Any Federal employee, former employee or applicant for employment who believes he or she has been discriminated against in an employment matter based on race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or over), disability (physical or mental), genetic information and/or reprisal for a previous EEO protected activity has the right to bring the matter to the attention of the Installation EEO Office and utilize the EEO process under 29 CFR 1614 and AR 690-600. An EEO Official must be consulted before a formal discrimination complaint may be made under these regulations.

Allegations must be raised by contacting the EEO Office within 45 calendar days of the action or practice alleged to be discriminatory; in the case of a personnel action, within 45 calendar days of the effective date of the action; or within 45 calendar days from when the individual becomes aware of the alleged discriminatory action or practice.

Allegations of discrimination may also be grieved under the negotiated grievance procedures (Title 5, USC, Section 7121) or under the Merit Systems Protection Board appellate procedures.

Individuals may also contact the Department of the Army, Director, EEO Compliance & Complaints Review, ATTN: SAMR-EO-CCR 5825 21st Street, Building 214, Room 129, Fort Belvoir, VA 22060-5921