

# FINAL FORMATION

## M-day Guard & Reserve

ETS/NO DEPLOYMENTS/LINE OF DUTY INJURIES



### 1. If you have Tricare Reserve Select it will end the day of your ETS.

- You can convert to Continued Health Care Benefit Program the Quarterly cost for an individual is \$1,553 and for a family \$3,500.
- If you had Tricare Dental, it will end the day of your ETS.
- Benefeds for vision, it will end the day of your ETS.

### 2. You are eligible for VA home loan as well as VA compensation and healthcare

- To be eligible for VA healthcare you will have to file for VA compensation first.
- When filing for compensation use a Veteran Service Officer (VSO). They know the VA system and they cost nothing. A couple of Veteran Service Officer Organizations are County VSO, American Legion, VFW, DAV, and Purple Heart Association. To find Veteran Service Officer you can go to VA website: [www.va.gov](http://www.va.gov).
- When filing for compensation, make sure to have your Doctor's name and address if you did not use a Military Treatment Facility (MTF). You need to get all military and civilian medical records. Do not count on the VA to be able to get them. It severely stalls the claim and most times they are not successful.
- After your compensation is approved. Bring your 10-10EZ form or go into the VA hospital to register for VA healthcare.
- Anything that is service connected is always 100% covered by the VA. The VA will see you for non-service connected issues, but you may charge a copay.
- In order to qualify for the VA dental program run by MetLife and Delta Dental, you must be enrolled in VA health care.

### 3. SGLI ends 120 days after your ETS. You may convert to a civilian policy thru VA website or you can sign up for the Veteran's Group Life Insurance (VGLI).

### 4. FSGLI it ends 120 days after your ETS. You can convert to a civilian policy thru VA website.

### 5. Traumatic Service Life Insurance that you were paying (part of your SGLI payment) a \$1.00 for each month ends the day of your ETS date.

### 6. Make sure you get a copy of your Line of Duty/medical records.

### 7. Before ETS you can get with JAG to get power of attorney, wills and medical power of attorneys done.

### 8. Through DMDC " My Access Center", sign up for DS Logon so you are able to access Ebenefits, check your GI Bill information, military records, DD214, etc. You need to be sure it is a .mil site before entering any information.

### 9. Survivor Outreach Service (SOS) is available to your family members if anything happens to you for life. The SOS can assist with determining which benefits your family members may be entitled to.

The Transition Assistance Advisor can answer any questions or concerns you have, 720-250-1173. There is no time limit for services and can help you no matter your status with the military.