

### INSTALLATION TRANSPORTATION DIVISION ARMY FIELD SUPPORT BATTALION – KOREA











- Transportation Contact's
- Separating and Retiring Soldiers Entitlement information
- JTR Weight Allowance from Korea
- Personal Property Shipment
- Member's Responsibility
- Questions?



# **Travel & Transportation**

### (Contact Your Transportation Office)

#### <u>Travel</u>

- Authorized from last duty station to home of selection (includes Family members)
- If home of selection is OCONUS, costs limited to those payable had a CONUS site been selected

### Transportation of Household Goods (HHGs)

- From last duty station to home of selection
- May ship stored HHGs
- Non-temporary storage authorized for 1 year
- If retiring OCONUS, POV shipment to CONUS authorized

### Time Limit on Travel & Transportation Allowances

- Typically one year
- Exceptions may be requested prior to 1st anniversary of retirement
- <u>Additional Info Sources</u>: Defense Transportation Regulation 4500.9-R, found at <u>https://www.ustranscom.mil/dtr/dtrp4.cfm</u> and the Joint Travel Regulation at

https://www.defensetravel.dod.mil/Docs/perdiem/JTR.pdf









**Personal Property Household Goods (HHG)** 

Entitlements expire 6 years from the effective date of the orders



### **Extension of the transportation entitlement**

 Submit an extension request to the transportation office prior to the retirement anniversary date yearly (includes an extension of the transportation entitlement for HHG in non-temporary storage (NTS).

### Local move of HHG

- Authorized from government/privatized quarters to a residence in local area
- Local move radius varies by installation. Estimate 50 mile radius.
- Does not impact the move to the HOS
- HHG may be split between the delivery to the local residence and nontemporary storage (NTS)
- HHG in the residence in the local area and in non-temporary storage (NTS) may be transported to the HOS at a later date
- Local move weight allowances listed in the Joint Travel Regulation, Table 5-37





## **Personal Property Household Goods**



### Storage

### Shipments to multiple locations

- Total weight of all shipments may not exceed the authorized weight allowance
- Total cost of all shipments may not exceed the cost to ship the authorized weight allowance to the HOS in one lot.

### Non-temporary Storage (NTS) is always at origin, not at destination

- Begins on the date the order is issued
- Terminates 1 year from the effective date of retirement
- After the 1 year entitlement expires, storage is converted to a commercial account at the Soldier's expense. Contact the transportation office for a delivery out of storage.
- When HHG are released for delivery, additional storage is not authorized, it must be a DIRECT delivery.
- Think non-temporary storage first, place HHG in NTS when HOS is unknown or delivery address at HOS is unknown, or new house being built.





# **Transportation Division Contact Information**



<b>Personal Property Processing Office (PPPO)</b>	Commercial Travel Office (CTO)
Location: <b>BLDG 6400</b> , <b>Rm K201</b>	Location: BLDG 6400, Rm D101
Customer Service Hours : (M-F 0800-1130/1300-1630)	Customer Service Hours : (M-F 0900-1630)
Front Desk: 757-2448/-2459	Front Desk: 757-2443/2445/2446
Group Email address: usarmy.humphreys.403-afsb-Irc.list.pppo@mail.mil	
Vehicle Processing Center (VPC)	Installation Transportation Office (ITO)
Location: BLDG 7040	Location: BLDG 6400, K208
Customer Service Hours : (M-F 0800-1700)	DSN: 315-757-2456
Appointment Only	Commercial: 0503-357-2456
Front Desk: 756-8700	



### **Separating Soldier Entitlement Information**



So you have decided to Separate and start a new chapter in your life. Congratulations and thank you for your Service. As you prepare for your transition, we have identified a few important tips regarding your personal property entitlements.

**Transportation Entitlement:** You, as a Separatee, have 180 days from your Active Duty termination date to make a personal property move to your home of record (HOR) or Place Entered Active Duty (PLEAD). Your application for shipment must be accomplished before expiration of the 180 day time limit. If you are a Separatee with 8 or more years Active Duty and receiving Separation pay, see Retiree Entitlements.

Storage Entitlement: During your final counseling on your separation move, you will be introduced to two storage options. Non-Temporary storage (NTS) is used at Origin and is HIGHLY recommended when you do not have a destination address, or you have not selected your HOR or PLEAD. Storage-in-Transit (SIT) is used at your destination (HOR/PLEAD), and usually limited to a 90 period. This can result in excess cost to you if your property is not released from storage before its expiration date. IT IS HIGHLY RECOMMENDED THAT YOU DO NOT SHIP YOUR PERSONAL PROPERTY TO YOU DESIRED HOR/PLEAD UNTIL YOU HAVE A DELIVERY ADDRESS!!

**NTS** (permanent storage): Placing your property in NTS affords you more flexibility versus shipping your property immediately to a destination. NTS provides you up to 180 days, at Government Expense, to determine you final destination, find employment, purchase or make ready your home, get family settled, enroll children in school, etc. Using NTS will help you avoid excess costs by preventing pre-mature shipment of your property to a location that may end up not being your final destination. Once your NTS is released from Origin for final shipment, it is required to be delivered direct at destination, as further storage at destination is not authorized.



### Separating Entitlement Information (Cont.)



**SIT** (temporary storage): SIT is the most expensive of the two options and VERY costly to you if not used as designed. SIT is normally placed at a storage facility in or near you desired HOR/PLEAD after shipment. The JTR authorizes 90 days of SIT with Transportation Officer (TO) approval. Obtaining SIT beyond 90 days is extremely difficult and authorized in very rare cases; when justified, supported with documentation, and approved by destination TO. If additional SIT in not approved, storage will be converted to your expense at a **premium cost** strictly negotiated between you and the storage/moving company, not the Government. You will also be liable for insurance costs. After conversion, you are entitled to a local delivery out of SIT, which is arranged by the Transportation Office at Government Expense. Delivery beyond local area will subject you to potential excess costs.

**Entitlement Extensions:** If unexpected events prevents you from moving your property to your HOR/PLEAD within the 180 day time limit, you may request a travel/transportation entitlement extension thru your Transportation Office. The Secretarial process <u>MAY</u> allow you an extension for a specific time period beyond the initial 180 day travel/transportation entitlement but NTE 6 years. <u>EXTENSION REQUEST MUST</u> <u>BE SUBMITTED BEFORE 180 DAY ENTITLEMENT EXPIRES.</u> Entitlement extensions, if approved, does not extend storage at Government Expense. **PROPERTY MUST BE CONVERTED TO SM EXPENSE**. Your local TO will provide you with a copy of DD Form 1797, Personal Property Counseling Checklist, which you must sign. This form will assist with the information provided on your storage and travel/transportation entitlements. The form will also act as a record of your official counseling.

Another helpful link for your Retiree and Separatee Move: https://move.mil/moving-guide/retirees-separatees



### **Separating Soldier Entitlement Information**



So you have decided to Retire and start a new chapter in your life. Congratulations and thank you for your Service. As you prepare for your transition, we have identified a few important tips regarding your personal property entitlements.

**Transportation Entitlement:** You, as a Retiree or Separtee with 8 or more years of Active duty and receiving Severance/Separation pay, have 1 year from the effective date you are relieved from Active Duty to make a personal property move to your home of selection (HOS). Your application for shipment must be accomplished before expiration of the 1 year time limit.

**Storage Entitlement:** During your final counseling on your retirement move, you will be introduced to two storage options. Non-Temporary storage (NTS) is used at Origin and is HIGHLY recommended when you do not have a destination address, or you have not selected your final HOS. Storage-in-Transit (SIT) is used at your destination (HOS), and usually limited to a 90 period. This can result in excess cost to you if your property is not released from storage before its expiration date. **IT IS HIGHLY RECOMMENDED THAT YOU DO NOT SHIP YOUR PERSONAL PROPERTY TO YOUR DESIRED HOME OF SELECTION UNTIL YOU HAVE A DELIVERY ADDRESS!!** 

**NTS** (permanent storage): Placing your property in NTS affords you more flexibility versus shipping your property immediately to a destination. NTS provides you up to 1 year, at Government Expense, to determine your final destination, find employment, purchase or make ready your home, get family settled, enroll children in school, etc. Using NTS will help you avoid excess costs by preventing pre-mature shipment of your property to a location that may end up not being your final destination. Once your NTS is released from Origin for final shipment, it is required to be delivered direct at destination, as further storage at



### **Separating Soldier Entitlement Information**



**SIT** (temporary storage): SIT is the most expensive of the two options and VERY costly to you if not used as designed. SIT is normally placed at a storage facility in or near your desired HOS after shipment. The JTR authorizes 90 days of SIT with Transportation Officer (TO) approval. Obtaining SIT beyond 90 days is extremely difficult and authorized in very rare cases; when justified, supported with documentation, and approved by destination TO. If additional SIT in not approved, storage will be converted to your expense at a **premium cost** strictly negotiated between you and the storage/moving company, not the Government. You will also be liable for insurance costs. After conversion, you are entitled to a local delivery out of SIT, which is arranged by the Transportation Office at Government Expense. Delivery beyond local area will subject you to potential excess costs.

Entitlement Extensions: If unexpected events prevents you from moving your property to your HOS within the 1 year time limit, you may request a travel/transportation entitlement extension thru your
 Transportation Office. The Secretarial process <u>MAY</u> allow you extensions in 1 year increments for a period NTE six years from date you are relieved from Active Duty. <u>EXTENSION REQUESTS MUST BE SUBMITTED</u>
 <u>ANNUALLY THROUGH YOUR TRANSPORTAION OFFICE.</u> Transportation Entitlement extensions does not extend storage at Government Expense. PROPERTY MUST BE CONVERTED TO SM EXPENSE. Your local TO will provide you with a copy of DD Form 1797, Personal Property Counseling Checklist, which you must sign. This form will assist with the information provided on your storage and travel/transportation entitlements. The form will also act as a record of your official counseling.

Another helpful link for your Retiree and Separatee Move: https://move.mil/moving-guide/retirees-separatees



# **Transportation Weight**



#### JTR Transportation Entitlements and Admin Weight Allowance from Korea

RANK	Maximum WT ALW With Dependent	Maximum WT ALW Without Dependent	ACCOMPANIED ADMIN WT ALW TO/FROM KOREA 50% OF JTR WT ALW	UNACCOMPANIED ADMIN WT ALW TO/FROM KOREA 25% OF JTR WT ALW
O6 - O10	18,000	18,000		
O5/W5	17,500	16,000		
O4/W4	17,000	14,000		
O3/W3	14,500	13,000		
O2/W2	13,500	12,500		
O1/W1	12,000	10,000		
E9	15,000	13,000		
E8	14,000	12,000		
E7	13,000	11,000		
E6	11,000	8,000		
E5	9,000	7,000		
E4	8,000	7,000		
E1 - E3	8,000	5,000		



# **Transportation Weight**



#### JTR Transportation Entitlements and Admin Weight Allowance from Korea

RANK	Maximum WT ALW With Dependent	Maximum WT ALW Without Dependent	ACCOMPANIED ADMIN WT ALW TO/FROM KOREA 50% OF JTR WT ALW	UNACCOMPANIED ADMIN WT ALW TO/FROM KOREA 25% OF JTR WT ALW
O6 - O10	18,000	18,000	9,000	4,500
O5/W5	17,500	16,000	8,750	4,000
O4/W4	17,000	14,000	8,500	3,500
O3/W3	14,500	13,000	7,250	3,250
O2/W2	13,500	12,500	6,750	3,125
O1/W1	12,000	10,000	6,000	2,500
E9	15,000	13,000	7,500	3,250
E8	14,000	12,000	7,000	3,000
E7	13,000	11,000	6,500	2,750
E6	11,000	8,000	5,500	2,500
E5	9,000	7,000	4,500	2,500
E4	8,000	7,000	4,000	2,500
E1 - E3	8,000	5,000	4,000	2,500



# **Transportation Weight**



#### JTR Transportation Entitlements and Admin Weight Allowance from Korea

RANK	Maximum WT ALW With Dependent	Maximum WT ALW Without Dependent	ACCOMPANIED ADMIN WT ALW TO/FROM KOREA 50% OF JTR WT ALW	UNACCOMPANIED ADMIN WT ALW TO/FROM KOREA 25% OF JTR WT ALW
O6 - O10	18,000	18,000	9,000 (Inc. UB 2,000)	4,500 (Inc. UB 1,800)
O5/W5	17,500	16,000	8,750 (Inc. UB 2,000)	4,000 (Inc. UB 1,600)
O4/W4	17,000	14,000	8,500 (Inc. UB 2,000)	3,500 (Inc. UB 1,400)
O3/W3	14,500	13,000	7,250 (Inc. UB 2,000)	3,250 (Inc. UB 1,300)
O2/W2	13,500	12,500	6,750 (Inc. UB 2,000)	3,125 (Inc. UB 1,250)
O1/W1	12,000	10,000	6,000 (Inc. UB 2,000)	2,500 (Inc. UB 1,000)
E9	15,000	13,000	7,500 (Inc. UB 2,000)	3,250 (Inc. UB 1,300)
E8	14,000	12,000	7,000 (Inc. UB 2,000)	3,000 (Inc. UB 1,200)
E7	13,000	11,000	6,500 (Inc. UB 2,000)	2,750 (Inc. UB 1,100)
E6	11,000	8,000	5,500 (Inc. UB 2,000)	2,500 (Inc. UB 800)
E5	9,000	7,000	4,500 (Inc. UB 2,000)	2,500 (Inc. UB 700)
E4	8,000	7,000	4,000 (Inc. UB 2,000)	2,500 (Inc. UB 700)
E1 - E3	8,000	5,000	4,000 (Inc. UB 2,000)	2,500 (Inc. UB 500)



# **Transportation Shipping Method**



Customer Service Hours (M-F 0800-1130/1300-1630), Closed for lunch 1200-1300 POC: Ms. Choe 757-2448/-2459, One Stop Building P 6400, Rm K201

Difference between Unaccompanied Baggage (UB) and Household Good (HHG)

#### Unaccompanied Baggage (UB) :

Transported by an expedited mode, Airliner; may consist of personal clothing and equipment, essential pots, pans, and light housekeeping items, collapsible items such as cribs, playpens, and baby carriages; and other articles required for the care of dependents.

Transit time to the United States: 35 - 45 days

#### Household Goods (HHG) :

Transported by international ocean vessel; items associated with the home and all personal effects belonging to a customer and dependents on the effective date of the customers orders. Only items that may be legally transported by commercial carrier are allowed.

Transit time to the United States: 72 - 80 days





- Keep your TO/TSP informed of any change in your orders or other changes, such as a current telephone number or e-mail address where you are available until you leave your old duty station.
- You or your POA must be home when the TSP arrives to pack & pickup your belongings (**between 8:00** and 17:00). If the TSP arrives to pack/pickup your personal property and either you or your POA is not available, you may be **financially responsible for an "Attempted" pickup charge**. This fee must be paid in full prior to re-scheduling new pack and pickup dates.
- Have your property separated by shipment. Put items that are to go in the UB shipment in one place, items not to be packed, etc.
- Separate your professional items. Be sure they are identified on the inventory as "Pro-Gear" and ensure they are weighed separately because they are FREE weight.
- Safeguard all cash, jewelry, stocks, bonds, coins/coin collections, or other expensive items. **Hand-Carry** them.
- Have any pre-packed boxes, cartons or totes available for the TSP to check.
- Carefully read the inventory prepared by the TSP's personnel before you sign. Do not sign anything until you read, understand, and agree with it. You must be provided a legible copy of everything you sign.
  Never sign a blank, incomplete, or illegible form, or a form you cannot clearly understand.
- Unauthorized items such as: lotions, aerosol cans, cleaning supplies, paint, perfume, cologne, oil, gasoline, nail polish, detergent, animals, plants, and perishable foods cannot be shipped.
- **Do not argue with** the TSP's representative. If you have a problem, call your TO at once.



# Space-Available Travel

 Retired Soldiers may travel within CONUS or OCONUS



• Space-A registration is valid for 60 days from the date of receipt at the origin departure location of choice

• Eligible travelers can sign up for the Space-A list online at <u>https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Space-Available-Travel-Page/Space-Available-Email-Sign-up-Form/</u> or by completing AMC Form 140 and bringing (or faxing) it to the nearest AMC Passenger Terminal

• Benefit ends for Family members with death of the Retired Soldier

https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Space-Available-Travel-Page/













USAG Humphreys/Area III Transition Assistance Program

Mr. James D. Clark Transition Services Manager

Mr. John Wright

**Transition Services Specialist** 

Bldg. 6400, Maude Hall, W-301 757-2101 / 0503-357-2101

As of 1 Jan 22



### **The Retirement Planning Timeline**



U.S. ARMY



# Army Transition Assistance

# Program (Army-TAP)

- You may initiate the Army-TAP process 24 months before retirement.
- You <u>MUST</u> begin the Army TAP process and complete the mandatory Pre-Separation Counseling at no later than 365 days before your effective retirement date.
- Benefit for Retired Soldiers: Eligible for Army-TAP services on a space-available basis FOREVER!
- Consists of:
  - Pre-separation counseling
  - Job assistance workshops
  - Individual counseling
  - Job search resources









## **Transition Assistance Program**



#### <u>WHO:</u>

Anyone who has served at least 180 days or more continuous days of Title 10 active duty service.

#### WHEN:

Retiring? You should begin the transition process 24 months before retirement

Separating? You should begin the transition process 18 months prior to transition

\*\*Must Start NLT 12 Months before your separation date\*\*

#### WHERE:

Building 6400, Maude Hall, 3<sup>rd</sup> Floor, Room W-301

#### <u>WHY:</u>

Provide Soldiers, DA Civilians, Retirees, and Soldiers' Family members with counseling, employment and education workshops, and seminars required to achieve the mandated compliance in law and policy Career Readiness Standards (CRS) in order to "prepare" and "connect" transitioning personnel to ensure the greatest opportunities for successful personal and career achievement upon transition from active duty.



# **Transition Assistance Program**

### What to Expect



- Individualized Initial Counseling with a complete self-assessment and tier assignment
- Pre-Separation Counseling
- Army Transition Day
- Department of Labor (DOL) One Day Workshop
- Department of Veterans Affairs (VA) Benefits and Services Course
- Continuum of Military Service Opportunity counseling (AC only)
- A complete Individual Transition Plan (ITP) based on post-transition goals
- Capstone

Additionally...

- Based on your self-assessment results and post-transition goals you may also experience:
  - Additional DOL Workshops
  - Boots to Business Workshop (Small Business Administration)
  - Managing My Education (Department of Education)
  - ...and many more opportunities





# **Benefits of Completing TAP Early**



## ARMY CAREER SKILLS PROGRAM (CSP)

What is it? Who's it for? What's the Benefit?

- In-Person Briefings: 1<sup>st</sup> and 3<sup>rd</sup> Thursday
- Time: 1200 -1300
- Location: TAP Center, W-301, Maude Hall
- <u>\*Virtual Briefing Opportunity</u>: 4<sup>th</sup> Friday
- Time: 1200
- Location: MS Teams (come see us for the link)

Updated January 2019



# Transitioning from Active Duty to Retirement

Health Care Coverage Options As You Approach Retirement

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### Transitioning from Active Duty to Retirement

# Today's

Preparing for Retirement TRICARE® Program Options TRICARE Benefit Information For Information and Assistance



# Today's

**Preparing for Retirement** TRICARE Program Options TRICARE Benefit Information For Information and Assistance

Preparing for Retirement

# Keep DEERS Information Up To Date

Go to an ID card office. Find an office at www.dmdc.osd.mil/rsl. 8 Note: You must use this option to add family members in DEERS. Log on to http://milconnect.dmdc.osd.mil. Call **1-800-538-9552**. S Fax 1-800-336-4416.

Preparing for Retirement

# Medicare-Eligible Family Members

- To remain eligible for TRICARE, you must be entitled to Medicare Part A and have Medicare Part B:
  - Sign up for Medicare Part B before your sponsor's retirement date to avoid a break in TRICARE coverage. Medicare Part B is effective the month after you enroll.
- Beneficiaries under age 65 who are entitled to Medicare Part A and have Part B may:
  - Enroll in TRICARE Prime (enrollment fee waived)
  - Be covered by TRICARE For Life (TFL)
- For Medicare information, visit:
  - www.ssa.gov
  - www.medicare.gov

# **Terminal Leave Status**

- Current TRICARE program options stay in effect until your retirement date. If covered under TRICARE Prime:
  - Active duty service members (ADSMs) cannot enroll with another military hospital or clinic.
  - ADSMs cannot switch their primary care manager (PCM).
- If you move to a new area:
  - Coordinate all care with your current PCM.
  - Family members may be able to change their PCMs.
- Remember to update your information in DEERS.

# **TRICARE Eligibility after Retirement**

- Retired service members
- Spouses, surviving spouses, and qualifying former spouses
- Unmarried dependent children (certain eligibility requirements apply)
- Dependent parents are not eligible for civilian TRICARE benefits; however, they may be eligible to receive care at certain military hospitals and clinics if space is available.
- For more information, visit www.tricare.mil/retiring.

# Today's

Preparing for Retirement **TRICARE Program Options** TRICARE Benefit Information For Information and Assistance

**TRICARE** Program Options

# **TRICARE Prime® Coverage for Retirees**

- You must reenroll in TRICARE Prime to continue coverage.
- You may reenroll:
  - Online: Use the Beneficiary Web Enrollment\* website at www.dmdc.osd.mil/appj/bwe.
  - Phone: Call your regional contractor (once your retired status is reflected in DEERS).
  - Mail: Download the TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form (DD Form 2876) at www.tricare.mil/forms and mail it to your regional contractor.
- For enrollment fees, premium amounts, and copayments, visit www.tricare.mil/costs.

**Note:** TRICARE Prime Remote options and TRICARE Overseas Program Prime options are not available after retirement.

\* Beneficiary Web Enrollment is not available for overseas enrollment.

# Getting Care with TRICARE Prime

- Enroll with a military hospital or clinic (space permitting), TRICARE civilian network provider within a PSA, or US Family Health Plan provider.
- Obtain a PCM referral for civilian specialty care (otherwise, higher costs apply).
- Military hospitals and clinics have the "right of first refusal" to deliver nonemergency care within the PSA.
- If you plan to travel or move:
  - Routine care: Receive care before you travel.
  - Urgent care: Call your PCM or regional contractor for assistance.
  - Emergency care: Call 911 or go to the nearest emergency room.
  - Seasonal moves: Transfer your enrollment to keep costs low.

# TRICARE Prime Point-of-Service Option

- Point-of-service (POS) option:
  - Applies when nonemergency care is provided by a TRICAREauthorized provider without a PCM referral.
  - Results in higher out-of-pocket costs.
- TRICARE pays only if the provider is TRICARE-authorized and services are covered by TRICARE.
- Contact your PCM for a referral when seeking routine and specialty care to avoid POS charges.
- POS deductibles per calendar year (CY) (Jan. 1—Dec. 31): \$300/individual; \$600/family.
  - TRICARE pays 50 percent of the TRICARE-allowable charge.
  - Doesn't count towards your annual catastrophic cap.

# US Family Health Plan (USFHP)

### **USFHP Service Areas**



- **TRICARE** Prime option
- Six service areas •
- Must enroll .
- May not get care at military . hospitals or clinics or use military pharmacies

**US Family Health Plan of Southern New England**—Serving Massachusetts, Rhode Island, and parts of Northern Connecticut; Christus Health—Serving Southeast Texas and Southwest Louisiana; Johns Hopkins Medicine—Serving Maryland, Washington, D.C., Delaware, and parts of northern Virginia, West Virginia, and

Pennsylvania;

Vermont, and parts of New York state; Pacific Medical Center—Serving the Puget Sound area of Washington state; and St. Vincent Catholic Medical Centers—Serving parts of New York (including New York City), all of New Jersey, Southeast Pennsylvania, and Western Connecticut.

# **TRICARE Select**

- TRICARE Select is a self-managed, preferred-provider option for eligible beneficiaries (except ADSMs and TFL beneficiaries) not enrolled in TRICARE Prime.
- With TRICARE Select your have the freedom to choose providers.
- There are no referrals required.
- Yearly deductible and cost-shares apply.
- Enrollment in TRICARE Select is required.
- Some services require prior authorization.
  - Visit your regional contractor's website for services that require prior authorization.
- In overseas locations, TOP Select is available to eligible family members not enrolled in TOP Prime.
# **TRICARE Select: Getting Care**

- Under TRICARE Select:
  - If you use a network provider:
    - · You will pay a fixed fee for care.
    - Your out-of-pocket costs will be lower if you use a network provider.
  - If you use a non-network, TRICARE-authorized provider:
    - You will have a higher deductible and out-of-pocket costs.
    - You can also invite your provider to become a network provider.



# TRICARE Overseas Program (TOP) Select



- Freedom to choose providers from a purchased care sector provider in your overseas area. (Different rules apply in the Philippines).
- No referrals required.
- Yearly deductible and copayments apply.
- Enrollment required.
- Some services require prior authorization.
- Expect to file your own claims.
- You may receive medically necessary covered services from a non-network, TRICAREauthorized provider, if a network provider isn't available.
  - You will be subject to cost-sharing amounts applicable to out-of-network care.

# **TRICARE** Young Adult

- TRICARE Young Adult (TYA) is a premium-based health care plan available for purchase by qualified young adult dependents. You may qualify to purchase TYA coverage if you are all of the following:
  - An unmarried dependent of a TRICARE-eligible uniformed service sponsor
  - At least age 21 (or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provided over 50 percent of the financial support), but have not yet reached age 26
  - Not eligible for an employer-sponsored health plan under your own employment as defined in TYA regulations
  - Not otherwise eligible for TRICARE program coverage
- For more information, visit www.tricare.mil/tya.

# **TRICARE For Life**

TRICARE For Life (TFL) is Medicare-wraparound coverage for TRICARE beneficiaries who are entitled to Medicare Part A and have Medicare Part B, regardless of age or place of residence.

- Beneficiaries entitled to Medicare Part A and who have Medicare Part B:
  - Are automatically covered under TFL. There are no enrollment forms or enrollment fees.
  - Should obtain a new uniformed services ID card at age 65.
  - May get care from any Medicare-participating, nonparticipating, or opt-out provider, or military hospital or clinic if space is available.
- For more information on TFL, visit www.tricare.mil/tfl or call 1-866-773-0404.



- For overseas locations outside the United States and U.S. territories, TFL works like TRICARE Select and you may visit any host nation provider for care.\*
- Claims are filed with the TOP claims processor.
  - For more information, visit **www.tricare-overseas.com**.

\* If you live or travel in the Philippines, you are encouraged to see a preferred provider for care. For more information, visit www.tricare.mil/philippines.

# Today's

**Preparing for Retirement** 

**TRICARE** Program Options

## **TRICARE Benefit** Information

For Information and Assistance

**TRICARE Benefit Information** 

# Pharmacy Options



TRICARE Benefit Information

# **TRICARE and Other Health Insurance**

- Other health insurance (OHI) (includes national health insurance overseas) is considered your primary health insurance.
- TRICARE is the last payer to all other health benefits and insurance plans except for Medicaid, TRICARE supplements, the Indian Health Service, and other programs and plans as identified by the Defense Health Agency.
- If you have OHI:
  - Fill out and submit your regional contractor's TRICARE Other Health Insurance Questionnaire at www.tricare.mil/forms.
  - Follow your OHI's rules for prior authorizations and filing claims.
  - Tell your provider about your OHI and TRICARE.
  - Show your provider your OHI card.

# Pharmacy Benefits with OHI

- OHI is always the primary payer:
  - Use OHI first, then submit claims to TRICARE.
- You may still use military pharmacies.
- You may use TRICARE Pharmacy Home Delivery or TRICARE retail network pharmacies only if:
  - OHI does not cover your prescription
  - You have reached your OHI's benefit cap

# Federal Employees Dental and Vision Insurance Program

- The U.S. Office of Personnel Management offers eligible TRICARE beneficiaries the option to enroll in a FEDVIP dental plan.
- FEDVIP offers a range of plans from a number of dental plans.
- FEDVIP is available to:
  - Retired service members and their eligible family members
  - Certain retired National Guard and Reserve members and their family members
  - Certain survivors
  - Medal of Honor recipients and their immediate family members or survivors
- Former spouses and remarried surviving spouses don't qualify to purchase dental coverage.

For FEDVIP plans and enrollment information, visit www.benefeds.com.



## Federal Employees Dental and Vision Insurance Program (FEDVIP)

- Retirees, their eligible family members, and active duty family members enrolled in a TRICARE health plan may qualify to purchase vision coverage through FEDVIP.
- Eligible beneficiaries include those enrolled in or using:
  - TRICARE Prime, including USFHP
  - TRICARE Select
  - TRS
  - TRR
  - TFL

Visit www.benefeds.com for eligibility, carrier, and enrollment information.

## The Affordable Care Act

TRICARE meets the minimum essential coverage requirement under the Affordable Care Act (ACA).



Each tax year, you will get an Internal Revenue Service (IRS) Form 1095 from your pay center. It will list your TRICARE coverage for each month.



Your Social Security number (SSN) and the SSNs of each of your covered family members should be included in DEERS for your TRICARE coverage to be reflected accurately.

# Today's

Preparing for Retirement TRICARE Program Options TRICARE Benefit Information **For Information** and Assistance

For Information and Assistance

### LOOKING FOR More Information?



### **Stateside Regional Contractors**



#### 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



### **Overseas Regional Contractor**

#### **TRICARE Overseas Program (TOP)**

International SOS Government Services, Inc. www.tricare-overseas.com www.tricare-overseas.com/contactus

#### **TOP Regional Call Centers**

*Eurasia-Africa* +44-20-8762-8384 (overseas) 1-877-678-1207 (stateside)

### Latin America and Canada

+1-215-942-8393 (overseas) 1-877-451-8659 (stateside)

#### Pacific

Singapore: +65-6339-2676 (overseas) 1-877-678-1208 (stateside) Sydney: +61-2-9273-2710 (overseas) 1-877-678-1209 (stateside)

### **Additional Contacts**

#### **TRICARE For Life**

Wisconsin Physicians Service 1-866-773-0404 www.TRICARE4u.com

#### US Family Health Plan

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

#### More Resources

TRICARE Website www.tricare.mil

Publications www.tricare.mil/publications

#### **Connect with TRICARE Online**



www.tricare.mil/media

For Information and Assistance

## **VA Benefits Advisor**

VA Benefits Advisors are available to provide One-On-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career;

- ✓ Disability and Compensation
- ✓ VA Health Care
- ✓ Education
- ✓ Insurance (Dental and Life)
- ✓ Home Loan Guaranty
- ✓ Pension
- ✓ Personalized Career Planning and Guidance
- ✓ Veteran Readiness and Employment
- ✓ Find Local Support

#### **Preston A. Thomas**

Benefits Advisor, Site Lead (Contractor) Room V301 Bldg 6400 USAG Humphreys, South Korea Team CALIBRE Veterans Benefits Administration DSN 315-757-2518 (office) 010-3490-1973 (cell) Preston.Thomas.CTR@vatap.calibresys.com





### Office Hours: 0800 – 1630 Monday through Friday

Please do not send any personally identifiable information (PII) or protected health information (PHI), including medical records, social security numbers, driver's license information, education and employment history, passport information, DD Form 214, to VA Benefits Advisors.





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Jonathan Green Senior Benefits Advisor, (Contractor) Room V301 Bldg 6400 USAG Humphreys, South Korea Team CALIBRE Veterans Benefits Administration DSN 315-757-2518 (office) 010 4428 5673 (cell) Jonathan.green.ctr@vatap.calibresys.com





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# FINANCE SEPARATIONS BRIEFING



## **Separation Out Process Procedure**



- Due to the increasing number of no-installation COVID cases and the increase in USFK's HPCON level, the Finance Separation Office will be utilizing extra mitigation measures to help keep the community safe
- For questions regarding your separation pay, scheduling an appointment or clearing, please call/email our Finance Separation office
- For immediate issues please contact COMM 010-4271-5897 SSG Hargraves
- We appreciate your understanding and flexibility as we navigate these new protection measures





## THE FINANCE SEPARATION SECTION IS OPEN TO FINAL OUT APPOINTMENTS UNTIL FURTHER NOTICE

Monday-Friday 0900 -1630 Closed Thursday (STT) 1130 -1300 Closed for Lunch

TELEWORK DISTRO INBOX: <u>176thFMSUSeparationsCampHumphreys@army.mil</u>

> ETS Calculation Pre Audit Final Out-process Pay Inquiry

• DSN 757-2483 Civ: 0503-357-2483 BLDG 6420 RM 119







- ✓ ETS leave balance
- ✓ Initial pre-audit: appointment should be scheduled 3 weeks prior to signing out on PTDY/Transitional leave
- ✓ Final-out: appointment must be scheduled No Later Than 3 days prior to signing your final DD214 with Transition Office.
- ✓ You MUST COME-IN to the SEPARATIONS OFFICE for the Final-out (Outprocessing)
- ✓ Bring the following documents to your pre-audit appointment
  - **>** ETS, Chapter or Retirement orders
  - > DA form 31
  - > DA form 5960
- ✓ Finance (Separation Section) is the last stop prior to your Final-out with Transitions Office. All other areas (including unit S-1) <u>MUST be cleared</u> in order to clear with Finance





- A maximum of <u>60 days</u> can be sold throughout the entire Military Career
- ✓ If service member (SM) sold 30 days during his/her first reenlistment, then SM can only sell 30 days
- ✓ How much are you getting for selling your leave days?
  - Base pay divide by 30, and then multiple by the number of days being sold.
    - \$2,382.00 / 30 = \$79.40
    - \$79.40 \* 60= \$4,764.00 (total amount paid before taxes) (Federal Tax: 22%)
- ✓ Leave accruals at 2.5 days a month

- (1<sup>st</sup>-6<sup>th</sup>= <u>.5;</u> 7<sup>th</sup>-12<sup>th</sup>=1; 13<sup>th</sup>-18<sup>th</sup>= <u>1.5;</u> 19<sup>th</sup>-24<sup>th</sup>= <u>2;</u> 25<sup>th</sup>-End of month= <u>2.5)</u>



March-2020

ETS Leave Balance

0

50.5

## **Leave Balance Calculation Sheet**



	_			_						
	Name: 1	MARRY LYNN			Dates	No. of Da	ys			
SSN: 000-00-1234				]	1 - 6	0.5				
Current Date: 4/1/2019				1	7 - 12	1.0				
	DOS: 8	8/17/2019		1	13 - 18	1.5				
Current Leave Balance: 41.5					19 - 24	2.0				
				-	25 - 31	2.5				
Leave Accrual Breakdown				]	Leave Calculation					
April-2019	41.	.5	Types of Leave	N/C	DPT		RTN	No. of Days		
May-2019	2.4	5	Ordinary Leave	С				0		
June-2019	2.4	5	<b>n</b> 7	С				0		
July-2019	2.4	5	PDTY	Ν			,	0		
August-2019	1.4	5	ETS		29-Jun-19		17-Aug-19	50		
September-2019	0	1	Total		Non-Chargeble		Chargeable	- 50		
October-2019	0	1	Totai	10041			50			
November-2019	0	1								
December-2019	0	1				_				
January-2020	0		Leave Days to be		0.5					
February-2020	0		Sold		0.5					



## **Transition Leave**



- All separating soldiers must take at least 1- day of leave
- <u>(= Transition leave)</u>
- Leave balance <u>must be verified</u> by a separations clerk to <u>prevent</u> <u>excess leave</u>
- Ensure any previous leaves have been properly reported. Unposted leave can miscalculate your leave balance and even cause out-of-service debt
- All leave forms MUST have <u>control number</u> and <u>proper signature</u> based on AR 600-8-10
- <u>DO NOT</u> use KOREAN or UNIT address <u>UNLESS</u> you have Approved In-Country Separation Memo



## **Permissive Temporary Duty (PTDY)**



- All retirees & involuntarily separating SMs are authorized to take PTDY
- Can be taken in conjunction with transition leave, however, PTDY <u>MUST</u> be taken <u>BEFORE</u> Transition leave
- Specific dates for PTDY and Transition leave MUST be annotated in the DA FORM 31 Block 17.
- Ex) PTDY: YYMMDD / Transition leave: YYMMDD)
- Transition leave MUST END on your Date of Separation



## DA Form 31 Example



PCS PCS PCS PCS Annu: Annu:	Leave and Prim Leave and Sec al Leave and Co al Leave and Pr al Leave and Se	ceed Time (OCONUS ary Caregiver Leave ondary Caregiver Leave onvalescent Leave imary Caregiver Leave condary Caregiver Leave	ive ie	25)	and Reti  Leave Ar  Leave Ar  Leave Pr	endir	we, Transition / ent/Involuntary / ng Administrati ng Ruotiwe Dir ng Review by C ng Orders, Res	Separation ve Discharge micer Board o	f Enquiry	95	
	Annual Leave and Legal Marriage  9a. FROM (YYYYMMDD)  9b. TOTAL DAYS REQUESTED  9c. TO (YYYYMMDD)										
20220301							20220529				
10a. ACCRUED		10b. CHARGE	EABLE LEAVE REQUESTED				10c. NON-CHARGEABLE ABSENCE REQUESTED				
(CR BAL)	FROM (YYYYMMDD)	DAYS REQUESTE		MDD)	ADVANCE	E	XCESS	FROM (YYYYMMDD)	DAYS RE	EQUESTED	TO (YYYYMMDD)
60	20220301	60	20220	0429				20220130	20		20220228
11. SIGNATURE OF REQUESTOR (Supervisor can sign for requestor when requestor is not available to sign.)								DATE			
					DISAPPROVAL		SCH KINE	Market and			
13. APPROVING AUTHORITY NAME TITLE		RANK		SRADE	ACTION APPROVED DISAPPROVED		THE OWNER	SIGNATURE		DATE	
14.					- AUTHORIT	Y SI	GNATURE				
a. DATE b	E b. TIME C. NAME DEPARTU			RE AUTHORITY d		TITLE		e. SIGNATURE		f. DATE	
15.		E	EXTENSION	- APPI	ROVAL AUTH	IORI	TY SIGNATUR	E			
a. NUMBER DAYS	MBER DAYS b. DATE APPROVED C. NAME APPR			OVAL AUTHORITY		d. TITLE		e. SIGNATURE		f. DATE	
16.					AUTHORITY	SIGN	NATURE				f. DATE
a DATE b	. TIME	C. NAME RETURN A	NAME RETURN AUTHORITY d			1. TITLE			e. SIGNATURE		
per diem, or any PTDY: 220130	other expense. -220228	E: is not directed by a r any other expense i may cancel this abs	any official o . I may can ence at any	of the US cel this time an	S Government absence at ar id report back	. Ica ny tir to m	annot conduct p me and report b ny regular place	ublic busines ack to my re- of duty.	s under this jular place o	authorization f duty. reimb	, and will not be ursed for travel,
Transition Leav	ve: 220301-22	20429									







- Korea entitlements will stop a day prior to leave start date
- Korean entitlements may include, but are not limited to;
  - » COLA
  - » Hardship Duty Pay-Location (HDP-L)
  - » Family Separation Allowance (FSA)
  - » Overseas Housing Allowance (*if lease is maintained*)
  - » Assignment Incentive Pay (AIP)
  - » Meal Deduction, etc.
- SM with approved "In-country Separations" packet (Transition Office) will continue to receive Korea entitlements (COLA and OHA – if lease is maintained)
- For CHAPTERS/ ETS SM not taking leave: all entitlements will continue until the day prior to the date of separation (DOS)



## **BAH and TLA**



- Existing pay and allowances will continue while on Terminal, Transition Administrative Absence (TAA), and Involuntary Separation Administrative Absence (ISAA) leave
- SM taking leave stateside are authorized BAH (Provide DA Form 5960).
- Unaccompanied Soldiers already receiving BAH for stateside dependent(s) continue to receive that rate until DOS/retirement (Provide DA Form 5960)
- Single Soldiers living in the barracks will receive BAH without dependent rate during transition leave (Provide DA Form 5960)
- The BAH rate is based on the zip code from the final DD 214 and approved DA 31 & DA 5960; addresses must match
- Retiring Soldiers going to another (OHA) based country will start receiving the new rate OHA once a residence is established. The <u>Housing Office</u> needs to approve DD Form 2367 & New Lease agreement
- For TLA reimbursement, approved USFK Form 122-E, TLA authorization Memo and zero balanced lodging receipts must be turn-in
- Questions about individual BAH rate and TLA process can be discussed during initial / final-out appointments



## **Separation and Bonus Payment**



- The Written Service Agreement and Mandatory Disclosure Statement (DA Form 7783) is the only acceptable written agreement AR 637-2
- To be eligible for Full / Half Separation pay, <u>DA form 7783</u> from the Reserve Component Career Counselor MUST be provided
- •
- The DA Form 7783 has a section the Soldier must initial regarding the potential recoupment of the Involuntary Separation Pay at a later date
- Full / Half Separation pay will be included to final-pay
- Chapter before completing your contract that included Bonus, the incomplete time of service will be computed as a recoupment. It will be discussed during initial / final-out appointments







- Final Payment may take up to 2-3 weeks after Date of Separations (DOS)
- Paycheck is received via direct deposit into the latest open account in the pay record
- Keep the current bank account opened for at least 90 days after DOS
- If the bank account is changed while on leave, inform the finance office ASAP
- Soldiers must furnish a post-separation address (to include bank information) which will aid in the final disposition of LES, W2, and all settlement payments.
- \*If a Soldier desires to change their banking information, ensure the bank name, routing number, account number, etc. is provided on a Fast Start Direct Deposit (FMS Form 2231).



## **Allotments**

- In retirement, permitted to have:
  - Maximum of 6 discretionary allotments
  - You can have unlimited non-discretionary allotments.
- For recalled Soldiers at retirement:
  - NONE continue from active duty
  - ALL must be re-initiated after separation
  - WHY? DFAS-CL has no interface with DFAS-IN
- Can start/stop/change allotments in *myPay* at <a href="https://myPay.dfas.mil">https://myPay.dfas.mil</a>

 More information available at: <u>https://www.dfas.mil/retiredmilitary/manage/allotments.html</u>

• Instead of creating an allotment through DFAS, some allotments can be easily and freely set up directly with your bank to pay bills (e.g. life insurance) or save for the future (e.g. transfer to another bank account).









## **Allotments**



- Allotments will stop the month prior to the DOS (Date Of Separation)
- Retirees' allotments are paid through month of DOS and Systematically Rolled-over from the Active pay system to the Retired pay system.
- Soldiers wanting to stop/change allotment may go to the <u>www.mypay.dfas.mil</u>



## **Thrift Savings Plan**





- You stop contributing to TSP at retirement
- Your options at retirement:
  - 1 do nothing and draw returns when permitted; or
  - 2 roll into an IRA or 401K
- May resume active participation if you become a federal civilian employee; military and civilian TSP accounts may be combined.
- If you are moving, please make sure that you fill out the Form TSP-9 when separating for change of address.
- TSP info: <u>https://www.tsp.gov/</u>









## **Account Withdrawal Deadline**



- If you decide to leave your money in the TSP, be aware that you will be required to start withdrawing your money when you turn age 72.
- As a helpful reminder, the TSP will notify you before your required withdrawal date and mail you important tax information about your TSP withdrawal, as well as information about the IRS required minimum distributions.







- Contributions terminate one month prior to DOS. Changes to your TSP account can be made by visiting <u>www.tsp.gov</u>. All inquiries about your current TSP can also be submitted on the same website.
- When a member separates, there are four options;
- •
- Receive a single payment, monthly payments or, for amounts of \$3,500 or more, a life annuity
- Receive a partial payment and leave the rest in TSP until a later date
- Leave funds in TSP to collect payment(s) at retirement
- Have funds transferred to IRA or eligible retirement plan. Any funds not accepted will be paid directly to the member
  - https://www.tsp.gov
  - (205) 439-4501 (not toll free)





- Final LES is received 6-8 weeks after your DOS (*mailed by DFAS*)
- While the finance office is manually calculating your final-pay, your LES will indicate that your pay is in a held status. After the completion of computation, final pay will be paid via EFT (direct deposit)
- You will have VIEW-ONLY access to MyPAY for up to a year
- Prior to DOS, update your MyPay account with a <u>username and</u> <u>password</u>, also change your <u>email to a civilian/personal address</u>.
- W-2 will be *mailed by DFAS* at the end of January for the tax year that ended Dec 31st to the address you provided upon separation.
- If you do not receive W-2, call 1-888-PAY-ARMY for a reissue.



## **Travel Settlement**



- Expiration Term of Service (ETS) for Separating or Retiring Service Members
- You will receive Travel Settlement Packet with instructions at your finalout appointment
- Option to file Smart Voucher or Manual Travel Voucher DD Form 1351-2
- Retirees have up to one year to submit voucher to DFAS, regular ETS SMs have 6 months to file.
- Include the following with your settlement voucher:
  - orders, DA form 31, and any receipts over \$75.00
- DLA is NOT authorized upon separation







- During the pre-audit, your account will be screened for any debts.
- Any unsatisfied debts will be processed to accelerate the collection prior to DOS
- Allotments may be administratively terminated by finance to facilitate the liquidation of debt(s) before separation.
- All debts that are still not consolidated <u>after DOS</u>, will be collected using any available funds left on the military pay account
- If you are aware of any possible debts, visit the finance office (Debt Management Section) ASAP in order to make arrangements to avoid hardship



## **Useful Links**



- DFAS customer service: <u>http://www.dfas.mil/customerservice.html</u>
- MYPAY:
- <u>https://mypay.dfas.mil/mypay.aspx</u>
- Retired Pay customer service: <u>http://www.dfas.mil/retiredmilitary.html</u>
- Out of service debt inquiries: <u>http://www.dfas.mil/dfas/civilianemployees/debt/outofservicedebt.html</u>
- Withdrawing Your TSP Account after Leaving Military Federal Service <u>https://www.tsp.gov/PlanParticipation/LoansAndWithdrawals/withdrawals/in</u> <u>dex.html</u>
- Phone numbers can be found in the links provided