



**Moanalua Service Center**



**Hickam Field**

**(808) 474-1999**

**[www.greatlifehawaii.com](http://www.greatlifehawaii.com)**

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**[www.facebook.com/JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC)**



# NDAA Requirements

- Initial Self-Assessment Counseling (Initial DD Form 2648)
- Attend TAP Workshop
  - Pre-Separation
  - MY Transition
  - MOC Crosswalk
  - Financial Planning for Transition
  - VA Benefits
  - Dept of Labor
- Attend Career Track (if applicable)
- Common CAPSTONE Career Readiness Standards (CRSs)
  - Individual Transition Plan (ITP)
  - GAP Analysis
  - 12 Month Budget
  - Benefits premium account registration
  - Confirmed Job Offer, Resume, or School Acceptance Letter



# Spouse Transition Seminar

HELD QUARTERLY: 14 JAN, 12 APR, 12 JUL, & 04 OCT 2019



Is your spouse separating  
or retiring?

Prepare for your future  
after the military and  
reduce the unknowns at  
this FREE workshop.  
Information on the  
transition process will  
include VA benefits,  
relocation, career and  
education services,  
budgeting, and TRICARE  
insurance.

To Register: Go to  
[jbphh.greatlifehawaii.com](http://jbphh.greatlifehawaii.com)  
under "support" in MFSC  
Class Calendar

AGENDA	SPEAKER
<b>0830 – 0845</b>	
Introduction	MFSC Transition/Employment Team
<b>0845 - 0915</b>	
Life Change Resiliency	MFSC Education Team
<b>0915 - 1015</b>	
Tricare Benefits	Tricare (HealthNet Federal Services)
<b>RESOURCE FAIR &amp; BREAK: 1015 - 1030</b>	
<b>1030 – 1130</b>	
VA Benefits	VA Benefit Advisors
<b>LUNCH: 1130 – 1200</b>	
<b>1200 – 1300</b>	
Financial Planning	MFSC Personal Financial Managers
<b>RESOURCE FAIR &amp; BREAK: 1300 – 1315</b>	
<b>1315 – 1415</b>	
Employment/Training Programs	MFSC Family Employment & USO
<b>1415 – 1500</b>	
Relocation Assistance	MFSC Relocation Assistance
<b>1500 – 1530</b>	
Closing Remarks/Resource Fair	MFSC Transition/Employment Team



# Introduction – PreSeparation Counseling

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- Purpose of Pre-Separation Counseling
    - Mandated National Defense Authority Act (NDAA)
    - Veterans Opportunity to Work (VOW) Title 10, USC Chapter 58, Section 1142
    - Introduce benefits and services
    - Answer questions
    - Describe assistance in place to help you
  - Checklist serves as reference for planning transition
    - Referrals provided to partner agencies experts
  - Transition Assistance Program
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# 2-Days Career Tracks

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- DOL Employment Track
- DoD Education Track
- DOL Vocational (Vo-tech)
- SBA Entrepreneurship Track - Boots to Business (B2B)

# Two Day Training Tracks For You and Your Spouse



## **MY Education:**

Evaluate schools and degree programs, discover funding options, maneuver the admissions process.

Attitudes/perceptions

**Entrepreneurship:** Launch your own business by learning ownership fundamentals, market research, revenue expectations, funding resources, and services offered for your type of business.



**Career Exploration:** Explore, identify, and narrow career options that fit your needs, explore training programs, and personalize a plan to achieve your career goals.

**DOL Employment Workshop:** Employer expectations, your transferable skills, education & training, resume writing, veteran's preference, federal jobs, interviewing process.



# Transition Hot Topics & Employer Recruiting



**LinkedIn:** Connect to employers and build your network!

VA



U.S. Department  
of Veterans Affairs

**Veterans Benefits:** Compensations, eligibility, GI bill, VA loan, healthcare, etc.

DoD SKILLBRIDGE

**Skillbridge Training & Certification Options:** Civilian employment training, certifications, internships, apprenticeships, etc.



**Tricare Benefits:** What are you entitled to? Costs?



**Survivor Benefit Plan:** Premiums vs. Lifetime Annuities. Is it worth it?



**Acing the Interview:** acquire the skills to excel during your interview.



**Negotiate Your Salary:** Learn how to get the most out of your skills.



# Effects of a Career Change

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*Transition is stressful, but it also opens up a whole range of possibilities...*

## **Know where to get help:**

- Chaplain
  - Military & Family Support Center
  - Military and Family Life Counselor
  - Mental Health Clinic
  - Military One Source.....800-342-9647
  - Education Offices
  - Veteran Service Organizations
  
  - The Department of Veterans Affairs (VA)
  - VA Vet Centers
  - For more information go to: [www.vetcenter.gov](http://www.vetcenter.gov)
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# Outside Agencies Health Well-Being

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- **VA Vet Centers**
  - Readjustment Counseling
- **Sexual Assault and Prevention Resources**
- **Military and Veterans Services Organization**
  - [www.statelocalgov.net](http://www.statelocalgov.net)



# Reserve Affiliation

- **Note: Not yet completed 8 years service?**
- **Continued Military Service options:**
  - Selected Reserve
  - Inactive National Guard
  - Individual Ready Reserve
- **Opportunity to Join Reserve unit**
- **Sign Up for the Reserves:**
  - Contact Reserve Component Transition Office





# VMET

## Verification of Military Experience and Training(VMET) (DD Form 2586)

- Utilization of VMET
- Eligible members can print VMET at:
- [www.dmdc.osd.mil/tgps](http://www.dmdc.osd.mil/tgps)
- Refer to FAQs on website

A sample of the DD Form 2586 (VMET) is shown, tilted at an angle. The form is for "DOE JANET" and "AIR FORCE, RESERVE". It includes fields for "LAST NAME, FIRST NAME, MIDDLE NAME", "2. PAY GRADE", "3. YEARS IN SERVICE", and "5. DATE OF INFORMATION". The "EXPERIENCE HISTORY" section is filled out with "SUMMARY OCCUPATION: AIR FORCE, RESERVE, SENIOR MASTER SERGEANT, Pay Grade E-8" and "DUTY OCCUPATION: AIR FORCE, RESERVE, SENIOR MASTER SERGEANT, Pay Grade E-8". The "OCCUPATION DESCRIPTION FROM SERVICE FILE FOR: 3E391" section is also present, detailing various duties and responsibilities.



# Civilian Occupations to Military Occupations

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## O\*NET On Line

- O\*NET resources
  - Department of Labor
  - Research Occupations
  - Military Occupations to Civilian Occupations
  - Assessment Tool
  - Licensing and Certification
  - <https://www.onetonline.org/>
- Program and features
  - My Next Move
  - O\*NET Online
- Military Occupational Code (MOC) Crosswalk
- “GAP Analysis”





# Credentialing

## Licensing, Certification and Apprenticeship

### Licenses vs. Certifications

- a. Career One Stop (Department of Labor)  
<http://www.careeronestop.org/CREDENTIALING/CredentialingHome.asp>
- b. U.S. Army Credentialing  
<https://www.cool.army.mil>
- c. U.S. Military Apprenticeship  
<https://usmap.cnet.navy.mil/>
- d. DANTES  
[www.dantes.doded.mil/index.html](http://www.dantes.doded.mil/index.html)
- e. Navy COOL  
<https://www.cool.navy.mil>
- f. Air Force COOL  
<https://afvec.langlely.af.mil/afvec/Public/COOL/Default.aspx>
- g. GI Bill  
[http://www.benefits.va.gov/gibill/licensing\\_certification.asp](http://www.benefits.va.gov/gibill/licensing_certification.asp)
- h. DoD TAP  
[www.dodtap.mil](http://www.dodtap.mil)





# DANTES

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## **Defense Activity for Non-Traditional Education Support**

- College Preparation – OASC
  - Career & Education Planning – Kuder-Journey
  - College Entrance Exams
  - Military Training and Experience Evaluation
  - Transcript Services
  - College Credit-by-Examination
  - Teacher Credentialing
  - OCONUS Education Center and Support
  - [www.dantes.doded.mil](http://www.dantes.doded.mil)
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# DoDTAP

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- Learn about the Transition core 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
- Veterans Employment Center (VEC) website: [www.vets.gov](http://www.vets.gov)

<https://dodtap.mil>

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# Job Centers and Priority of Services

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## - American Job Centers and Priority of Services

- Once you separate, you can still get help with employment by contacting the nearest DOL American Job Centers (AJCs) in your local community.
- They provide Veterans with Priority of Service (POS) and the same assistance and information as you would have received when attending the DOL One-Day. Post-9/11 Veterans can receive intensive services; this also applies to eligible National Guard and Reserve Service members.

## - Department of Labor (DOL)

## - DOL One-Day, DOL Employment Track (2-Day)

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# State Employment Agencies (AJC)

## State Employment Agencies: Americas Job Centers

### Career One Stop Centers

- Dedicated veterans employment representatives
- Priority of Service
- Disabled Veteran Outreach Program (DVOP) Specialist
- Local Veterans' Employment Representative (LVER)
- Available services: employment, training and placement services
- Post 9/11 veterans can receive up to 6 months of follow-up
- Gold Card Services: download at <http://www.dol.gov/vets/goldcard.html>
- Locate nearest state office at [www.servicelocator.org](http://www.servicelocator.org)
- [www.careeronestop.org](http://www.careeronestop.org)
- <https://www.onetonline.org/>



# State Job Boards

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## State Job

- Every state has a job board connecting employers with applicants
- Post Resume
- Search for jobs
- [www.careeronestop.org/jobsearch/cos\\_jobsites.aspx](http://www.careeronestop.org/jobsearch/cos_jobsites.aspx)





# Workforce Innovation & Opportunity Act (WIOA)

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- **Dept. of Labor/ Dept of Education**
- **Administered through AJC/Career One Stop**
- Prepares individuals to enter the workforce
- Training and education opportunities for “Demand Occupations”
  - Assessments
  - Job search
  - Job placement assistance
  - Labor Market information
- <http://www.doleta.gov/WIOA>



# USERRA

## Uniformed Services Employment and Reemployment Rights Act of 1994

<https://www.dol.gov/agencies/vets/programs/userra>

- Information on employment and reemployment rights and obligations for Active Duty Service Members (Chapter 43, Title 38 U.S. Code)
- DOL VETS interprets and administers USERRA
- Assistance for Service Members who experienced problems with civilian employment related to their military service

<http://www.dol.gov/vets/programs/userra/index.htm>

- Employer Support for the Guard and Reserve (ESGR)  
<http://esgr.mil/USERRA/What-is-USERRA.aspx> or  
call, 1-800-336-4590, Option 1, to speak to an Ombudsman.



# Public and Community Service AmeriCorps

- Public and Community Service Opportunities
  - Non-profit, public, and community organizations
  - [www.nationalservice.gov](http://www.nationalservice.gov)
  - [www.serve.gov](http://www.serve.gov)
- AmeriCorps and Volunteering
  - National Service program
    - Solve tough community challenges
  - Bridge to your future career and to your community
  - Hands on experience
  - learn new skills
  - Make connections in your community
  - Federal Grants
  - Education awards to supplement your GI Bill
  - Possible benefits: housing, health care and childcare

[www.AmeriCorps.gov/veterans](http://www.AmeriCorps.gov/veterans)



# Troops to Teachers

## Teacher and Teacher's Aide Opportunities

- Troops to Teachers
- K-12 public, charter or Bureau of Indian Affairs schools
- Assistance with certification requirements
- Financial assistance may be provided to eligible first time teachers
- Honorable discharge
- 3 years from separation / prior to first day of teaching
- Eligibility and Qualifications

[www.proudtoserveagain.com](http://www.proudtoserveagain.com)

# VA Claims & Benefits

- When and How - Filing a VA compensation claim
  - Ideally claim ready 180 days prior to separation/retirement
  - Use of a VSO (Veteran Service Organization)
  - Military service is 24/7, not just on-the-job
- Why a VA claim?
  - Benefits can include: Vocational Rehab education funds, waiver for VA home loan funding fee, monthly tax-free income, priority hiring for civil service, additional state benefits, and more



# Oahu VSOs

## Filing a VA Disability Claim through a VSO

Veterans/Service members can file a claim through [eBenefits.va.gov](http://eBenefits.va.gov) or use a legal claims representative

Contact list of Veteran Service Organizations (VSO) in the Oahu area:

Filing a claim with a VSO:  
Complete VA Form 21-22  
Copies of Service Treatment Records

ORGANIZATION	HAWAII SERVICE REPRESENTATIVE (s)	ADDITIONAL CONTACT INFORMATION
Disabled American Veterans	Tripler Army Medical Center Main Office (808) 433-0490	HONOLULU-VAMROC 459 Patterson Rd., E-Wing, Rm. 1-C102, Honolulu, HI 96819-1522 Website: <a href="http://www.dav.org">www.dav.org</a>
	Pam Medearis (TSO) (Walk-ins only)	371 Brannon Road Bldg. 663, Schofield Barracks, HI 96789 Tue-Thur, 8:30-12:30pm, Fri-Admin (Drop Off) Walk-ins (in building behind dental clinic)
	Orlando Perez (TSO) (808) 254-7682 email: <a href="mailto:operez@davmail.org">operez@davmail.org</a>	Marine & Family Services Center (MFSC) E Street, Bldg. 244, Ste. 103B, Kaneohe Bay, HI 96673 Tue-Thur, 8:00-3:00pm *Briefings: 10:00am in Bldg. 279*
State of Hawaii Office of Veteran Services	Tripler Army Medical Center Office (808) 433-0420 Website: <a href="http://www.dod.hawaii.gov/ovs/">www.dod.hawaii.gov/ovs/</a>	Office of Veterans Services, Tripler Army Medical Center 459 Patterson Road, E-Wing, Rm. 1-A103, Honolulu, HI 96819-1522 Fax: (808) 433-0385 TTD/Relay Service: 1-711
The American Legion	Tripler Army Medical Center-Closed (808) 433-0497 & (800) 827-1000 email: <a href="mailto:aldepthi@hawaii.rr.com">aldepthi@hawaii.rr.com</a>	612 McCully Street, Honolulu, HI 96826 Office: (808) 321-5971 Fax: (808) 947-3957 Website: <a href="http://www.legion.org/serviceofficers">www.legion.org/serviceofficers</a>
Veterans of Foreign Wars	Tripler Army Medical Center (808) 433-0494/0495	459 Patterson Rd., E-Wing, Rm. 1-C104, Honolulu, HI 96819-1522 Fax: (808) 433-0388 Website: <a href="http://www.vfw.org/assistance/transitioning">www.vfw.org/assistance/transitioning</a>
Wounded Warrior Project 2	Raphael Paris (TSO) (904) 831-4678 email: <a href="mailto:rparis@woundedwarriorproject.org">rparis@woundedwarriorproject.org</a>	Mailing Address: AMVETS Hawaii, 4725 Bougainville Drive, Ste 323, Honolulu, HI 96818 Main Office: (808) 382-6835 Website: <a href="http://www.woundedwarriorproject.org">www.woundedwarriorproject.org</a>
	Fitha Dahana-Ellis (Warriors to Work Specialist ) (904) 570-0791	
The Military Order of the Purple Heart	Tripler Army Medical Center-Closed	459 Patterson Rd., E-Wing, Rm. 1-C105, Honolulu, HI 96819-1522 (Position Vacant) Office: (808) 833-6655 Fax: (808) 433-0429 Website: <a href="http://www.purpleheart.org/service-office-listings/">www.purpleheart.org/service-office-listings/</a>

# Federal Employment Opportunities

- 3 Main ways to acquire federal positions
  - Merit promotion
  - Special hiring authority
  - Competitive appointment
- Veterans' Employment Opportunities Act (VEOA)
- For more information go to: [www.fedshirevets.gov](http://www.fedshirevets.gov)
- [USAJobs.gov](http://USAJobs.gov): Official job site of the federal government
  - Registering on the USAJOBS website allows you to search for federal jobs and follow helpful instructions on how to submit applications
  - Primary source for federal jobs
  - Additional sites:
    - <http://godefense.cpms.osd.mil>
    - <https://www.nsa.gov/careers/>
    - <https://www.cia.gov/careers/opportunities/cia-jobs>
    - <https://www.state.gov/>





# Veterans Preference Federal Employment

- **Merit Promotion**
  - VEOA
- **Special Hiring Authorities**
  - VRA
  - 30% + Disabled Veterans
- **Competitive Appointment**
  - **Veterans Preference**
    - 5 pts
    - 10 pts
- **Hiring Preference in Non-Appropriated Fund (NAF) Jobs**
  - <https://www.nafjobs.org/preferences.aspx>
  - Involuntary Separates
  - Special Separation benefits
  - Separation incentives



# Veterans Employment Program Offices

- A list of Veteran Employment Program Offices responsible for promoting Veterans' recruitment, employment, training and development, and retention within their respective agencies can be found at:

<https://www.fedshirevets.gov/veterans-council/agency-directory/>

# 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/](http://www.fedshirevets.gov/)





# Small Business Ownership

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## Veterans Small Business Ownership and Entrepreneurship Programs



### Small Business Administration (SBA)

- [www.sba.gov](http://www.sba.gov)
  - **Step 1: Boots to Business (B2B)**
    - Identify opportunities
    - Draft business plans
    - Resources available at federal, state and local level
    - Also available through JKO
  - **Step 2: Online course through SBA**
    - <http://www.sba.gov/bootstobusiness>
  - Franchise opportunities
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# Relocation Assistance

## Permissive TDY/Terminal Leave/Excess leave

- To facilitate transition into civilian life for house hunting and job hunting
- Eligibility: Retiring, Involuntarily separating, Separating under Force Reduction programs, medical separations/retirements
- 30 days if OCONUS, 20 days if CONUS
- No more than 30 days Excess Leave can be granted
- Excessive leave (EL) is not a duty status!
- EL is not available for Retirees

## Travel and Transportation Allowances

- Storage & shipment of household goods
  - Retirees
  - Separatees (allowances vary)
- Contact your TMO/JPPSO office for more information





# Housing Assistance

- **Base housing**
  - Contact the Housing Office
- Rental Property
  - Notify landlord as soon as possible
- **US Dept of Housing and Urban Development (HUD)**
  - HUD Veteran Resource Center (HUDVET)
  - Avoiding Foreclosure
  - Financing Home Improvements
  - Buying/selling a home
  - Homeless assistance for veterans
  - Combat domestic violence
  - Runaway youth
  - Affordable housing for individuals with disabilities
  - [http://portal.hud.gov/hudportal/HUD?src=/program\\_offices/com\\_m\\_planning/veteran\\_information](http://portal.hud.gov/hudportal/HUD?src=/program_offices/com_m_planning/veteran_information)



1-877-424-3838



# Education/Training

- **Veterans Upward Bound Program**
  - Application for the Evaluation of Learning Experiences during Military Service
    - DD Form 295
  - **Suggested college equivalency credit for military training & service duties:**
    - The American Council on Education: [www.acenet.edu](http://www.acenet.edu)
    - Army: <https://aartstranscript.army.mil/>
    - Marine/Navy: <https://smart.navy.mil>
    - Air Force: [www.au.af.mil/au/ccaf/](http://www.au.af.mil/au/ccaf/)
- **Education Benefits**
  - Montgomery GI Bill
  - Post 9-11 GI Bill: Must request transfer of Education Benefits while on AD
    - [www.gibill.va.gov](http://www.gibill.va.gov)
    - GI BILL answer desk 1-888-442-4551
- **U.S. Department of Education Federal Aid Program**
  - [www.federalstudentaid.ed.gov](http://www.federalstudentaid.ed.gov)
- **For other federal, state, or local education/training options contact your local Education office:**



# Separation History and Physical Examination (SHPE)

- ALL separating AD members must complete 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
- Helps establish service connection for any medical conditions that have developed if planning to apply for VA benefits, whether now or in the future



# Health Care

## . Transitional Health Care Benefit (TAMP)

- 180 days extended medical & dental benefit
- Available to **eligible** separatees and separating reservists and guardsmen
- Not automatic—must enroll
- [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit)
- “Plan Wizard” at, [www.tricare.mil/mybenefit](http://www.tricare.mil/mybenefit)
- Dental Care is on a space available basis in Military Dental treatment facilities

## • Affordable Care Act (ACA)

- Affordable Care Act (ACA)
- Service members are required to have health insurance or other health care coverage that meets the definition of minimum essential coverage.
- [www.tricare.mil/aca](http://www.tricare.mil/aca)
- [www.healthcare.gov](http://www.healthcare.gov)
- <http://www.healthcare.gov/veterans> coverage for military veterans

## • Continued Health Care Benefit Program (CHCBP)

- Voluntary, premium-based coverage for up to 18 months
- Register within 60 days from separation  
[www.humana-military.com](http://www.humana-military.com) or call TRICARE at 800-444-5445



# HealthCare and Mental Health Services

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- Availability of healthcare and Mental Health Services
  - VA Helpline 1-800-827-1000
  - E-Benefits <http://www.ebenefits.va.gov>
  - [www.va.gov/health/index.asp](http://www.va.gov/health/index.asp)



To get further information go to:

[http://screening.mentalhealthscreening.org/military\\_ndsd](http://screening.mentalhealthscreening.org/military_ndsd)

- Suicide Prevention Resources
  - 1-800-273-8255 and press 1
  - [www.veteranscrisisline.net](http://www.veteranscrisisline.net)



# HealthCare and Mental Health Services

- VA Health Administration
  - VA Helpline 1-800-827-1000
  - E-Benefits <http://www.ebenefits.va.gov>
  - [www.va.gov/health/index.asp](http://www.va.gov/health/index.asp)
- Healthcare and Other Benefits
  - TRICARE
    - Prime
    - Select
    - US Family Health Plan (USFHP)
    - Young Adult

[www.tricare.mil](http://www.tricare.mil) or Local TRICARE Representative
- Dental Care
  - For more information call 877-222-8387

[www.va.gov](http://www.va.gov)







# Financial Preparedness for Transition

## Financial Management Module

- CRS: 12 Month Post-Separation Budget
- Military vs. Civilian pay and benefits
- **TSP:**
  - <http://www.tsp.gov>
- Survivor Benefit Plan (SBP):
  - <https://www.dfas.mil/retiredmilitary/provide/sbp.html>
- Retirement:
  - <http://www.military.com/benefits/military-pay/retired-pay/computing-retired-military-pay>





# Finances and Separation Pay

- **Separation Pay (Involuntary Separates)**
- **Unemployment Compensation (UCX)**
  - **AJC**



- » **General money management**
- » **Post-separation budget**
- » **Personal savings and investing**
- » **Credit/ debt management**



# State Veterans Benefits

- **State benefits vary from state to state:**
  - [www.va.gov/statedva.htm](http://www.va.gov/statedva.htm)
  - <https://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html>
- **Additional benefits may include:**
  - Educational grants and scholarships
  - Special exemptions or discounts on fees and taxes
  - Home loans
  - Veterans Retirement Homes'
  - Free hunting and fishing privileges
- **For more information visit** <http://www.nasdva.us/Links.aspx>



# Commissary Exchange Privileges

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## Full Commissary, Exchange, and MWR Privileges

- The following groups of honorably discharged veterans and their eligible dependents are authorized full commissary, exchange, and MWR privileges. (Note – OCONUS access based on SOFA agreements/not available in every country)
- Jan 2020: All service-connected service-disabled veterans, purple heart recipients, former prisoners of war, and primary veteran caregivers will be eligible to shop at commissaries and exchanges, and certain MWR activities
- Honorably discharged veterans have online lifetime AAFES shopping privileges

## Involuntary Separatees

- Commissary and the Exchange privileges
- SPD Codes will convey benefits

## MWR Facilities

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# Voting Assistance

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## Voting Assistance

- If you have voted absentee or locally and are staying in the same voting residence after separation:
    - Step 1: Notify your election official of your change in status and that you will be voting at the poll site in future elections.
    - Step 2: Notify your election official of your change in status and that you will no longer be voting in that jurisdiction.
    - Step 3: Complete a National Voter Registration Form ([www.eac.gov/nvra/](http://www.eac.gov/nvra/)) to register as a civilian.
  - If you will be remaining or moving abroad after separation from the military, you will be covered by UOCAVA as an overseas citizen instead of in your military capacity. You can find additional information on voting assistance for Service members, their families and overseas citizens at: [www.fvap.gov/military-voter/transition](http://www.fvap.gov/military-voter/transition).
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# Legal Assistance

- Military retirees are entitled to space available legal services
- Depending upon location, wait for legal assistance could be lengthy
- <https://legalassistance.law.af.mil/>





# Post Government Employment

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- **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.
- Seeking or Negotiating for Post Government Employment
  - Official Responsibility Two-Year Ban
- Trade or Treaty One-Year Ban
  - For one (1) year after leaving government service, you may not aid, advise, or represent someone else regarding trade or treaty negotiations that you worked on during the last year of government service.
  - Compensation for Representation to the Government By Others

- **Foreign Employment Restrictions**

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# Mandatory for every transitioning Service Member

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## VA Benefits Briefing

- Department of Veterans Affairs
- Education Benefits
- VA Health Administration
- VA Health Care
  - TAMP
  - CHCB
- VA Dental Care
- VA Vet Centers

***Benefits.VA.TAP.GOV***



**VA** | U.S. Department  
of Veterans Affairs





# Life Insurance

**You will receive information on the following VA Health Care items at your VA Benefits Briefing I & II**

- **Veterans' Group Life Insurance (VGLI)**  
[www.va.gov](http://www.va.gov)
- **Service Member Group Life Insurance (SGLI)**  
- [www.benefits.va.gov/insurance/sgli](http://www.benefits.va.gov/insurance/sgli)
- **Traumatic Servicemembers' Group Life Insurance (TSGLI)**  
- [www.benefits.va.gov/insurance/tsgli](http://www.benefits.va.gov/insurance/tsgli)
- **Family Servicemembers' Group Life Insurance (FSGLI)**  
- [www.benefits.va.gov/insurance/fsgli](http://www.benefits.va.gov/insurance/fsgli)
- **Service-Disabled Veterans Insurance (S-DVI)**
- **Veterans Mortgage Life Insurance (VMLI)**
- **VA Life Insurance**
- **VA Disability Benefits**

**[www.va.gov](http://www.va.gov) or call 800-419-1473**



# Disabled Veterans Benefits

- **VA Disability Benefits**

- Attend a VA benefits briefing or visit [www.vba.va.gov/vba/benefits/factsheets](http://www.vba.va.gov/vba/benefits/factsheets)

- **Benefits Delivery at Discharge**

- 180 to 60 days until separation/retirement date
- Attended a VA briefing

- **Quick Start Program**

- 59-1 Days prior to separation  
[www.va.gov/predischarge](http://www.va.gov/predischarge)





# Veteran Service Organizations

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- VFW
  - American Legion
  - Order of the Purple Heart
  - AMVETS
  - DAV
  - Paralyzed Veterans of America
  - How to locate a VSO - **888-777-4443**  
<http://nvf.org/veteran-service-officers/>
  - Directory of VSOs
    - <https://www.va.gov/vso/>
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# Review of Career Readiness Standards (CRSs)

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- **Common CRSs - everyone must meet and will be verified at the mandatory CAPSTONE**
  - Attended an Initial Self-Assessment Counseling (generated a DD Form 2648)
  - Attended TAP Workshop and any required Track
  - 12 month post-separation budget
  - Counseled on continuum of military service
  - MOC crosswalk & Gap Analysis
  - Register on [benefits.va.gov](https://benefits.va.gov)



# DD Form 214

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Review your DD214 as soon as possible for accuracy before official release or discharge date.

- Importance of safeguarding the document
- Where to get copies
- AF: once separation/retirement approved on vMPF, will have DD214 worksheet. Worksheet will request personal e-mail; DD214 retrieval instructions will be sent to e-mail within 5 days after separation. Can ask MPF separation clerk if ready during final out-processing. For Other Than Honorable, DD214 provided at out-processing.
- Navy: Details forthcoming
- E-Benefits / Milconnect

