with the Department of Defense (including non-appropriated fund instrumentality).

- Retirees may be appointed to a position during the 180 days if:
  - the proposed appointment is authorized by the Secretary concerned or his designee for the purpose, and, if the position is in the competitive service, after approval by the Office of Personnel Management; or
  - the minimum rate of basic pay for the position was increased under section 5305 of this title.

For more information go to www.fedshirevets.gov/

- Eligibility requirements
  - One time hiring preference if:
    - involuntary separatee and have an honorable discharge with the Separation Program Designator (SPD) code that conveys transition benefits
    - Are separating with a special separation benefit
    - Separating with the voluntary separation incentive

- NAF Employees work in three areas:
  - Career executive force
  - General work force
  - Entry level workers
    - May be skilled, semi-skilled or unskilled
    - May be foremen or supervisors

  More information can be found at: [www.usajobs.gov](http://www.usajobs.gov)
Boots to Business (B2B) is the entrepreneurial training program offered by the SBA as part of the re-designed Transition Assistance Program.

B2B is a two-step program that helps participants improve business skills, learn to use and access tools and resources necessary to launch and maintain a successful business.

Step One is the two-day track – B2B:
- Consists of eight modules, including the entrepreneurial mindset, financing, business plan development, franchising, market analysis, and the legal issues associated with business ownership.
- Introduces participants to many resources from SBA and communities across the nation that can be useful in creating and growing a business.
27. Vocational Training Track

- Members wishing to pursue further technical training will receive guidance and help in selecting schools and technical fields.
- Addresses topics such as selection of a reputable career and technical training school, application process, how to use certification web tools and other internet resources.
27. Managing My Education Track

- Members pursuing college education will receive guidance to prepare for the college application process.
- Addresses topics such as identifying educational goals, application process, Financial Aid, researching and comparing institutions.
- GI Bill.
28. Permissive TDY (PTDY) and Excess Leave (EL)

- Permissive Temporary Duty (PTDY) and Excess Leave (EL) may be authorized for the purpose of job search/house hunting activities that facilitate the relocation to civilian life
  - Only applies to a well-defined group of eligible personnel
  - Cannot request both
  - Granting PTDY or EL is subject to mission requirements and is approved by the unit commander
  - Recommend PTDY because EL is not a duty status and should only be used in rare circumstances
  - EL is not available for retirees
29. Travel and Transportation Allowances

- If retiring, you are authorized travel and transportation allowances from your last duty station to a home of selection (HOS) anywhere in the United States or home or record (HOR), or to the place you entered active duty outside the United States.
  - Must complete travel within 1 year after retirement

- If separating, you are authorized travel and transportation allowances from your last duty station to your home of record (HOR) or place entered active duty (PLEAD).
  - Must complete travel within 180 days after separation

- Eligible retirees and certain involuntary separatees (e.g., with separation pay and at least eight years continuous active duty) are authorized storage and shipment of household goods for up to one full year.

AFRC can offer relocation assistance if needed

For additional Relocation Assistance go to: www.militaryonesource.com
30. Contact Information for Housing Counseling Assistance

- **Base housing**
  - Must arrange a time for a member of the housing staff to come and perform a **pre-inspection** and explain the requirements for cleaning and vacating quarters

- **Rental property**
  - Notify the landlord as soon as possible
  - Housing Office can assist if problems arise in conjunction with your military separation

- **HUD**
  - Mission is to create strong, sustainable, inclusive communities, free from discrimination and provide quality affordable homes
31. U.S. Department of Education Federal Aid Programs

- The Federal Aid Program
  - Authorized under the Higher Education Act
  - Includes grants, loans, and work-study programs
  - These federally funded programs partner with post-secondary schools and financial institutions to help provide money for college to eligible students
  - Veterans’ educational benefits can be used in conjunction with federal student aid

- For additional information, visit the Departments website at: https://studentaid.ed.gov/sa/

- There is also a Veterans Upward Bound Program designed to refresh your academic skills in order to successfully complete your college program: https://www2.ed.gov/programs/triovub/index.html

To learn more sign up for the Accessing Higher Education Track
32. Other Federal, State, or Local Education/Training Program Options

- **Visit the Base Education Office**
  - Can provide you with information and guidance regarding the educational opportunities available
  - Able to learn about the difference undergraduate, graduate, or certificate programs there are and options through military programs such as:
    - College-level testing
    - Professional military education
    - Veteran’s benefits
    - Tuition assistance
    - Financial aid
    - Deferments
    - Distance learning
33. Information on Availability of Healthcare and Mental Health Services

- Separation History and Physical Examination (SHPE) – comprehensive medical evaluation
  - NOW a requirement for ALL separating service members
  - Ensure any medical condition requiring ongoing care are identified and documented in the military medical record

DoD Mental Health Self Assessment (MHA) Program
- Mental health and alcohol screening and referral program for service members/families affected by deployment and mobilization
- Voluntary and anonymous program
- Anonymous, self-assessments are available for depression, bipolar disorder, alcohol use, post traumatic stress disorder (PTSD) and generalized anxiety disorder further info go to: http://screening.mentalhealthscreening.org/military_ndsd
DoD’s *inTransition* Program is a confidential coaching program that answers questions about treatment options, provides information about community resources, and secures an appointment with a behavioral health provider at your new location.

- Service members who have seen a behavioral health provider within one year of separation from active duty will be automatically enrolled in the *inTransition* Program and will be contacted by an *inTransition* Coach.
- Have the ability to opt-out when contacted.
- Individualized results and military health resources, including TRICARE, Vet Centers and Military OneSource are provided at the end of every assessment.
Each Service offers clinical and non-clinical prevention, education, and treatment programs that address mental health and substance abuse disorder (SUD).

TRICARE offers a full range of services for mental health and SUD treatment options as well.

All service members who have deployed part of a contingency operation are asked to complete post-deployment mental health assessments for issues such as depression, PTSD, substance use problems, and other mental health concerns at six months, one-year, and two-year post-redeployment anniversary.
33. Information on Availability of Healthcare and Mental Health Services, cont’d

- Coverage through Department of Veterans Affairs
  - VA also offers specialized treatment of mental health issues and SUD
    - Would include members who received a dishonorable discharge (bad conduct discharge) and separated service members with urgent mental health or substance abuse problems
    - Does not necessarily have to be a service connected to disability to receive care

- Community alcohol, drug, and mental health treatment facilities and programs around the country may be found via the Behavioral Health Treatment Services Locator at [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov) This website has information on locating physicians and treatment programs authorized to treat opioids, such as prescription pain relievers.

- Combat Veteran: Discharged from AD on or after 28 Jan 2003 – receive enhanced enrollment placement for 5 years from date of separation
33. Information on Availability of Healthcare and Mental Health Services, cont’d

- Suicide Resources for Veterans, Families and Friends
  - Veterans Crisis Line
    - Confidential resource that connects Veterans in crisis with a qualified VA responder
    - 1-800-273-8255, press option 1.
    - Chat online at: www.VeteransCrisisLine.net or send a text message to 838255 to receive free, confidential support 24 hours a day, seven days a week – even if not registered with the VA or enrolled in VA health care.
34. Separation History and Physical Examination (SHPE)

- As discussed earlier in this section, **ALL** separating AD members must complete the SHPE prior to separation.
- Reserve and National Guard who have served a minimum of 180 days on AD or 30 days in a contingency operation must complete the SHPE PRIOR to release from AD.
- Will help establish service connection for any medical conditions that have developed if planning to apply for VA benefits, whether now or in the future.
If applying for VA benefits through the Benefits Delivery at Discharge (BDD) program, the exam received from the VA may meet the SHPE requirement.

If not applying for VA benefits or not completing BDD prior to separation, member will receive the SHPE through the Military Treatment Facility (MTF).

Must complete DD Form 2807—1 whether receiving the exam at a MTF or VA.

Further instructions on how to complete SHPE available at TRICARE Online Patient portal: [https://www.tricareonline.com](https://www.tricareonline.com)
35. Transitional Healthcare Benefit/TRICARE

- Transitional Assistance Management Program (TAMP)
  - Your health care options may be different depending on whether you retire from active duty, separate, or are released from active duty.
  - Retirees must enroll in either TRICARE Prime or TRICARE Select by their effective date of retirement to be eligible for continuous health care coverage.
  - Retirees are eligible to obtain both dental and vision insurance through the Federal Employee Dental and Vision Insurance Program (FEDVIP).
  - Visit the TRICARE website’s Plan Finder, [www.tricare.mil/planfinder](http://www.tricare.mil/planfinder) to learn about options based on your status, including TRICARE options for retirees.
35. Transitional Healthcare Benefit/TRICARE, cont’d

Separatees may be eligible for TAMP

To be eligible for the 180 day transition medical and dental benefits you must be:

1. Involuntarily separated from active duty for a reason that designates transitional benefits or
2. A reservist separated from active duty after serving more than 30 days in support of a contingency operation; or
3. Separated from active duty after being involuntarily retained on active duty in support of a contingency operation; or
4. Separated from military Service following a voluntary agreement to remain on active duty for one year or less in support of a contingency operation.
5. A member who receives a sole survivorship discharge; or
6. Separated from active duty and agree to become a member of the Selected Reserve of the Ready Reserve or a Reserve Component the day immediately following last day of active duty.
35. Transitional Healthcare Benefit/TRICARE, cont’d

- Transitional health care is **not an automatic TRICARE benefit**
  
  - Must make sure you and your family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS)

- While on active duty you can verify or update DEERS information for yourself or your family members by contacting or visiting a local identification (ID) card issuing facility

- Visit the TRICARE website “Plan Wizard” at, [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit) to receive specific benefits based on your status and to learn more about the three TRICARE options for retirees.
35. Transitional Healthcare Benefit/TRICARE, cont’d

- **Health Insurance Marketplace**
  - The Marketplace helps uninsured people find health coverage.
  - Health care coverage options for military Veterans can be found at: [www.healthcare.gov/veterans](http://www.healthcare.gov/veterans)
  - If enrolled in TRICARE or Veterans health care, you are considered covered under the health care law.
  - However, you may have dependents who aren’t eligible for a VA health care program.
  - They can look to get coverage through the Health Insurance Marketplace.

- To apply or learn more visit: [www.healthcare.gov/veterans](http://www.healthcare.gov/veterans) or call the Marketplace Call Center at (800) 318-2596.
36. Financial Literacy and Preparedness for Transition

- One of the Common Career Readiness Standards (CRS’s) requires you to develop a post-separation Financial Plan
  - You will develop a spending plan during the personal Financial Management course (Current & Projected)

- Additional financial classes are offered at the A&FRC

- If Guard or Reserve and not located near a military installation, Military OneSource can offer financial assistance at (800) 342-9647 or their website: www.militaryonesource.com

Thrift Savings Plan (TSP)

- Defined contribution retirement/savings plan similar to a civilian 401K plan
- Benefit you keep once you separate or retire is the contributions you made to the TSP
- If you have vested an account balance of $200 or more after leaving military service, you can leave the money in the TSP until a later date or withdraw the account at any time. If less than $200, TSP will automatically send you a check for the amount and close the account.
- Retirement income received from TSP accounts depends on how much you contribute during your working years and the earnings to those contributions.
There are two types of post-separation withdrawals; a partial and a full withdrawal. Because this is a retirement savings plan, any withdrawals or distributions prior to age 59 and a half are subject to penalties. Additionally, withdrawals of traditional TSP funds are subject to income tax at the time of withdrawal.

1. A **partial withdrawal** is taking out $1,000 or more and leaving the rest in the account until withdrawing at a later date.

2. A **full withdrawal** can be made in three options: a single “lump sum” payment, series of monthly payments or a TSP life annuity.

There are withdrawal deadlines you need to be aware of. If you have a TSP account and are interested in withdrawing from your contributions visit [www.tsp.gov](http://www.tsp.gov)
Survivor Benefit Plan (SBP) – for retirees
- Optional insurance plan that will pay the surviving spouse a monthly payment, or annuity, to help make up for the loss of retirement income
- Required to pay a premium from your monthly retirement annuity to maintain SBP coverage
- Premiums and benefits are based on the “base amount” or benefit level selected
- If married, spouse will be required to sign the SBP Election Form and should be included in the decision making process
- Coverage can be selected for a spouse, spouse and children, children only, former spouse, former spouse and children
- If divorced, review your divorce decree to determine if the court requires you to elect coverage

Failure to accept or decline coverage will result in automatic enrollment at the full retirement pay amount
37. Separation Pay

- Separation Pay
  - Public Law and Assistant Secretary of Defense Policy established separation pay to monetarily assist certain involuntarily separated or released members from active duty
  - Eligibility and amounts are determined by the type of separation
  - Personnel medically separated for a disability incurred in a combat zone or from combat-related operations may be entitled to an enhanced disability separation pay
  - May also be eligible for final pay at separation that would include any earned entitlements and pay for accumulated leave. That amount will be reduced by any outstanding balances on advance pay you may have received, along with unearned bonus recoupment and other debts you’ve incurred throughout your Service
NOTE: Service members who received separation pay need to review the law (10 U.S. Code §1174(h)(2)) and policy (Department of Defense Instruction 1332.29, Section 3.6.2) governing Separation Pay, which include guidance on the possibility for recoupment by the VA if the member subsequently becomes eligible for disability retirement pay.

38. Unemployment Compensation (UCX)

- Transitioning military members may be eligible for unemployment compensation.

- Different states have different requirements and rules for eligibility:
  - You should contact the state where you will be looking for work.
  - Receiving unemployment while you are looking for work will help provide financial stability in the event it takes a long time to find a job.

Due to NDAA 16, those using Post 9/11 GI Bill are no longer able to draw unemployment compensation at the same time.
39. State Veterans Benefits

- States offer Veterans benefits beyond the ones you would already be eligible for through the VA

- Additional benefits may include:
  - Educational grants and scholarships
  - Special exemptions or discounts on fees and taxes
  - Home loans
  - Veteran's homes
  - Free hunting and fishing privileges

- Each state manages its own benefit programs and some states are very extensive, while others are minimal

For more information visit: [https://www.va.gov/statedva.htm](https://www.va.gov/statedva.htm)
40. Commissary, Exchange and Moral, Welfare and Recreation (MWR) Benefits (Retirees and Honorably Discharged Veterans)

**Full Commissary, Exchange, and MWR Privileges**

- Uniformed services retirees, including voluntary, temporary, and permanent disability retired list retirees of the active and Reserve components

- Former uniformed service members eligible to receive retired pay at age 60 for non-regular service who have been discharged from their respective Service or agency and maintain no military affiliation

- Medal of Honor recipients who are not eligible under another separation status

- Veterans with 100 percent service-connected disability or employability as rated by the Department of Veterans Affairs

- Beginning Jan 1, 2020, Veterans with eligible Veteran Health Care Identification Card (VHIC) can gain access to installation/MWR facilities

**REMINDER:** If you separate or retire and elect to live in a foreign country, you may not be eligible to use commissary and exchange stores in that foreign country due to treaty, Status of Forces Agreement (SOFA), or military base agreements between the United States and the host country. It is advisable to check into these limitations before making your decision.
40. Commissary, Exchange and Moral, Welfare and Recreation (MWR) Benefits cont’d

- **Two-year Commissary, Exchange, and MWR Access**
  - Active duty members of the armed forces who are involuntarily separated from active duty and
  - Selected Reserve who are involuntarily separated from the Selected Reserve, who are eligible for transitional health care under section 1145 of title 10, United States Code, and their eligible dependents who are also eligible for transitional health care under this statute
40. Commissary, Exchange and Moral, Welfare and Recreation (MWR) Benefits cont’d

- Veterans Military Exchange Online Shopping Benefit and Military Star Card
  - All honorably discharged veterans are approved for the lifelong benefit of online military exchange shopping and are eligible to retain or apply for the Military Star card
  - Veterans can go to ShopMyExchange.com, mynavyexchange.com, mymcx.com, shopcgx.com or VetVerify.org to verify their eligibility and establish an online account
  - Note: you may be asked to submit discharge paperwork (DD214) for review to verify your eligibility
41. Voting Assistance

- Will no longer be covered by *The Uniformed and Overseas Citizens Absentee Voting Act* upon separation

- Need to notify local election official of change in voter registration status and update information to vote locally

- If staying in the same voting residence after separation:
  - Notify your election official of change in status

- If moving to a new state or country after separation:
  - Notify your election official of your change in status and that you will no longer be voting in that jurisdiction
  - Complete a National Voter Registration Form to register as a civilian

For more information visit [www.vote.gov](http://www.vote.gov)
Legal offices can help with:
- Will preparation, powers of attorney, review of most contracts, debit/credit problems, landlord/tenant issues, family law, tax law and estate planning
  - These services are a no-cost benefit to you for your active duty Service

Retirees can use the installation legal and financial offices on a space-available basis
- Retirees residing overseas may have restrictions on privileges based upon SOFA

For more information visit: https://legalassistance.law.af.mil
43. Post Government (Military) Service Employment Restriction Counseling

- The Post Government Briefing is required for all DOD personnel who leave military Service for the private sector
  - Give you information on what is permissible, career-wise, after leaving the military

- A brief summary of the most common post government employment restrictions includes:
  - Personal Lifetime Ban
    - After leaving government service, you may not represent another individual or company to the government regarding particular matters you worked on while in government service
Personal Self Assessment/Individual Transition Plan (ITP)

- The ITP is a Career Readiness Standard for ALL service members.
- The ITP is a framework used to fulfill realistic career goals based upon your individual skills, knowledge, experience, and abilities.
  - Your game plan for a successful transition to civilian life.
45. Statement of Benefits

- Members are required to have a statement of benefits no later than 30 days before separation or retirement.

- A list of your statement of benefits can be found in “Statement of Benefits Guide for Military members” on www.DoDTAP.mil under Resources/FAQ’s page.

- Interactive component on the guide allows members to select their military service seal on the cover page, which will link them directly to their service specific benefits page.

- Various DoD programs are outlined in the guide, most entitlements also apply to Coast Guard members through the Department of Homeland Security.
VA Benefits and Services Overview

- Attendance is mandatory by law and DoD policy states you must attend the VA Benefits and Services Briefing before separating, retiring or being released from active duty.

- The briefings provide all the information regarding the VA and the laws, benefits, programs, and services administered by the Secretary of Veterans Affairs.

- Topics will include:
  - Education Benefits
    - Post 9/11 GI Bill, Chapter 33
    - Montgomery GI Bill, Chapter 30
    - Veterans Assistance Program
    - Vietnam-era, etc.
VA Benefits, cont’d

- Post 9/11 GI Bill
  - If eligible for the Post-9/11 GI Bill program you may be able to transfer unused educational benefits to your spouse or children, if you meet certain criteria
  - Transferability of education benefits is a retention incentive
  - In order to transfer educational benefits to a family member, military members must make an irrevocable election to convert from their existing educational program (such as Montgomery GI Bill) to the Post-9/11 GI Bill
  - This transfer can ONLY be made while Serving in the Armed Forces WHILE ON ACTIVE DUTY
  - Members who join the Selected Reserve may also have the option to transfer unused benefits to family members
Topics discussed during the briefings include:

- VA Health Administration
- VA Health Care
- VA Dental Care
- VA Vet Center
- State and Local Health Care and Mental Health Services
- Other VA Health Care and Other Benefits
- Continued Health Care Benefits Program
- Veterans’ Group Life Insurance (VGLI)
- Service members’ Group Life Insurance (SGLI)
- Traumatic Injury Protection under Service members’ Group Life Insurance (TSGLI)
- Family Service members’ Group Life Insurance (FSGLI)
Topics discussed during the briefings include:
- Service-Disabled Veterans Insurance (S-DVI)
- Veterans’ Mortgage Life Insurance (VMLI)
- VA Life Insurance
- Transitional Health Care Benefit
- VA Disability Benefits
- Benefits Delivery at Discharge (BDD)
State and Local Health Care and Mental Health Services

- State departments of health promote public health through policy initiatives, research and service programs.
- "Health" generally encompasses behavioral and environmental health as well as physical well-being, illness and communicable diseases.
- Social service websites may include information and programs dealing with welfare, early childhood development, foster parenting, poverty, juvenile delinquency, sex offenders, aging, public assistance, and rehabilitation.
  - May also provide listings of private social service agencies.
- For more information of what is available in your state, visit: www.statelocalgov.net
Continued Health Care Benefits Program (CHCBP)

- If separating voluntarily you’re no longer eligible to use the MTF or TRICARE; however, there is the option of the Continued Health Care Benefits Program (CHCBP)
  - Temporary health care coverage you are able to purchase for a period of 18 months, including pre-existing conditions coverage
  - Is a premium-based health care that is similar to, but not a part of, TRICARE and is administered by Humana Military Healthcare Services
Continued Health Care Benefits Program (CHCBP), cont’d

- Available to you and your family, certain un-remarried former spouses, and children who lose military coverage

- To obtain this coverage, you must enroll and pay premiums to CHCBP within 60 days after your separation from active duty

- For more information on CHCBP, visit: [www.humana-military.com](http://www.humana-military.com) or call the Tricare Customer Service at: 1-800-444-5445
Air Force Aid (AFAS)

- Retiring members transitioning to a different location are eligible for 20 hours “PCS” Childcare
  - Retirement orders must show a new location
  - Voucher received at A&FRC front desk

- All separating and retiring members will clear AFAS for out-processing
  - Members with a balance must visit A&FRC to complete paperwork

Contact A&FRC for additional information
You must ensure you complete the following:

- Sign your EFOM to complete your Pre-separation Counseling
- Schedule your Transition Workshop
- Schedule your two-day tracks if applicable
- Schedule any other classes needed for transition preparation
- **Schedule & complete your Capstone appointment NLT 90 days from DOS**
- Please ensure you maintain accountability for all appointments scheduled
QUESTIONS?