



IMCOM-EUROPE RETIREE BULLETIN

VOLUME XX, July 2017



IMCOM-Directorate Europe (IMEU-GB-RSO), Unit 23103, APO AE 09136-3103

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IMCOM-Europe publishes the Retiree Bulletin twice a year (June and December) in accordance with AR 600-8-7. The Retiree Bulletin is available at http://www.imcom-europe.army.mil/webs/sites/europe_life/retiree/index.html and is also distributed by e-mail to retirees who subscribed to receiving the Retiree Bulletin by e-mail. The purpose of the Retiree Bulletin is to keep retirees, their spouses, and family members informed of their rights and privileges, to update them on developments in the Army, and to inspire goodwill and a desire to support the Army in the civilian community. You may send inquiries or comments to the Editor about the IMCOM-Europe Retiree Bulletin to IMCOM-Europe (IMEU-GB-RSO), Unit 23103, APO AE 09136-3103. You may also contact the IMCOM-Europe Retirement Services Officer by calling military DSN 314-544-1530, civilian 0049- 611-143-544-1530, or e-mail: usarmy.sembach.imcom-europe.mbx.usarmy-sembach-imcom-europe-rso@mail.mil.

Please direct all other questions to the retirement services office at your local United States Army garrison (page 9).

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COMMANDER AND EDITORIAL STAFF:

Lieutenant General Frederick "Ben" Hodges
Commanding General, USAREUR

Mr. Michael D. Formica
Director, IMCOM
Directorate-Europe

Mr. Stacy Hendrix
Soldier for Life - Retirement Services Officer, IMCOM Directorate-Europe (Editor)



Dear Retirees, Family Members, and Annuitants:

As we get ready to celebrate the 4th of July, this Bulletin serves to recognize and inform Retirees and Families residing in Europe who have contributed to our nation's independence. I look forward to seeing you at one of the retiree events during 2017. Remember, the quicker you bring up issues and problems, the quicker we can tackle them and find solutions where possible.

Stacy Hendrix
IMCOM Directorate-
Europe RSO

CONTACTING THE IMCOM DIRECTORATE EUROPE RSO

The IMCOM Director-Europe RSO is located on Sembach Kaserne and may be contacted by telephone at military 314-544-1530 or civilian 0049-(0)611-143-544-1530, Monday through Friday only, from 0800 to 1500.

CONTACT DETAILS AND SERVICE HOURS FOR THE FEDERAL BENEFITS UNIT, FRANKFURT CONSULATE

The Federal Benefits Unit (FBU), Frankfurt Consulate, administers Federal benefits programs for Americans residing in **Austria, Germany, Liechtenstein, and Switzerland.**

The FBU may be contacted as follows:

Telephone: 0049-69-90-555-1100

Fax: 0049-69-749352

E-mail address: fbu.frankfurt@ssa.gov

Opening Hours:

Monday through Friday

0800 to 1100

The office is closed on German and American holidays and on the last Thursday of the month.

The FBU does not help retirees and annuitants with military retired-pay issues. Please refer to the last page of this bulletin to find an RSO to help you with issues involving DFAS-Cleveland. You may also contact DFAS-Cleveland directly (contact information is on page 3).

SCHEDULED USAG RETIREE APPRECIATION DAYS (RADS) IN 2017

Please note that event dates are subject to change based on military priorities. Always check with your local garrison Soldier for Life – Retirement Services Office before departing for an event.

USAG Ansbach: A RAD will be held on Weds, 25 October 2017, at the Von Steuben Community Center on Bismarck

Kaserne from 1000 to 1400 (doors open at 0900 for registration and close at 1300). Medical services will include flu shots and other vaccinations, medical screening, diet counseling, eye exams, blood-pressure screening, blood-sugar testing, and pharmacy information. Representatives of the following services will attend: The Chaplain's Office, customs, Red Cross, Army Community Services (ACS), the ID-card office, the passport office, the Installation Access Control System, the legal office, local associations, AAFES, and the Service Credit Union. Representatives of the following outside agencies will attend: The Veterans Administration, and DFAS-Cleveland for Retired-pay records audit and assistance. In addition, the USAG has requested the FBU, Frankfurt, to attend the event. Please note that military missions may cause the location to change.

USAG Bavaria: The RAD will be held on Tuesday, 24 October 2017, in building 244, Main Post, from 0900 to 1400 (doors open at 0800 for registration and close at 1300). Medical services will include flu shots and other vaccinations, medical screening, diet counseling, eye exams, blood-pressure screening, blood-sugar testing, and pharmacy services. Dental services will provide retirees with oral hygiene information and screening appointments. Representatives of the following services will attend: The Chaplain's Office, customs, Red Cross, ACS, the ID-card office, the passport office, the Installation Access Control System, the legal office, local associations, AAFES, and the Service Credit Union and Community Bank. Representatives of DFAS- Cleveland, and the FBU, Frankfurt (for SSA and VA information), will attend if they have funding. Please note that military missions may cause the location to change.

USAG Benelux: On Saturday, 21 October 2017, the USAG will host a RAD in the medical clinic at SHAPE from 0900 to 1200 (doors open at 0800 for registration and close at 1100). Garrison support agencies will be represented.

Representatives from DFAS-Cleveland will also attend to audit retired-pay records and provide assistance. Please note that military missions may cause the location to change.

Schinnen Community: On Friday, 20 October 2017, the RAD will be in building 39, Community Events Center, from 1000 to 1400 (doors open at 0930 for registration and close at 1300). Garrison support agencies will be represented. Representatives from DFAS-Cleveland will also attend to audit retired-pay records and provide assistance. Please note that military missions may cause the location to change.

USAG Italy: On Thursday, 26 October 2017, the USAG will host a RAD from 0900 to 1300 for all retirees and their family members. Anticipated services include dental and medical (for example, audiology, blood-pressure screening, diabetes information, family practice, immunizations, infection control, nutrition care, occupational therapy, orthopedics, optometry, pharmacy, TRICARE services, wellness advice). A representative from DFAS-Cleveland will be available, and the FBU, Rome, has been invited to attend. Currently, the event is scheduled to be held in the Army Health Center (bldg 2310) on Camp Ederle. Please note that military missions may cause the location to change.

USAG Rheinland-Pfalz and Ramstein AFB: A joint RAD will be held on Weds, 18 October 2017, at the Ramstein Officers Club from 0900 to 1400 (doors open at 0800 for registration and close at 1300). Community services will be available. DFAS-Cleveland and other community support agencies will be represented.

USAG Stuttgart: The RAD will be held on Thursday, 19 October 2017, at the Swabian Special Events Center on Patch Barracks (subject to change) from 0900 to 1400 (doors open at 0800 for registration and close 1300). Medical services will include flu shots and other vaccinations, diet counseling, eye exams, medical screening, blood-pressure screening, blood-sugar testing, and pharmacy information.

Ophthalmology services may also be offered, depending on personnel availability. Dental services will provide retirees only with oral hygiene information and exams. Representatives of the following services will attend: the Office of the Chaplain, customs, Red Cross, ACS, the ID-card office, the passport office, the Installation Access Control System, the National Archives and Records Administration, the legal office, local associations, the USO, AAFES, and the Service Credit Union. Representatives of DFAS-Cleveland, and the FBU, Frankfurt (for Social Security Administration (SSA) and Veterans Administration (VA) information), will attend if they have funding. The VFW and USAA will also attend. Please note that military missions may cause the location to change.

USAG Wiesbaden: The Army in Europe Retiree Appreciation Day hosted by USAG Wiesbaden will be on Saturday, 28 October 2017, in the USAREUR Mission Command Center from 0900 to 1300 (doors open for registration at 0800 and close at 1200). The event will include a speakers' program. The Commanding General, USAREUR, and the IMCOM Europe Director are invited to speak. The speakers' portion of the event will be from 0900 to 1000. Representatives from garrison agencies (for example, the ID-card office and Defense Enrollment Eligibility Reporting System, the Installation Access Control System, legal assistance, USAREUR Regional Medical Command, USAREUR Regional Dental Command) will be available during the day to answer questions and provide services. In addition, a representative from the FBU, Frankfurt will assist with SSA and VA questions.

Would You Like a Speaker from HQDA at Your Next RAD?

Here's your opportunity to invite a speaker from HQDA to speak at your installation's Retiree Appreciation Day! Please contact your local RSO. Available speakers include LTG (Ret) Jim Lovelace and SMA (Ret) Ray Chandler, the co-chairs of the CSA Retired Soldier Council, Mr. Mark Overberg, Director, Army Retirement Services, and Ms. Bentinck, the Deputy Director.

TRICARE Changes to Nexium Coverage

Starting on June 28, 2017, TRICARE will no longer include the drug Nexium in the preferred, or formulary, drug list, and it will no longer be available in military hospitals and clinics. In order to prepare for the change, patients are currently being asked to switch to one of the following three preferred alternatives that have been shown to demonstrate effective results.

- Omeprazole
 - - Pantoprazole
 - - Rabeprazole

Your doctor may determine that the preferred alternatives are not right for you and that Nexium is [medically necessary. \(To be medically necessary means it is appropriate, reasonable, and adequate for your condition.\)](#) In those cases, TRICARE will continue to cover the cost of Nexium, minus the \$20 copay for a 90-day supply of home delivery and \$24 copay for a 30-day supply via a retail outlet. Your doctor must submit a prior authorization and a reason why it is medically necessary via the Express Scripts doctor line in order for you to fill your prescription. For patients who continue to use Nexium with a prior authorization but WITHOUT a doctor's medical necessity determination, the non-formulary copay cost will be \$49 for a 90-day supply via home pharmacy delivery or \$50 for a 30-day supply via a retail outlet.

What does AtHoc do anyway?

The AtHoc mass-warning notification system sends registered users emergency warnings and other critical information, such as hazardous road conditions, reporting delays, and base closures due to severe weather. The notifications are mostly local, but may also be theater-wide.

The system notifies users in several ways: as a pop-up on their workstation computer, an email to work and home addresses, a text message to their cell phone, and a voicemail to their work,

home and cell phones. There is also a smartphone AtHoc application.

Everyone with a Common Access Card should register—all service members, civilians and contractors.

Step 1: From your work computer, look for the AtHoc icon, a purple globe, on the taskbar in the lower right corner of the screen.

Step 2: Scroll slowly over the icon to make sure the installation location is correct. The tag should read USAG Rheinland-Pfalz MWN Step.

3: Right click on the AtHoc icon and select Access Self-Service from the pop-up menu.

Step.

4: Select the My Profile tab and update your basic information—first and last name, building number and organization.

Step 5: Scroll down to the Numbers section and enter your work phone and email. If you have a government issued mobile phone, enter that number under Phone-Mobile and Text Messaging.

You also have the option of entering a home phone and email address, and if you don't have a government issued mobile phone, a personal cell number as well. This is important: Enter all phone numbers as if dialed from the United States, starting with 01149. For example, a work number on Pulaski would look like this: 0114963134064203. When you enter your full phone number, you will receive a message that reads "Input format is not valid. Accept as is!" Click on "Accept as is!"

Do not enter DSN numbers.

Step 6: Save.

I'm a retiree. Can I register in AtHoc?

If you do not have a CAC, you will not be able to register at this time. During severe weather or emergencies, please follow the USAG

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Garrison Facebook page and tune in to AFN Network.

DFAS-CLEVELAND MAILING ADDRESS AND TELEPHONE NUMBERS

The DFAS-Cleveland centralized mail-handling operation addresses and telephone numbers are as follows:

Defense Finance and Accounting Service
U.S. Military Retirement Pay
P.O. Box 7130
London, KY 40742-7130

Telephone: 1-800-321-1080
Telephone: 216-522-5955
Fax: 1-800-469-6559

Defense Finance and Accounting Service
U.S. Military Annuitant Pay
P.O. Box 7131
London, KY 40742-7131

Telephone: 1-800-321-1080
Telephone: 216-522-5955
Fax: 1-800-982-8459

USAG ARMY GARRISON EUROPE COMMANDERS:

Ansbach Colonel Benjamin C. Jones
Bavaria Colonel Lance Varney
Benelux Colonel Kurt P. Connell
Rheinland-Pfalz Colonel Keith E. Dickenson
Stuttgart Colonel Glenn K. Dickenson
Wiesbaden Colonel Todd J. Fish
Vicenza Colonel Steven M. Marks
LRMC Colonel James A. Laterza

KMC Retiree Council is providing quarterly Surviving Spouse Workshop

The goal of the workshop is to assist the KMC Retiree population in establishing a step by step casualty assistance file, to educate and provide important information so that the critical documents are in one place when they are needed. Discuss information about what to do when military spouse pass away, who to contact, what entitlements they may get Provide assistance to the Retirement community Army and Air Force with a detail list of what documents are needed for surviving

spouses and immediate family members to request survivor benefits. Things to consider joint accounts, someone to act on their behalf if both become incapacitated either physically or mentally, answer questions about who can help them with legal matters, civilian insurance, etc. The on hand staff includes Retiree Council members, JAG, ACS Survivor Outreach Services program, Casualty Operations, AF Mortuary Affairs, and Retirement Service Officers.



If you have any questions, please contact your nearest RSO.

PROBLEMS WITH APO ADDRESSES

Many retirees maintain an APO mailing address for both DFAS-Cleveland and DOD civilian pay. That in itself is not a problem. The problem is the way the address is written. The address should not have anything other than the following items in the address: CMR, Box number, and APO number. There should not be a city, location, or other identifying feature indicated.

Here is a sample of a properly addressed APO address:

CMR 467, BOX-R 0001
APO AE 09096-0001

Here is a sample of an improperly addressed APO address:

Wiesbaden Army Post Office USAREUR IG
Office
CMR 467, BOX 0001
APO AE 09096-0001
Wiesbaden, Germany

Adding the additional items could cause a delay in delivering your mail. Also, if the address includes a German city or location, the marked item could be subject to German customs control.

Postal code plus-4 addresses should be used when addressing an APO box number. If you do not know your plus 4 postal code, ask your local community mail-service center for assistance.

RETIREE BULLETIN BY E-MAIL

The IMCOM-Europe Retiree Bulletin is issued only by e-mail. IMCOM-Europe stopped hard-copy mailings in June 2013. If you did not receive a copy by e-mail, please contact your local retiree council or RSO.

RETIREE INFO LIST SERVER

The Retiree Info List Server is a means of automatically receiving e-mail containing information of interest to retired Soldiers and their families and survivors living in Europe. If you do not receive postings but would like to, you can subscribe to the Retiree Info List Server by clicking on the Subscribe Here link at the lower right-hand corner of the USAREUR G1 website <http://www.eur.army.mil/g1/> and following the instructions that come up. Should you later decide you no longer want to receive postings, follow the instructions for unsubscribing, which are provided at the bottom of each posting.

DD-214 NOW ONLINE!

It's official - DD-214s are NOW Online. The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their DD-214s online:

<http://vetrecs.archives.gov/> or try <http://www.archives.gov/veterans/military-service-records/>

This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the online web site. Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records centers mailroom and processing time. Please pass this information on to former military personnel you may know and their dependents.

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are not yet eligible for Medicare as stated in the NDAA 2017 are as follows:

UPDATE DEERS WHEN YOU HAVE A LIFE CHANGE

The Defense Enrollment Eligibility Reporting System (DEERS) is the database for all active duty, National Guard and Reserve and retired service members worldwide, their family members and others who are eligible for military benefits, including TRICARE. The Department of Defense uses the information in your DEERS record to determine your eligibility shows in DEERS when your records are up to sponsors (or sponsor-appointed individuals with valid power of attorney) can add family members in DEERS. When there is a change in information, each family member's DEERS record must be updated separately. Family members age 18 and older may update their own contact information. For more information, visit www.tricare.mil/deers.

SUBJECT: Fiscal Year 2017 National Defense Authorization Act Impact on Retired Soldiers, their dependents and Survivors

Section 671 – Recovery of Amounts Owed to the United States by Members of the Uniformed Services. Debt to the government through no fault of the member, to include retired members due to overpayment of pay or allowances and settlement of member's account will not be collected unless the recovery of the indebtedness started before the end of the 10 year period beginning on the date on which the indebtedness was incurred.

Not later than 1 JAN 18, the Secretary of Defense shall establish a cost sharing, self-managed, and preferred-provider network option called TRICARE Select. Eligible beneficiaries will not have restrictions on their choice of health care providers. Cost sharing fees based on calendar year 2018 under TRICARE Select for Retired Members in receipt of retired pay or retainer pay but

TRICARE Select		Individual	Family
Annual Enrollment		\$450	\$900
Annual Deductible	Network	\$150	\$300
	Out of Network	\$300	\$600
TRICARE Select		Network	Out of Network
Annual Catastrophic Cap		\$3,500	
Outpatient Visit Civilian		\$25 Primary Care \$40 Specialty Care	25%
ER Visit Civilian		\$80	
Urgent Care Civilian		\$40	
Ambulatory Surgery Civilian		\$95	
Ambulance Civilian Network		\$60	
Durable Medical Equipment Civilian Network		20%	
Inpatient Visit Civilian		\$175 per admission	25%
Inpatient Skilled Nursing/Rehab Civilian		\$50 per day	Lesser of \$300 per day or 20% of billed charges

TRICARE- eligible individuals are now eligible to be covered under the Federal Employees Dental Program. TRICARE- eligible individuals include the following:

- a) Members who are entitled to retired pay
- b) Members of the Retired Reserve that are under age 60
- c) Eligible dependents of the above two
- d) Surviving spouse and eligible child dependents of a deceased retired member or

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member as described above

e) Surviving spouse and eligible child dependents of a deceased member who dies while on active duty after: becoming eligible to receive retired pay, qualifying for retired pay except the member has not applied for or been granted that pay or completing 20 years of active service but before the member is eligible to retire as a commissioned officer because the member has not completed 10 years of active commissioned service.

f) Surviving spouse and eligible child dependents of a deceased member who died while on active duty for a period of more than 30 days but who are not eligible for dental benefits under section 1076c of title 10 USC.

7 October 2015)

Do you use My Pay Account?

How to Create Your my Pay Account

To get started on [my Pay](#), use these instructions.

Request a Temporary Password

1. Go to <https://mypay.dfas.mil>
2. Click "Forgot or Need a Password?"
3. Enter your Social Security Number and click "Yes" button on the bottom right
4. Choose "mail to my address of record with Military Retired" and click "Send me a Password." Or if you have a valid email address in my Pay, you can choose to have it emailed to you.

Create a Permanent Password and Login ID

1. After you receive your temporary password, return to my Pay and click "Create an Account"
2. Enter your Social Security Number and temporary password, and click "Accept/Submit"
3. You will be prompted to create a permanent Login ID and password.
4. Select eight security questions that you can answer later if you forget your password and need to reset it. Click "Submit Questions."

5. Answer each question and click "Submit Answers."

6. Select "Main" in the upper right corner of the page to begin using my Pay.

If You Do Not Receive a Temporary Password

1. You should receive your temporary password in 10 business days by mail or 2 hours by email.
2. If you don't, you will need to have your mailing address updated.
3. Review our instructions for updating your address.
4. Once your address is corrected, request another temporary password using the steps above.

LANDSTUHL NEWS

The Landstuhl Regional Medical Center's (LRMC) website provides great information about their services, especially about Relay Health, Patient Transfer Center, and Specialty CareServices.

<http://rhce.amedd.army.mil/landstuhl/>

DFAS ADDRESS CHANGES

For Retired Pay:

Defense Finance and Accounting Services
U.S. Military Retired Pay
8899 E 56th Street
Indianapolis, IN 46249-1300

Annuitant Pay:

Defense Finance and Accounting Services
U.S. Military Annuitant Pay
8899 E 56th Street
Indianapolis, IN 46249-1300

IMCOM Directorate-Europe Retirement
Services Offices

GERMANY

USAG Ansbach

Unit 28614
APO AE 09177-8614
Tel: 0049-(0)9802-83-3301
usarmy.ansbach.imcom-europe.list.rso@mail.mil

USAG Bavaria

Unit 28130
APO AE 09114-8130
Tel: 0049-(0)9641-83-8709
usarmy.bavaria.id-europe.mbx.dhr-mpd-retirement-services@mail.mil

USAG Stuttgart

Unit 30401
APO AE 09107-0401
Tel: 0049-(0)7031-15-2010
usarmy.stuttgart.id-europe.mbx.retired-services@mail.mil

Baumholder

Community Unit 23746
APO AE 09034-3746
Tel: 0049-(0)6783-6-7255
usarmy.baumholder.id-europe.mbx.bhmc-retirement-svcs@mail.mil

USAG Rheinland-Pfalz

Unit 23152
APO AE 09227-3152
Tel: 0049-(0)631-411-8405
usarmy.rheinland-pfalz.id-europe.usag-r-p-ret-svcs@mail.mil

USAG Wiesbaden

Unit 29623
APO AE 09096-9623
Tel: 0049-(0)611-705-7668
usarmy.wiesbaden.id-europe.mbx.retirement-services-office@mail.mil

BELGIUM

USAG Benelux
US NATO/SHAPE SUPT GP
CMR 451, APO AE 09708
Tel: 0032-65-44-6293
usarmy.benelux.id-europe.mbx.rso@mail.mil

NETHERLANDS

Schinnen Community
Unit 21602
APO AE 09703-1602
Tel: 0031-45-526-3475
usarmy.benelux.id-europe.mbx.rso@mail.mil

ITALY/AFRICA/MIDDLE EAST

USAG Italy
Unit 31401
APO AE 09630-1401
Tel: 0039-0444-61-7493
usarmy.usag-italy.id-europe.mbx.retirement-services@mail.mil

HQ IMCOM DIRECTORATE-EUROPE

IMCOM-Europe RSO
(IMEU-GB-RSO)
Unit 23103
APO AE 09136-3103
Tel: 0049-(0)611-143-544-1530
usarmy.sembach.id-europe.mbx.retirement-svcs@mail.mil

If you are calling from outside of Germany, the country code is 0049. Do not dial the (0) prefix. (For example, if dialing a number in Frankfurt, dial 0049-69-xxx).

NOTE: RSO offices are open during normal duty hours only.

To report a retiree's death, call your local Garrison or IMCOM Directorate-Europe Casualty Assistance Center at 0049-(0)611-143-544-1340 (24 hours a day, 7 days a week).