

Connecticut Army National Guard



INFORMATION BOOKLET

Prepared by: SFC Darlene Anderson

Darlene.e.anderson4.mil@mail.mil

860-524-4813

Version 3, 20210923

WEBSITES

Human Resources Command (HRC)	https://www.hrc.army.mil
Retirement Plan Information	https://militarypay.defense.gov/Pay/Retirement/
DEERS/ RAPIDS site locator	https://idco.dmdc.osd.mil/idco/locator
DFAS Retired info	https://www.dfas.mil/retiredmilitary/
MYPAY	https://mypay.dfas.mil/mypay.aspx
TRICARE	www.tricare.mil OR www.mytricare.com
Dental	www.trdp.org
Education Information	https://milconnect.dmdc.osd.mil/milconnect/
Army GI Bill Support team	Gibill.ch33@ng.army.mil
Army G1 personnel News	www.armyg1.army.mil
TSP	https://www.tsp.gov/
SSA	https://www.ssa.gov/
Medicare	www.medicare.gov

DFAS (CRDP & CRSC)	https://www.dfas.mil/retiredmilitary/disability/payment/#:~:text=Combat-Related%20Special%20Compensation%20%28CRSC%29%20and%20Concurrent%20Retirement%20Disability,receive%20monthly%20entitlements%20in%20addition%20to%20retired%20pay.
Army Echoes	https://soldierforlife.army.mil/Retirement/army-echoes

Insurance and Information

VA Life Insurance	www.insurance.va.gov
Armed Services Mutual Benefit Association	https://asmba.com/
Military Officers Association of America	https://www.moaa.org/
Armed Forces Benefit Association	https://www.afba.com/
Military Benefit Association	https://www.militarybenefit.org/
USAA	https://www.usaa.com/
NGACT	http://ngact.org
DFAS- Survivor Benefit Newsletter	https://www.dfas.mil/RetiredMilitary/newsevents/news/Survivor-SBP-Newsletter/
DFAS-Retiree Newsletter	https://www.dfas.mil/RetiredMilitary/newsevents/newsletter/



Connecticut Army National Guard
The Famous "One Sheet Read"



<p>CONNECTICUT NATIONAL GUARD SERVICE MEMBER AND FAMILY SUPPORT CENTER KIMBERLY HOFFMAN State Family Program Director 360 Broad Street, Room 112 Hartford, CT 06105 (800) 858-2677 kimberly.j.hoffman.civ@mail.mil</p>	<p align="center"> CONNECTICUT NATIONAL GUARD SERVICE MEMBER AND FAMILY SUPPORT CENTER Yellow Ribbon Program 360 Broad Street, Room 112 Hartford, CT 06105 O: (800) 858-2677</p>	<p>CONNECTICUT NATIONAL GUARD CHILD & YOUTH PROGRAM MICHELLE MCCARTY (BSW) Lead Coordinator 360 Broad Street, Room 112 Hartford, CT 06105 O: (860) 548-3254 C: (860) 883-6953 (800) 858-2677 michelle.m.mccarty4.ctr@mail.mil</p>
<p>MILITARY ONESOURCE SCOTT MCLAUGHLIN 360 Broad Street, Room 112 Hartford, CT 06105 1 (800) 342-9647 C: (860) 502-5416 scott.mclaughlin@militaryonesource.com</p>	<p align="center"> EMPLOYER SUPPORT OF THE GUARD AND RESERVE SEAN BRITTELL Program Support Specialist 360 Broad Street, Room 103 Hartford, CT 06105 O: (860) 548-3295 sean.r.brittell.ctr@mail.mil www.esgr.mil</p>	<p>STATE OF CONNECTICUT MILITARY DEPARTMENT RUSSELL BONACCORSO Military Relief Fund 360 Broad Street, Room 113 Hartford, CT 06105 O: (860) 524-4968 russell.bonaccorso@ct.gov</p>
<p>CONNECTICUT ARMY NATIONAL GUARD MAJ DEREK MUSGRAVE Education Services Officer 360 Broad Street, Room 100 Hartford, CT 06105 O: (860) 524-4816 derek.j.musgrave.mil@mail.mil</p>	<p>CONNECTICUT NATIONAL GUARD RETIREMENT SERVICES OFFICER SFC DARLENE E. ANDERSON 360 Broad Street, Room 208 Hartford, CT 06105 O: (860) 524-4813 F: (860) 548-3231 ng.ct.ctarng.list.g1-rso@mail.mil</p>	<p>CONNECTICUT NATIONAL GUARD TAA-CT-JFHQ FAUSTO PARRA Transition Assistance Advisor 360 Broad Street, Room 103 Hartford, CT 06105 O: (860) 524-4908 fausto.g.parra.ctr@mail.mil</p>
<p>CONNECTICUT NATIONAL GUARD STATE SUPPORT CHAPLAIN Lt Col ERIC WISMAR 360 Broad Street Hartford, CT 06105 O: 860-548-3240 C:860-883-5278 eric.a.wismar.mil@mail.mil</p>	<p>JOINT FORCE HEADQUARTERS CONNECTICUT NATIONAL GUARD SSG CHRISTOPHER F. CLARK State Legal NCO 360 Broad Street Hartford, CT 06105 O: (860) 493-2770 C: (860) 883-6946 christopher.f.clark.mil@mail.mil</p>	<p>CONNECTICUT NATIONAL GUARD R3SP & DRUG TESTING OC ANDREA ACEVEDO SRC: (860) 524-4926 SGT VICTOR MARTINEZ DTC: (860) 548-3298 360 Broad Street, Hartford, CT 06105</p>
<p>CONNECTICUT NATIONAL GUARD R3SP SPP & SAP MEAGAN MacGREGOR SPP: (860) 524-4926 JEN VISONE SAP: (860) 548-3291 360 Broad Street Hartford, CT 06105</p>	<p align="center"> TRICARE HEALTH NET FEDERAL SERVICES 1-800-444-5445 TRICARE EAST Humana Military www.tricare.mil/</p>	<p>CONNECTICUT NATIONAL GUARD JFHQ SARC/SHARP OFFICER KATHERINE MAINES 375 Smith Street Middletown, CT 06457 O: (860) 613-7611 C: (860) 883-4798 katherine.a.maines.civ@mail.mil</p>
<p>CONNECTICUT NATIONAL GUARD RECRUITING & RETENTION OFFICER LTC ALAN GILMAN 375 Smith Street Middletown, CT 06457 O: (860) 613-7506 C: (860) 982-2852 alan.w.gilman.mil@mail.mil</p>	<p>PERSONAL FINANCIAL CONSULTANTS BRIAN DEAL C: (203) 233-8790 pfc.ct.ng@zeiders.com RHONA HEYL C: (860) 287-7552 pfc3.ct.ng@zeiders.com</p>	<p>CONNECTICUT NATIONAL GUARD RECRUITING & RETENTION BATTALION SGM DENNIS LAVALLEE 375 Smith Street Middletown, CT 06457 C: (860) 883-4485 dennis.e.lavallee.mil@mail.mil</p>



Connecticut Army National Guard
The Famous "One Sheet Read"



 <p>CT DEPARTMENT OF LABOR VETERANS WORKFORCE DEVELOPMENT TIMOTHY ROCKEFELLER Veteran's Employment Rep. 860-859-3120</p>	 <p>U.S. DEPARTMENT OF VETERANS AFFAIRS Vocational Rehabilitation Counselor PO Box 310909 Newington, CT 06131 O: (860) 666-7392 Leave a voicemail including your name and number and a counselor will return your call to assist</p>	 <p>VA CONNECTICUT HEALTHCARE SYSTEM CHRISTINA SAVAGE Transition & Care Management Program Manager O: (203) 932-5711 x7975 C: (203) 506-4132 Christina.Savage@va.gov</p>
<p>STATE OF CONNECTICUT DEPARTMENT OF VETERANS AFFAIRS OFFICE OF ADVOCACY AND ASSISTANCE 287 West Street Rocky Hill, CT 06067 Veterans Info Line: (866) 9CT-VETS (866) 928-8387</p>	 <p>U.S. DEPARTMENT OF VETERANS AFFAIRS ANDREW MALLORY Military Services Coordinator PO Box 310909 Newington, CT 06131 O: (860) 694-4696 C: (860) 614-3299 andrew.mallory@va.gov www.ebenefits.va.gov</p>	 <p>AMERICAN LEGION CONNECTICUT SOLDIERS, SAILORS & MARINES FUND CHARLES R. BERRY Administrator 864 Wethersfield Ave Ste 3 Hartford, CT 06114 O: (860) 296-0719 C: (844) 454-8900 altreasurer2@yahoo.com</p>
 <p>STATE OF CONNECTICUT DMHAS MILITARY SUPPORT PROGRAM AL GUILLORN Community Clinician 410 Capitol Avenue, 4th Floor O: (860) 704-6475 C: (860) 480-1463 aguillorn@abhct.com</p>	 <p>CONNECTICUT NATIONAL GUARD BEHAVIORAL HEALTH TEAM CARELINE 1-855-800-0120 Camp Nett in Niantic & Maurice Rose Armed Forces Reserve Center, Middletown, CT 06457</p>	 <p>NEW HAVEN VET CENTER GABOR KAUTZNER, AA, GWOTOEF/OIF/OND Outreach Specialist Counseling Tech 291 South Lambert Road, Orange, CT 06477 O: (203) 932-9899 C: (203) 500-2129 gabor.kautzner@va.gov</p>
 <p>THE MILITARY ORDER OF THE PURPLE HEART CHARLES DICKERSON National Service Officer 555 Willard Avenue, 3rd Floor, BLDG 2E Newington, CT 06111 (860) 594-6648 charles.dickerson@va.gov</p>	 <p>SOCIAL SECURITY ADMINISTRATION ROBERT RODRIGUEZ Hartford Region 150 Court Street, Suite 415 New Haven, CT 06510 (866) 331-5289 x16101 robert.g.rodriguez@ssa.gov</p>	 <p>DISABLED AMERICAN VETERANS JAKUB DZIEMASZKIEWICZ 555 Willard Avenue PO Box 310909 Newington, CT 06131 (860) 594-6612 jakub.dziemaszkiwicz@va.gov</p>
 <p>DEERS/RAPIDS SITE CTNG HUMAN RESOURCES OFFICE 375 Smith Street Middletown, CT 06457 O: (860) 613-7619 F: (860) 613-7630</p>	 <p>SOUTH PARK INN DAVID DUVERGER 75 Main Street Hartford, CT 06106 O: (860) 724-0071 F: (860) 724-1692 dduverger@southparkinn.org</p>	 <p>VETERAN STRONG COMMUNITY CENTER DONNA DOGNIN Customer Support Coordinator 111 North Main Street, 1st Floor Bristol, CT 06010 O: (860) 584-6258 donnadognin@vetstronginc.org</p>
 <p>U.S. SMALL BUSINESS ADMINISTRATION FRANK ALVARADO Senior Area Manager/Veterans Affairs Officer 915 Lafayette Boulevard Bridgeport, CT 06604 O: (203) 335-0427 frank.alvarado@sba.gov</p>		 <p>VETERANS JAIL DIVERSION PROGRAM HARVEY GEMME Southeastern Mental Health Authority 401 West Thames Street, Bldg 301 Norwich, CT 06360 O: (860) 859-4744 C: (860) 303-5499 harvey.gemme@ct.gov</p>

HRO Directory

Human Resources Office
375 Smith Street, Suite 111
Middletown, CT 06457-1500

Office: (860) 613-7629
Toll Free: 1-888-548-7272
Fax: (860) 613-7630

Human Resources

Director of Human Resources

Mr. Steven Gilbert 613-7606

Deputy Human Resources Officer

Ms. Christine Bartlett 613-7623

Labor Relations

CMSgt Kevin Salsbury 613-7614

State Equal Employment Manager

Ms. Tasha Dow (Deployed) / MSG John Noone 613-7610

Sexual Assault Response Coordinator

Mrs. Katherine Maines 613-7611

Victim Advocate Coordinator

Ms. Altia Lawrence-Bynum 613-7626

Technician Placement Branch

Supervisory Human Resources Specialist

Mr. Brett Wilson 613-7622

Staffing

Ms. Amie Blum 613-7612

Mr. Angel Baez (Deployed) / PFC Arionna Littlefield 613-7618

Classification

Mr. William Landry 613-7609

Information Management

Sr. Sergio Martinez 613-7613

Technician Services Branch

Supervisory Human Resources Specialist

Mr. Ryan Serfes 613-7607

Employee Relations

Ms. Jenny Bartlett 613-7625

OC Alexander Prague 613-7627

PFC Tiana Drossel 613-7615

Employee Development

Mr. Corey Lewis 613-7620

AGR Tour Branch

AGR Manager

CW4 Roberto Lopez 613-7608

Personnel NCO

SFC Angel Navarro 613-7617

SFC Vanessa Quintero 613-7621

Mr. Josue Cintron 613-7616

SPC Ray Mateo 613-7624

Identification Cards

Mr. Jose Camacho 613-7619



TRICARE® Plans Overview

Learn about TRICARE Prime®, TRICARE Select®, Premium-Based Plans, and TRICARE For Life

TRICARE is the worldwide health care program for uniformed service members and their eligible family members*. Depending on your eligibility, you can choose among TRICARE Prime, TRICARE Select, certain optional premium-based plans, or TRICARE For Life (TFL). Most TRICARE medical program options include comprehensive health care coverage and a pharmacy benefit.

TRICARE PRIME

TRICARE Prime is a managed care option, similar to a health maintenance organization (HMO) program. It generally features the use of military hospitals and clinics and substantially reduces out-of-pocket costs for authorized care provided outside military hospitals and clinics by TRICARE network providers. TRICARE Prime is mandatory for active duty service members (ADSMs) and is an option for their family members and certain TRICARE-eligible beneficiaries located in Prime Service Areas (PSAs) in the U.S.

In geographical areas where TRICARE Prime is not offered, TRICARE Prime Remote for Active Duty Family Members (TPRADFM) may be available as an enrollment option for eligible family members. In overseas locations, TRICARE Overseas Program (TOP) Prime and TOP Prime Remote are available to ADSMs and their command-sponsored family members.

The US Family Health Plan (USFHP) is an additional TRICARE Prime option available through networks of community-based, not-for-profit health care systems in six areas of the U.S. To enroll in USFHP, you must live in one of the designated service areas†.

* Uniformed service members includes active duty and retired members of the: U.S. Army, U.S. Air Force, U.S. Navy, U.S. Marine Corps, U.S. Coast Guard, the Commissioned Corps of the U.S. Public Health Service, and the Commissioned Corps of the National Oceanic and Atmospheric Administration.

† For USFHP locations and information, visit www.tricare.mil/usfhp.

Under a TRICARE Prime option, your health care is managed by an assigned primary care manager (PCM) and provided by a military or civilian network provider. Non-active duty enrolled beneficiaries will select or be assigned a PCM. TRICARE Prime PCMs may be: (1) at a military hospital or clinic; (2) a civilian TRICARE network provider within a PSA; or (3) a primary care provider in the USFHP, depending on your location and sponsor status. Whether you receive care in the civilian sector or at a military hospital or clinic will depend on your location and the capacity at nearby military facilities.

TRICARE SELECT

TRICARE Select is a self-managed, preferred-provider option for eligible beneficiaries (except ADSMs and TFL beneficiaries) not enrolled in TRICARE Prime. TRICARE Select allows beneficiaries to choose their own TRICARE-authorized provider and manage their own health care.

Beneficiaries may receive enhanced TRICARE Select benefits from any TRICARE-authorized provider without a referral. You will have lower out-of-pocket costs if care is provided by a TRICARE network provider. Some services require prior authorization. You can also receive certain services from non-network, TRICARE-authorized providers, but will pay higher cost-sharing amounts for out-of-network care. Care received from non-authorized, non-network providers will not be reimbursed by TRICARE.

Under a TRICARE Select option, you pay a fixed fee for care from a TRICARE network provider instead of paying a percentage of the allowable charge. Using a non-network, TRICARE-authorized provider will result in both a higher deductible and out-of-pocket costs.

In overseas locations, TOP Select is available to eligible family members not enrolled in TOP Prime. Where the TRICARE network has not been established in an overseas location, TRICARE Select beneficiaries who receive medically necessary covered services from a non-network, TRICARE-authorized provider shall be subject to cost-sharing amounts applicable to out-of-network care.

PREMIUM-BASED PLANS

TRICARE offers other coverage options for purchase by qualified members of the Selected Reserve or Retired Reserve who aren't in an activated status or for those who have eligibility changes, such as children aging out of regular TRICARE coverage.

- **TRICARE Reserve Select® (TRS)**
Qualified Selected Reserve members may purchase TRICARE Select coverage for themselves and eligible family members under TRS.
- **TRICARE Retired Reserve® (TRR)**
Qualified Retired Reserve members may purchase TRICARE Select coverage for themselves and eligible family members under TRR.
- **TRICARE Young Adult (TYA)**
This plan extends TRICARE benefits to certain family members under the age of 26 who have lost or will lose TRICARE eligibility due to age. Qualified adult children can purchase TYA after “regular” TRICARE coverage ends at either age 21 (or age 23 if enrolled in college full-time or at college graduation, whichever comes first). TYA beneficiaries can enroll in either TRICARE Prime or TRICARE Select.

TRICARE FOR LIFE

TFL is Medicare-wraparound coverage for TRICARE beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence. TFL provides comprehensive health care coverage and beneficiaries are also covered under the TRICARE Pharmacy Program. You may get care from any Medicare participating, non-participating, or opt-out provider. Medicare participating providers accept the Medicare-allowed amount as payment in full. Medicare non-participating providers may bill 15 percent above the Medicare-allowed amount. Opt-out providers can't bill Medicare, and TRICARE will pay up to 20 percent of the TRICARE-allowable amount. You may also receive care at military hospitals and clinics if space is available.

TRANSITIONAL COVERAGE OPTIONS

TRICARE offers benefits to help certain service members and their families transition to civilian life.

- **Transitional Assistance Management Program (TAMP):**
TAMP offers 180 days of premium-free health care after your sponsor separates from the military. If you're eligible, TAMP starts the day after the sponsor separates from service.
- **Continued Health Care Benefit Program (CHCBP):**
This premium-based plan offers health coverage for 18–36 months after TRICARE eligibility or premium-based plan coverage ends for certain beneficiaries.

Medicare participating providers file your claims with Medicare. After paying its portion, Medicare automatically forwards the claim to Wisconsin Physicians Service (WPS) Military and Veterans Health for processing (unless you have other health insurance [OHI]). If your OHI pays after Medicare, you'll need to file a claim with TRICARE for reimbursement of any remaining balance. TRICARE pays after Medicare and OHI for TRICARE covered health care services.

For TFL overseas, when seeking care from a civilian provider be prepared to pay up front for services and submit a claim to the TOP claims processor, International SOS. Overseas, TFL is the only payer unless you have OHI.

TRICARE PLUS

TRICARE Plus is a primary care program offered at some military hospitals and clinics. TRICARE Plus provides access to primary care at the military hospital or clinic where you are enrolled. TRICARE Plus doesn't cover specialty care.

Each military hospital or clinic commander decides if TRICARE Plus is available. You must enroll to participate and your enrollment is only for the hospital or clinic where you are enrolled. Priority for access to military hospitals and clinics is based on your beneficiary category and program option.

You can enroll in TRICARE Plus if you are TRICARE-eligible (and not enrolled in a TRICARE Prime option or a civilian or Medicare HMO) or a dependent parent or parent-in-law. TRICARE won't pay for care by civilian providers, even if the

military hospital or clinic refers you for care. You're responsible for the full cost of any care provided by civilian providers.

PHARMACY COVERAGE

The TRICARE Pharmacy Program provides prescription drugs through military pharmacies, TRICARE Pharmacy Home Delivery, TRICARE retail network pharmacies, and non-network pharmacies. Your options for filling your prescription depend on the type of drug your provider prescribes. If you're in USFHP, you have different pharmacy coverage.

ELIGIBILITY

Registering and maintaining up-to-date information in the Defense Enrollment Eligibility Reporting System (DEERS) is essential for determining TRICARE eligibility. Only sponsors (or a sponsor-appointed individual with a valid power of attorney) can add family members to DEERS. Family members age 18 and older may update their own contact information in DEERS. Visit www.tricare.mil/deers for more information.

TRICARE Prime

For ADSMs located in areas where TRICARE Prime is available, enrollment in TRICARE Prime is mandatory. Stateside, ADFMs, retirees, and retiree family members may also enroll in TRICARE Prime if they live in a PSA or, with a drive-time waiver, within 100 miles of an available PCM. It is typically an area near a military hospital or clinic. Within PSAs, TRICARE Prime is available to:

- ADFMs
- Transitional survivors
- Retirees, retiree family members, and survivors including, under limited circumstances, those who are TFL beneficiaries under age 65
- National Guard and Reserve members (who are called or ordered to active duty for more than 30 days for a preplanned mission or in support of a contingency operation) and their eligible family members
- Medal of Honor recipients and their family members
- Qualified former spouses

Note: Stateside ADSMs and their families (under limited circumstances), who don't live in PSAs may enroll in TRICARE Prime Remote.

In remote locations overseas, ADSMs and National Guard and Reserve members, called or ordered to active duty for more

than 30 days in support of a preplanned mission or contingency operation are required to enroll in TOP Prime Remote. The plan is also available to command-sponsored, eligible ADFMs. TOP Prime and TOP Prime Remote are not available to retirees, retiree family members, and survivors overseas.

TRICARE Select

TRICARE Select is available to:

- ADFMs and family members of activated National Guard and Reserve members
- Certain retirees, retiree family members, and survivors
- Non-activated National Guard and Reserve members and their families who qualify under TAMP
- Transitional Survivors
- Medal of Honor recipients and their family members
- Qualified former spouses

Qualified National Guard and Reserve members may purchase TRICARE Select coverage for themselves and their families under TRS or TRR plans.

For more information about beneficiary categories, visit www.tricare.mil/eligibility.

ENROLLMENT

You can only enroll in or change enrollment to TRICARE Prime or TRICARE Select following a Qualifying Life Event (QLE) or during the annual fall TRICARE Open Season. You can purchase premium-based plans (TRS, TRR, TYA, CHCBP) at any time.

A QLE is a certain change in your life, such as marriage, birth of a child, or retirement from active duty, which may mean different TRICARE options are available to you. A QLE opens a 90-day period for you to make eligible enrollment changes. A QLE for one family member means all family members may make enrollment changes. To learn more, visit www.tricare.mil/lifeevents.

TRICARE Open Season is the annual period when you can enroll in or change your health care coverage plan for the next year. To learn more, visit www.tricare.mil/openseason.

If you don't enroll in a TRICARE plan, you'll only be able to receive care at military hospitals and clinics if space is available.

For more information, go to www.tricare.mil/enroll.

COSTS

TRICARE medical program costs are subject to change each Jan. 1 and are effective each calendar year from Jan. 1 through Dec. 31. For more information, visit www.tricare.mil/costs.

Depending on a sponsor's initial enlistment or appointment, beneficiaries fall into one of two groups. Your group designation determines your costs.

- **Group A:** Enrollees whose uniformed services sponsor's initial enlistment or appointment occurred before Jan. 1, 2018. When enrolled in TRS, TRR, TYA, or CHCBP, Group A enrollees follow Group B cost-shares, deductibles, and catastrophic caps.
- **Group B:** Enrollees whose uniformed services sponsor's initial enlistment or appointment occurred on or after Jan. 1, 2018.

CONTACT

Your TRICARE benefit is the same regardless of where you are, but there are different customer service contacts. Each region is managed by a contractor who partners with the Military Health System to provide you with health, medical, and administrative support including customer service, claims processing, and prior authorizations for certain health care services. Your regional and overseas contractors are your main resource for TRICARE benefit information and assistance.

If you are entitled to Medicare Part A and Part B and use TFL, there are two contractors for TFL which provide customer service and claims processing. Wisconsin Physicians Service Military and Veterans Health for care received within the U.S., its territories or territorial waters; and International SOS Government Services, Inc. for care received overseas.

LOOKING FOR **More Information?**

GO TO www.tricare.mil/contactus



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



TRICARE For Life

www.tricare.mil/tfl
Wisconsin Physicians Service
Military & Veterans Health
1-866-773-0404
www.tricare4u.com



TRICARE Overseas Program (TOP)

International SOS
Government Services, Inc.
www.tricare-overseas.com
For toll-free contact information, visit
www.tricare-overseas.com/contactus

TRICARE Prime

www.tricare.mil/prime

TRICARE Select

www.tricare.mil/select

TRICARE Plus

www.tricare.mil/plus

TOP Regional Call Centers

Eurasia-Africa
+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)
tricarelon@internationalsos.com

TRICARE Reserve Select

www.tricare.mil/trs

TRICARE Retired Reserve

www.tricare.mil/trr

TRICARE Young Adult

www.tricare.mil/tya

Latin America and Canada
+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)
tricarephi@internationalsos.com

US Family Health Plan

1-800-74-USFHP
(1-800-748-7347)
www.tricare.mil/usfhp

Transition Assistance Management Program

www.tricare.mil/tamp

Continued Health Care Benefit Program

www.tricare.mil/chcbp

Pacific (Singapore)
+65-6339-2676 (overseas)
1-877-678-1208 (stateside)
sin.tricare@internationalsos.com

TRICARE Pharmacy

www.tricare.mil/pharmacy

Pacific (Sydney)
+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)
sydricare@internationalsos.com

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic.

TRICARE® Costs and Fees 2021



UPDATED DECEMBER 2020

This brochure provides an overview of most costs and fees for TRICARE programs. For detailed costs and fees, including those for TRICARE For Life, visit www.tricare.mil/costs. To learn more about each TRICARE program option and eligibility, visit www.tricare.mil/planfinder.

TRICARE beneficiaries fall into one of two groups: Group A or Group B

- You're in **Group A** if your initial enlistment or appointment or that of your uniformed services sponsor began before Jan. 1, 2018.
- You're in **Group B** if your initial enlistment or appointment or that of your uniformed services sponsor began on or after Jan. 1, 2018.

Note: When enrolled in TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), TRICARE Young Adult (TYA), or the Continued Health Care Benefit Program (CHCBP), Group A beneficiaries follow Group B deductibles and applicable copayments or cost-shares.

TRICARE PRIME® (JAN. 1–DEC. 31, 2021)

Includes TRICARE Prime, TRICARE Prime Remote, the US Family Health Plan (USFHP), and TYA Prime plans.

Annual Enrollment Fees (TRICARE Prime, TRICARE Prime Remote, and USFHP only)

No yearly enrollment fee for active duty service members (ADSMs), active duty family members (ADFM)s, and transitional survivors (surviving spouses during the first three years and surviving dependent children) worldwide.

For retirees, their families, and most others*:

- **Group A:** \$303 per individual/\$606 per family
- **Group B:** \$366 per individual/\$732 per family

Annual Deductible

There is no annual deductible.

TRICARE Prime Out-of-Pocket Costs

ADSMs, ADFMs, and transitional survivors		
Covered service	Group A	Group B
All covered services	\$0	\$0
Retirees, their families, and all others		
Covered service	Group A	Group B
Preventive Care Visit	\$0	\$0
Primary Care Outpatient Visit	\$21	\$21
Specialty Care Outpatient Visit	\$31	\$31
Urgent Care Center Visit	\$31	\$31
Emergency Room Visit	\$63	\$63
Inpatient Admission (Hospitalization)	\$158/ admission	\$158/ admission

TRICARE Prime Point-of-Service Option

When you see a TRICARE-authorized provider other than your primary care manager for any nonemergency services without a referral, you pay:

- A yearly deductible before TRICARE cost-sharing will begin: \$300 per individual/\$600 per family.
- For services beyond this deductible, you pay 50% of the TRICARE-allowable charge.
- These costs do not apply to the catastrophic cap.

TRICARE SELECT® (JAN. 1–DEC. 31, 2021)

Includes TRICARE Select, TRICARE Overseas Program (TOP) Select, TRS, TRR, TYA Select, and CHCBP plans.

Annual Enrollment Fees (TRICARE Select and TOP Select only)

No yearly enrollment fee for ADFMs. For retirees, their families, and others:

- **Group A:** \$150 per individual/\$300 per family
- **Group B:** \$474 per individual/\$948 per family

Annual Deductible

You must spend your deductible amount before TRICARE cost-sharing begins:

ADFM)s and TRS members			
Pay grades E-4 and below			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$50	\$100	\$52	\$105
Pay grades E-5 and above			
Group A		Group B and TRS members	
Individual	Family	Individual	Family
\$150	\$300	\$158	\$317
Retirees, their families, TRR members, and all others			
Group A		Group B and TRR members	
Individual	Family	Individual	Family
\$150	\$300	Network†: \$158	Network†: \$317
		Out-of-Network†: \$317	Out-of-Network†: \$634

(Continued on next page)

* For certain beneficiaries in Group A, their enrollment fee remains frozen at the rate when the survivor or medically-retired member is classified in the Defense Enrollment Eligibility Reporting System in either category and enrolls, as long as there is a continuous TRICARE Prime enrollment. See www.tricare.mil/costs for more information.

† Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.

TRICARE Select Out-of-Pocket Costs: Network and Out-of-Network*

Covered Services	ADFM's and TRS members		Retirees, their families, TRR members, and all others	
	Group A	Group B and TRS members	Group A	Group B and TRR members
Preventive Care Visit	\$0	\$0	\$0	\$0
Primary Care Outpatient Visit	Network: \$22 Out-of-Network: 20%†	Network: \$15 Out-of-Network: 20%†	Network: \$30 Out-of-Network: 25%†	Network: \$26 Out-of-Network: 25%†
Specialty Care Outpatient Visit	Network: \$34 Out-of-Network: 20%†	Network: \$26 Out-of-Network: 20%†	Network: \$46 Out-of-Network: 25%†	Network: \$42 Out-of-Network: 25%†
Urgent Care Center Visit	Network: \$22 Out-of-Network: 20%†	Network: \$21 Out-of-Network: 20%†	Network: \$30 Out-of-Network: 25%†	Network: \$42 Out-of-Network: 25%†
Emergency Room Visit	Network: \$93 Out-of-Network: 20%†	Network: \$42 Out-of-Network: 20%†	Network: \$125 Out-of-Network: 25%†	Network: \$84 Out-of-Network: 25%†
Inpatient Admission (Hospitalization)	\$20.15 per day or \$25 per admission (whichever is more) Network and Out-of-Network	\$63 per admission Network	\$250 per day or up to 25% hospital charge (whichever is less); plus 20% separately billed services Network	\$185 per admission Network
		20%† Out-of-Network	\$1,034 per day§ or up to 25% hospital charge (whichever is less); plus 25% separately billed services Out-of-Network	25%† Out-of-Network
\$20.15 per day (subsistence charge)‡ Military Hospital or Clinic				

* Network means a provider in the TRICARE network. Out-of-network means a TRICARE-authorized provider not in the TRICARE network.

† Percentage of TRICARE maximum-allowable charge after deductible is met.

PREMIUM-BASED HEALTH PLANS

When enrolled in a premium-based health plan (TRS, TRR, TYA Prime, TYA Select, or CHCBP), you pay a monthly or quarterly premium and follow Group B deductibles and applicable copayments or cost-shares.

Quarterly Premium (Oct. 1, 2020–Sept. 30, 2021)		
Premium-Based Plan	Individual	Family
Continued Health Care Benefit Program	\$1,599	\$3,605

Monthly Premium (Jan. 1, 2021–Dec. 31, 2021)		
Premium-Based Plan	Member only	Member and family
TRICARE Reserve Select	\$47.20	\$238.99
TRICARE Retired Reserve	\$484.83	\$1,165.01
TRICARE Young Adult Prime	\$459	Not available
TRICARE Young Adult Select	\$257	Not available

Catastrophic Cap

The catastrophic cap is the most you or your family may pay out of pocket for covered TRICARE health care services each calendar year (including enrollment fees but excluding premiums). It protects you by limiting the amount of out-of-pocket expenses you pay for TRICARE covered medical services. **Note:** A TYA member's catastrophic cap is based on the sponsor's status but follows Group B. The CHCBP catastrophic cap follows Group B.

Sponsor or Beneficiary Type	Group A	Group B
ADFM s	\$1,000/family	\$1,058/family
Retirees, their families, and others	\$3,000/family (TRICARE Prime) \$3,500/family (TRICARE Select)	\$3,703/family
TRS members	(Follow Group B)	\$1,058/family
TRR members	(Follow Group B)	\$3,703/family



PHARMACY COSTS (JAN. 1, 2020–DEC. 31, 2021)

ADSMs have no prescription drug costs when using a military pharmacy, TRICARE Pharmacy Home Delivery, or a TRICARE retail network pharmacy for covered drugs. Costs for all others are shown below.

At TRICARE retail network and non-network pharmacies, you may get up to a 30-day supply of your covered prescription. With all other pharmacy options, you may get up to a 90-day supply. Your options for filling your prescription depend on the type of drug your provider prescribes. Some drugs are only covered through TRICARE Pharmacy Home Delivery. Overseas, some limitations may apply.

To learn more, visit <https://militaryrx.express-scripts.com> or call Express Scripts, Inc., which administers the TRICARE pharmacy benefit, at 1-877-363-1303.

Pharmacy types	Formulary drug costs		Non-formulary drug costs	Non-covered drug costs
	Generic	Brand-name		
Military pharmacy Up to a 90-day supply	\$0	\$0	Generally not available without medical necessity	Not available
TRICARE Pharmacy Home Delivery Up to a 90-day supply	\$10	\$29	\$60	Not available
TRICARE retail network pharmacy Up to a 30-day supply	\$13	\$33	\$60	Full cost of drug
Non-network pharmacy (in the U.S. and U.S. territories: American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands)	TRICARE Prime options: 50% cost-share applies after the point-of-service (POS) deductible is met All other beneficiaries: You pay for formulary drugs (\$33 or 20% of total cost, whichever is more, after you meet your annual deductible) and non-formulary drugs (\$60 or 20% of total cost, whichever is more, after you meet your annual deductible).			Full cost of drug
Overseas pharmacy (outside the U.S. and U.S. territories) Visit www.tricare.mil/overseas-pharmacy for more information.	ADSMs and ADFMs using TOP Prime or TOP Prime Remote: \$0 (you may have to pay the full cost up front and file a claim for reimbursement) ADFM s using TOP Select and TRS members: 20% cost-share after yearly deductible is met Retirees, their families, TRR members, and all others enrolled in TOP Select: 25% cost-share after the yearly deductible is met			Full cost of drug



VOLUNTARY DENTAL PROGRAMS

There are two voluntary dental options separate from TRICARE health care options: the TRICARE Dental Program (TDP) and the Federal Employees Dental and Vision Insurance Program (offered by the U.S. Office of Personnel Management). Below are the TDP rates. To learn more about dental programs and eligibility, visit www.tricare.mil/dental.

TRICARE Dental Program Monthly Premiums (May 1, 2020–April 30, 2021)

Sponsor status	Sponsor-only premium	Single premium (one family member, not the sponsor)	Family premium (more than one family member, not the sponsor)	Sponsor-and-family premium
Active duty	N/A	\$11.60	\$30.15	N/A
Selected Reserve	\$11.60	\$28.99	\$75.37	\$86.97
Individual Ready Reserve	\$28.99	\$28.99	\$75.37	\$104.36

TRICARE Dental Program Out-of-Pocket Costs (May 1, 2020–April 30, 2021)

Services, deductibles, and maximums	TRICARE Dental Program
Diagnostic, preventive (including sealants)	0%
Basic restorative	20%
Endodontic, periodontic, oral surgery	Pay grades E-1 through E-4: 30%; All others: 40%
Prosthodontic, implant, orthodontic	50%
Yearly deductible	\$0
Non-orthodontic service maximum*	\$1,800 (per person, per contract year: May 1–April 30)
Orthodontic lifetime maximum	\$1,750 (per person, per lifetime)
Dental accident maximum	\$1,200 (per person, per contract year: May 1–April 30)

* Orthodontic diagnostic service charges are applied towards the non-orthodontic service maximum, but other diagnostic and preventive service charges are not.

LOOKING FOR More Information?

GO TO www.tricare.mil



TRICARE Costs

www.tricare.mil/costs



TRICARE Plan Finder

www.tricare.mil/planfinder



TRICARE East Region

Humana Military
1-800-444-5445
HumanaMilitary.com
www.tricare-east.com



TRICARE Overseas Program (TOP)

International SOS
Government Services, Inc.
www.tricare-overseas.com
For toll-free contact information, visit this website.



TRICARE Pharmacy Program

Express Scripts, Inc.
1-877-363-1303
1-877-540-6261 (TDD/TTY)
www.tricare.mil/pharmacy
<https://militaryrx.express-scripts.com>



TRICARE Dental Program

United Concordia Companies, Inc.
1-844-653-4061 (CONUS)
1-844-653-4060 or 1-717-888-7400 (OCONUS)
711 (TDD/TTY)
www.uccitdp.com



TRICARE West Region

Health Net Federal Services, LLC
1-844-866-WEST (1-844-866-9378)
www.tricare-west.com

TOP Regional Call Centers Eurasia-Africa

+44-20-8762-8384 (overseas)
1-877-678-1207 (stateside)
tricarelon@internationalsos.com

Latin America and Canada

+1-215-942-8393 (overseas)
1-877-451-8659 (stateside)
tricarephl@internationalsos.com

Pacific (Singapore):

+65-6339-2676 (overseas)
1-877-678-1208 (stateside)
sin.tricare@internationalsos.com

Pacific (Sydney):

+61-2-9273-2710 (overseas)
1-877-678-1209 (stateside)
sydricare@internationalsos.com

An Important Note About TRICARE Program Information

At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact your TRICARE regional contractor or local military hospital or clinic.

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



TRICARE® Pharmacy Program Overview

Learn about your TRICARE pharmacy coverage

The TRICARE Pharmacy Program provides prescription drug coverage for all TRICARE beneficiaries. You have the same coverage, regardless of your TRICARE health plan. However, if you use the US Family Health Plan, you have separate pharmacy coverage that isn't discussed in this overview.

In addition to using military pharmacies, you have several options for filling your prescriptions. The TRICARE Pharmacy Program contractor, Express Scripts, Inc., manages your home delivery, retail, and specialty pharmacy services.

Learn more about signing up for an Express Scripts account at: <https://militaryrx.express-scripts.com/getting-started>.

PRESCRIPTION DRUG CATEGORIES

There are four categories of drugs: three types are covered by TRICARE (generic formulary, brand-name formulary, and non-formulary) and the fourth is non-covered drugs. You can learn more about coverage for a specific drug by looking it up using the online TRICARE Formulary Search Tool (See the *TRICARE Formulary Search Tool* section).

Your pharmacy will generally fill your covered prescription with a generic drug—unless your provider requests a brand-name drug for you. The type of drug you're prescribed may determine where you can get it filled. Also, your costs may vary based on the type of drug you get. Use the TRICARE Formulary Search Tool to learn more.

TRICARE FORMULARY SEARCH TOOL

For information about your prescription, look up the drug at: www.express-scripts.com/tform

You'll need to know:

- The name and strength of the drug prescribed

The search tool will tell you:

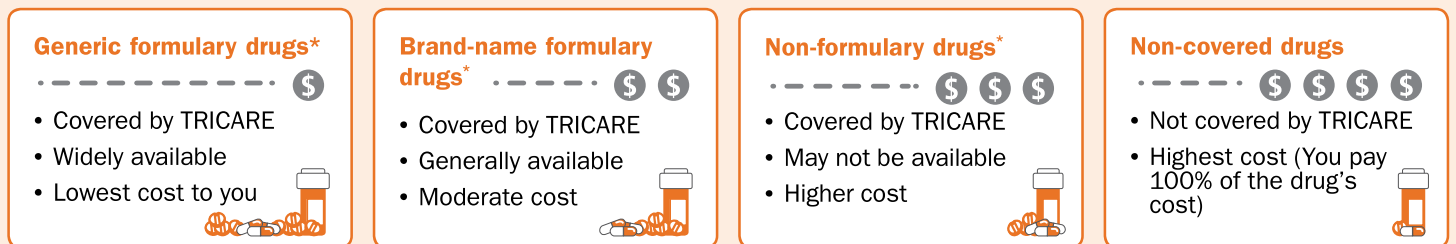
- If the drug is covered by TRICARE or if you need a coverage review from Express Scripts
- If you need a request form from your provider (This usually applies to non-formulary drugs and medications that require pre-authorization.)
- Where you can fill your prescription
- How much you'll pay out of pocket

Over-the-Counter Drugs

TRICARE doesn't cover prescribed over-the-counter products, except for certain insulin, diabetic supplies, and tobacco-cessation products. For more information, go to www.tricare.mil/otc.

FOUR CATEGORIES OF DRUGS

TRICARE groups prescription drugs into four categories. This grouping is based on the medical and cost effectiveness of a drug compared to other drugs of the same type. This graphic shows how your costs may vary depending on your drug's category.



* May require pre-authorization or medical necessity

COSTS

Active duty service members pay nothing for covered prescriptions from military pharmacies, home delivery, or retail network pharmacies.

For all other beneficiaries, specific costs are available by searching the TRICARE Formulary Search Tool.

- There's no cost for covered generic or brand-name drugs at military pharmacies.
- You pay a copayment for covered brand-name drugs and generic drugs through home delivery or at retail pharmacies
- You pay the full cost for both covered generic and brand-name drugs when you go to non-network pharmacies, and you may be able to file a claim. See the section *Non-Network Pharmacies* for more information.
- You pay the full price for any non-covered drugs.
- If you have other health insurance (OHI), TRICARE pays second. If your OHI is through Express Scripts, your coverage processes automatically.

Additionally your annual deductible, catastrophic cap, cost-shares, and point-of-service may apply. Learn more about these at www.tricare.mil/costs.

PHARMACY OPTIONS

There are several options to fill prescriptions. Some prescription drugs may only be available through one pharmacy option, like home delivery for maintenance medications. Additionally, there are certain restrictions when getting prescriptions overseas that apply to using home delivery or retail pharmacies. Learn more about the pharmacy benefit overseas at www.tricare.mil/overseas-pharmacy.

Military Pharmacies

At a military pharmacy, you can get up to a 90-day supply of most covered drugs.

- Can accept e-prescriptions and prescriptions from most military and civilian providers
- Generally carry only formulary drugs

Visit www.tricare.mil/militarypharmacy to learn more.

TRICARE Pharmacy Home Delivery

With home delivery, you get up to a 90-day supply of drugs mailed to you free using standard shipping.

- No need to file claims
- Available overseas (except in Germany) and with certain restrictions

For information about switching to home delivery, visit <https://militaryrx.express-scripts.com/home-delivery> or call 1-877-363-1303.

An Important Note About TRICARE Program Information

*At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military hospital and clinic guidelines and policies may be different than those outlined in this publication.** For the most recent information, contact the TRICARE pharmacy contractor or your local military hospital or clinic.*

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

TRICARE Retail Network Pharmacies

At a TRICARE retail network pharmacy, you can get up to a 30-day supply of a covered drug.

- You may fill prescriptions at TRICARE retail network pharmacies without having to file a claim, but you may need to show your Uniformed Services ID card or Common Access Card and your prescription.
- If you have OHI, save money by using a TRICARE retail network pharmacy that's also in-network with the other plan.

Visit <https://militaryrx.express-scripts.com/find-pharmacy> to find a TRICARE retail network pharmacy in the U.S. and most U.S. territories. In the Philippines, you must use a certified pharmacy. You can find certified pharmacies by using the search tool at www.tricare-overseas.com/beneficiaries/philippines.

Non-Network Pharmacies

At non-network pharmacies, you pay the full price for a covered drug up front and file a claim to get money back. You'll have costs when using a non-network pharmacy that won't be refunded. These costs may include your yearly deductible, out-of-network cost-shares, TRICARE pharmacy copayments, and point-of-service charges.

Overseas, a non-network pharmacy may be your only option. You'll pay the full price for your covered drugs, and file a claim with the TRICARE Overseas Program contractor, International SOS Government Services, Inc., to get money back.

Visit www.tricare.mil/coveredservices/pharmacy/claims to learn more about filing claims.

FOR INFORMATION AND ASSISTANCE

TRICARE Pharmacy Program

www.tricare.mil/pharmacy

Express Scripts, Inc. (U.S. and U.S. territories)

1-877-363-1303

1-877-540-6261 (TDD/TTY)

<https://militaryrx.express-scripts.com>

DOD.customer.relations@express-scripts.com

International SOS Government Services, Inc. (Outside the U.S. and U.S. territories)

www.tricare-overseas.com/beneficiaries/resources/pharmacy



Take the Publications Survey

Use the QR code to the left or click on "Publications Satisfaction Survey" at www.tricare.mil/publications.

RETIREMENT PLANNING GUIDE

APPROACHING YOUR 60TH BIRTHDAY

Eligibility for Retirement Pay

Reserve members who have accumulated 20 years of creditable service in a reserve component are entitled to retirement pay at age 60 based on the years of service, rank and number of retirement points accumulated.

Applying for Retirement Pay

Submission of application for retirement can be done **4-6 months** prior to 60th birthday. The CTARNG Retirement Services office accepts appointments Monday-Friday between 10am-2pm to fill and send out pay applications. Please contact our office at the Hartford Armory, Room 100. Phone number: 860-524-4813/860-524-4814. If you do not use our office, you must contact HRC for your Retire Pay Application to be mailed to you (eff 1Oct2014). All packet submitted to:

Human Resources Command (HRC)
Call toll-free 1-888-ARMYHRC; DSN: 983-9500
Address: Human Resources Service Center
1600 Spearhead Division Ave., Fort Knox, KY 40121
or log on to: <https://www.hrc.army.mil>

Checklist for Retirement Packet

- DD Form 108 – **APPLICATION FOR RETIRED PAY BENEFITS**
- DD Form 2656 – **DATA FOR PAYMENT OF RETIRED PERSONNEL**
- Discharge Order
- NGB Form 22 – **REPORT OF SEPARATION AND RECORD OF SERVICE**
- NGB Form 23/23A/23B – **FINAL RETIREMENT POINTS STATEMENT (RPAS)**
- Twenty Year Letter” – **NOE for Retired Pay at Age 60**
- DD Form 2656-5 or DD 1883 – **RESERVE COMPONENT SURVIVOR BENEFIT PLAN (RCSBP) ELECTION CERTIFICATE**
- DD Form 214 – **CERT. OF RELEASE OR DISCHARGE FROM AC**
- Promotion Order (if applicable)
- Cancelled check or Fast Form– **DIRECT DEPOSIT SIGN-UP FORM**

ADDITIONAL RESOURCES

CTARNG Retirement Services
Hartford Armory, Room 100
860-524-4813/860-524-4814

USAA
1-800-531-8722
<https://www.usaa.com>

Tricare
877-298-3408
<https://www.tricare.mil>

Veterans Group Life Insurance
(800) 419-1473
www.insurance.va.gov

Military Benefit Association
1-800-336-0100
<https://www.militarybenefit.org>

Armed Forces Benefits Ass.
1-800-776-2322
www.afba.com

**Armed Services Mutual
Benefit Association**
1-800-251-8434
www.asmba.com

**Military Officer Association of
America**
1-800-234-6622
www.moaa.org

**Tricare Retiree Dental
Program**
855-410-3255
www.trdp.org

Transition Assistance Advisor
Mr. Fausto Parra
860-524-4908



Defense Enrollment Eligibility Reporting System (DEERS)

- To update addresses and phone number & to Ensure the most accurate data is on file- simply Google 'Defense Enrollment Eligibility Reporting System' (DEERS)
- Call: DMDC at 1-800-538-9552; fax 1-831-655-8317

RAPIDS SITE LOCATOR:

<http://www.dmdc.osd.mil/rsl/consent?continueToUrl=%2Frsl%2Fappj%2Fsite%3Fexecution%3De1s1>

"GREY AREA" RETIREES (BEFORE 60TH BIRTHDAY)

- Soldier & Dependent: Red ID Card

RETIREE AT AGE 60

- Soldier: Blue ID card
- Dependent: Tan ID Card

Healthcare

- Retirees can elect TRICARE while in the Gray area of retirement or are automatically covered at age 60, TRICARE Medical Retiree Coverage. POC is Ms. Miranda White www.humanamilitary.com (401) 391-3503
- Retirees and their dependents between the ages of 60-65 can enroll in tri-care standard at no cost. There is a fee with TRICARE Prime.
- Retirees and their dependents 65 and older are eligible to receive treatment at a military facility and/or enroll in tri-care for life to be seen by a civilian doctor
- Apply for Medicare 3 months before age 65 if not drawing social security
- Enrollment in Medicare part b is mandatory to receive health benefits through TRICARE for life
- Medicare allows enrollment each year from Jan 1 through Mar 31. coverage under part B will be effective July 1 of the same year
- Beneficiaries who have not enrolled in part b in the past may face a surcharge, which could increase the monthly part b premium
- Medicare coverage automatic if drawing social security at age 65
Contact your local social security office to learn more or
 - Social Security: 1-800-772-1213, <http://www.ssa.gov>
 - Medicare: 1-800-633-4227 (1-800-medicare), www.medicare.gov



SURVIVOR ANNUITY INFORMATION & CHECKLIST

The loss of a loved one is never easy...when this happens you are overcome with grief, overwhelmed with unfolding events and frustrated at the mounds of things to do and people to notify. Don't go through this alone. We are here to help!!!!

Call your Retirement Services Officer (RSO)! CT RSO: SFC Darlene Anderson 860-524-4813
darlene.e.anderson4.mil@mail.mil

Your RSO will be able to walk you through all the steps you need to take, and the forms you will need to complete.





We help with the following:

- Call DFAS and notify them of your Service member's death.
<https://www.dfas.mil/RetiredMilitary/survivors/annuitant-death/>
- Assist with forms and applications needed to submit your claim
<https://www.dfas.mil/RetiredMilitary/survivors/ApplySBP/>
- Arrear payment claims
<https://www.dfas.mil/RetiredMilitary/survivors/1174RetireeAOP/>
- Assist with collecting supporting documentation from local archives for Annuity claims
- Provide guidance on additional resources available
- Submit Application on your behalf

ITEMS REQUIRED for Annuity Claim:

- Certificate of Death
- DD Form 2656-7 Data for Payment of Retired Personnel
- FMS 2231: Fast Start Direct Deposit Form
- SF 1174: Claim for Unpaid Compensation
- W-4P: Withholding Certificate for Pension or Annuity Payments
- DD Form 2656-5 RC-SBP or DD 1883-Survivor Benefit Claim or NGB 23F SBP Certificate

Opportunities to Continue Your Military Experience with the State Organized Militia Units

Governor's Foot Guard Units	Governor's Horse Guard Units
<div style="text-align: center;">  <h3 style="margin: 5px 0;">First Company Governor's Foot Guard</h3> </div> <p>Headquarters: Hartford, CT</p> <p>We are always looking for new members to serve in our rifle company, which includes our color guard, and our band.</p> <p>Contact: commandant@governorsfootguard.com recruiting@governorsfootguard.com</p> <p>Website: www.governorsfootguard.com</p> <p>Phone: (860) 522-1337</p> <p>Maj. Mark Boudreau, Commandant at (860) 978-2892 1LT Kevin McCrewell, Adjutant at (860) 450-6677</p>	<div style="text-align: center;">  <h3 style="margin: 5px 0;">First Company Governor's Horse Guard</h3> </div> <p>Headquarters: Avon, CT</p> <p>Contact: ctfirsthorseguard@gmail.com Website: www.ctfirsthorseguard.org Phone: (860) 673-3525</p> <p>Major Chris Miller <i>Contact Info</i></p> <p>Maj. Christopher Miller, Commandant Capt. Richard Zaczynski, XO ringman65@yahoo.com MarshalZac14@cox.net</p>
<div style="text-align: center;">  <h3 style="margin: 5px 0;">Second Company Governor's Foot Guard</h3> </div> <p>Headquarters: Branford, CT</p> <p>We are looking for a few good men and woman to join our historic command. We have openings in our band, our field music, and our rifle company.</p> <p>Contact: 2GFG.CTMD@ct.gov rkgreenalchjr@sbcglobal.net</p> <p>Website: www.footguard.org</p> <p>Phone: (203) 488-0153</p> <p>MAJ Richard Greenalch, Commandant at (203) 444-9838 CPT Robert Devaney, Executive Officer at (203) 430-5560 SGM Donald Rosadini (Recruiting) at (203) 494-4371</p>	<div style="text-align: center;">  <h3 style="margin: 5px 0;">Second Company Governor's Horse Guard</h3> </div> <p>Headquarters: Newtown, CT</p> <p>Contact: TheHorseGuard@gmail.com Website: www.TheHorseGuard.org Phone: (203) 426-9046</p> <p>Major James Marrinan, Commandant Captain Paul Mazzara jim.marrinan@comcast.net MazzaraP@aol.com</p> <p style="text-align: center;">2</p>

SERVICE ORGANIZATIONS / SERVICE OFFICERS

AMERICAN LEGION

860-594-6600

Service Officer K. Robert Lewis

DISABLED AMERICAN VETERANS

860-594-6612

Service Officer Robert Rachuba

Jakub Dziemaszkiewicz

THE MILITARY ORDER OF THE PURPLE HEART

VACANT

If veteran was working with Mr. Dickinson they can contact Dennis Del Donna/Providence Regional Office VSO 401-223-3731

VETERANS OF FOREIGN WARS

Service Officer Robert Tozzoli (Newington)

860-594-6610

WINDHAM REGIONAL COMM COUNCIL

Service Officer Bill Woodbury

860-423-4534 x337

HISPANIC-AMERICAN VETERANS OF CONNECTICUT

Service Officer Juan Cruz (Rocky Hill)

860-721-5849

STATE OF CONNECTICUT, DEPARTMENT OF VETERANS AFFAIRS

Service Officer, (Newington- District 1)

860-594-6604 or 6606

Dawn Waldron

Service Officer, (Norwich – District 2)

860-887-9162

Jeannie Gardiner, Ryan McKenna

Service Officer, (Milford – District 3)

203-874-6711

Anna James

Service Officer, (Bridgeport – District 4)

203-336-2570

Ramon Agosto

Service Officer, (Waterbury – District 5)

203-805-6340

Peter DiMaria, Jason Coppola

WOUNDED WARRIOR PROJECT (OEF/OIF)

617-588-4000

<http://www.woundedwarriorproject.org/connect/AlumniRegistration.aspx>

VET CENTERS

291 South Lambert Road, Orange CT (New Haven Vet Center) 203-795-0148

25 Elm St, Rocky Hill CT 860-563-8800

2 Cliff Street, Norwich CT 860-887-1755

457 North Main St., Danbury CT 203-790-4000

GI BILL QUESTIONS

www.GIbill.va.gov

888-442-4551

Fax 716-857-3192

Voc Rehab

860-666-7379

Fax: 860-667-1062

Annuity basics

A life annuity provides guaranteed monthly payments for as long as you are alive. If you want a life annuity that pays benefits to a survivor, or joint annuitant, you have that option as well.

The life annuity is one of the withdrawal options that are available to you once you have left the federal government or the uniformed services, or if you have a beneficiary participant account. It is not the “basic annuity” or “pension” that you will receive as a result of your retirement coverage under FERS or CSRS, or the military retired pay that members of the uniformed services receive. If you have questions about your eligibility for the basic annuity or military retired pay, contact your agency or service. To learn more about the life annuity withdrawal option, read the TSP fact sheet [Annuities](https://www.tsp.gov/publications/tspfs24.pdf) (<https://www.tsp.gov/publications/tspfs24.pdf>).

The minimum amount with which to purchase an annuity is \$3,500. This minimum applies separately to each balance, traditional and Roth.

Be aware that an annuity is not the same as a TSP installment payment. A TSP installment payment is one of the other withdrawal options that you have as a separated participant.

The annuity interest rate index is 2.075% for annuities purchased in July 2021 and in June 2021.

Monthly annuity estimate on your annual TSP statement

You may have seen a section on your annual TSP statement called “**Will you be ready for retirement?**” That section displays an estimated dollar amount for your monthly retirement income.

We use several assumptions to calculate the annuity estimate on your TSP statement:

-
- You're age 63 (or your current age if you're older).
 - The annuity interest rate index is 1.480% (for estimates on 2020 statements).
 - You purchase a single life annuity with level payments and no additional features.

To explore annuity estimates based on a different type of annuity purchase—or an annuity purchase combined with other withdrawal options—you can use the [TSP payment and annuity calculator](https://www.tsp.gov/calculators/tsp-payment-and-annuity-calculator)

(<https://www.tsp.gov/calculators/tsp-payment-and-annuity-calculator/>).

Questions? 1-877-968-3778

Find other ways to [contact us](https://www.tsp.gov/contact/) (<https://www.tsp.gov/contact/>).



(<https://www.facebook.com/tsp4gov>)



(<https://twitter.com/tsp4gov>)



(<https://www.youtube.com/user/tsp4gov>)

Living in retirement

Statistics show that people are living longer, healthier lives. It's possible that you could spend two, maybe three, decades in retirement. The money in your TSP account plays a big role in your retirement picture. You'll need those savings to provide you with income when you need it.

Staying with the TSP

If your vested account balance is \$200 or more when you leave federal service, your TSP account stays right where it is until you need it. You can keep more of what you save thanks to our low costs. Plus, you can change your investment mix and transfer eligible money into your account.

Each individual's situation is different and should be considered when making this decision. Our goal is to help provide the tools you need to make the best choice for yourself. These eye-opening videos may make you think twice about moving your money to another retirement plan.

- [Once You're Gone, You're Gone](https://www.tsp.gov/exit/?idx=153) (<https://www.tsp.gov/exit/?idx=153>)
- [Don't Move](https://www.tsp.gov/exit/?idx=154) (<https://www.tsp.gov/exit/?idx=154>)
- [Combine and Save: Transfer into the TSP](https://www.tsp.gov/exit/?idx=155) (<https://www.tsp.gov/exit/?idx=155>)

And be sure to check out our other videos at [youtube.com/tsp4gov](https://www.youtube.com/tsp4gov) (<https://www.tsp.gov/exit/?idx=152>) to learn more.

Questions? 1-877-968-3778

Find other ways to [contact us](https://www.tsp.gov/contact/) (<https://www.tsp.gov/contact/>).

 (<https://www.facebook.com/tsp4gov>)

 (<https://twitter.com/tsp4gov>)

You may also visit
TSP.GOV

and log into "My Account" to perform many of these transactions and inquiries.



TSPLF39-A (8/2016)

Follow us on:



@tsp4gov



tsp4gov

Notes

Protect your TSP account. Learn more at tsp.gov/protect

THRIFT SAVINGS PL
ThriftLine

1-877-968-3778

Available 24 hours a day, 7 days a week.

Outside the U.S. and Canada:
404-233-4400

TDD: 1-877-847-4385

Option 1—Account Information and Transactions

Select option 1 for the Account menu.

For Your Security

Enter TSP account number and #

Enter PIN and #* or to request a PIN press 1 and #

Account Menu

- 1 Account Balance
- 2 Contribution Allocations
- 3 Interfund Transfers
- 4 Loans
- 5 Withdrawals
- 6 PIN Change
- 7 Mailed TSP Materials
- 8 Mailed Statements

* If you have civilian and uniformed services accounts, you'll be taken to the account associated with the PIN you entered. If your PIN is the same for both accounts, you'll be asked which account you wish to access.

Option 2—Plan Information

Select option 2 for the Plan Information menu.

- 1 Share Prices
- 2 Rates of Return
- 3 Current Loan Interest Rate
- 4 Current Annuity Interest Rate Index
- 5 Plan News
- 6 Fax Back Materials Request

Option 3—All Other Inquiries

Select option 3 to speak to a Participant Service Representative.

Available 7am–9pm (eastern time)

RESEARCH OUR
RECORDSVETERANS' SERVICE
RECORDSEDUCATOR
RESOURCES

VISIT US

AMERICA'S FOUNDING
DOCUMENTS

Veterans' Service Records

[Home](#) > [Veterans' Service Records](#) > [Military Service Records](#)Request Service
Records[Request Military
Service Records](#)[eVetRecs Help](#)[Other Methods to
Obtain Service
Records](#)[Special Notice
Regarding
Requests](#)Military Service
Records[About Service
Records](#)[Correcting Service
Records](#)[Medical and
Health Records](#)[Locations of
Service Records](#)[Older \(pre-WWI\)
Service Records](#)[What Records are
NOT Available?](#)Privacy and
Security of
Veterans
Records

Further Expansion of Onsite Workforce at the National Personnel Records Center (NPRC) is Underway

Due to the COVID-19 pandemic, the NPRC has been operating at a reduced capacity. As of March 29, 2021, the NPRC increased its on-site staffing to 25 percent of the workforce. While we continue to increase our on-site staffing, we are still servicing requests associated with medical treatments, burials, and homeless veterans seeking admittance to a homeless shelter. Please refrain from submitting non-emergency requests such as replacement medals, administrative corrections, or records research until we return to pre-COVID staffing levels.

- [More information on NPRC's operating status](#)
- [Alternative sources for modern military records](#)
- More information about the National Archives' response to coronavirus can be found at [archives.gov/coronavirus](https://www.archives.gov/coronavirus).

Request Military Service Records

Recent military service and medical records are **not online**. However, most veterans and their next of kin can obtain **free copies** of their DD Form 214 (Report of Separation) and the following military service records any of the ways listed below.

Looking for records?

[Start Request Online](#)

- [DD 214/ Separation Documents](#)
- [Official Military Personnel File \(OMPF\)](#)
- [Replacement Medals](#)
- [Medical and Health Records](#)

- [Burials and Emergency Requests](#)
- [Natural Disaster Requests](#)

If you are unable to start the form online and prefer to submit a traditional request form, you can mail or Fax it:

[Mail or Fax Form](#)

How can I check on the status of my request?

Allow about 10 days for us to receive and process your request before checking your request status.

Please indicate whether you know your request number using the buttons below:

[Yes, I know my request number](#)[No, I don't know my request number](#)

You may also telephone the **NPRC Customer Service Line** (this is a long-distance call for most customers): **314-801-0800**. **Note:** Our peak calling times are weekdays between 10:00 a.m. CT and 3:00 p.m. CT. Staff is available to take your call as early as 7:00 a.m. and as late as 5:00 p.m. CT.

DD 214 Increased Social Security Benefits for Veterans

Please share this with anyone who had active duty service (including active duty for training) between January 1957 to December 31, 2001, and planning for retirement.

This is something to put in your files for when you apply for Social Security down the road. It is NOT just for retirees, BUT anyone who has served on active duty between January 1957 to December 31, 2001.

FYI - this benefit is not automatic, you must ask for it! We've all been on active duty between 1957 and 2001 or know someone who has

How you get credit for Special Extra Earnings:

Special extra earnings credits are granted for periods of active duty or active duty for training. Here's how the special extra earnings are credited on your record:

- From 1957 through 1977, you are credited with \$300 in additional earnings for each calendar quarter in which you received active duty basic pay.
- From 1978 through 2001, for every \$300 in active duty basic pay, you are credited with an additional \$100 in earnings up to a maximum of \$1,200 a year.
- ❖ **In January 2002, Public Law 107-117, the Defense Appropriations Act, stopped the special extra earnings that have been credited to military service personnel.**

If you enlisted after September 7, 1980, and didn't complete at least 24 months of active duty or you're full Tour, you may not be able to receive the additional earnings.

Social Security website: <http://www.ssa.gov/retire2/military.htm>