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| **Soldier for Life – Transition Assistance Program (SFL-TAP) Helpful Websites** | |
| **Separation History and Physical Examination (SHPE)**   * Soldiers must complete a SHPE within 180 days before Separation (Transition Office 785-239-2980. * Soldier choose to file a pre-separation disability claim with the VA, and the SHPE will be conducted as part of the disability examination. All other benefit options will be explained in detail during **mandatory** VA Benefits briefing. | |
| 1. **My HealtheVet**   <https://www.myhealthevet.va.gov>  User Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Password:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **VA’s Personal Health Record. Designed for Veterans, Active Duty Service Members, their dependents and caregivers. My Healthevet helps you partner with your health care team and provide you opportunities and tools to make informed decisions.** |
| 1. **eBenefits**   <https://ebenefits.va.gov>  User Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Password:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Use portal to begin your GI Bill or convert from Montgomery to post 9/11. Obtain a certificate for VA backed home loan; Initiate a VA claim and many more other benefits. Registering on eBenefits creates the Service Member’s DS Logon username and password.** |
| 1. **MyArmyBenefits**   <https://myarmybenefits.us.army.mil> | **MyArmyBenefits is the official benefits website of the U.S. Army. It has over 150 benefit fact sheets on federal and state level benefits, as well as calculators for retirement, survivor benefits, disability, and deployment.** |
| 1. **One Stop/ VA Locator**   <https://www.vets.gov> | **Includes a Military-to-Civilian Job Search tool where Veterans and Service Members can search for jobs based on skills and experiences gained in military. The site also includes tips for job searching and links to national, state, and local resources specifically for Veteran job seeker.** |
| 1. **Verification of Military Experience & Training (VMET)**   <https://milconnect-pki.dmdc.osd.mil/milconnect> | **Great document to civilianize your military experience for use in a resume. Password same as eBenefits. Errors are corrected by Defense Manpower Data Center (DMDC) at 800-727-3677.** |
| 1. **Joint Service Transcripts (JST)**   <https://jst.doded.mil> | **Site to get your military college credits transferred to a college. Click the Official Transcript link. 888-276-9572.** |
| 1. **Joint Knowledge Online (JKO)**   <https://jkodirect.jten.mil> | **Provides Service Members the ability to complete ACAP courses online, when the Service Member is unable to attend courses at the SFL-TAP Center prior to Service Members separation date.** |
| 1. **Kuder Journey Assessment**   http://www.dantes.kuder.com/ | **Provides reliable tools to assess your interests, suggest education and career options, prepare you for the job search, and connect you today’s jobs.** |
| 1. **VA Employment Center Job Search Engine**   <https://ebenefits.va.gov/ebenefits/jobs> | **Powerful VA sponsored search engine to look for jobs, translate military skills, resume builder and other employment resources.** |
| 1. **O\*NET**   <https://www.onetonline.org/> | **Use your MOS to search skills and abilities that can crosswalk to the civilian workforce.** |

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| **Transition Assistance Career Counselor (TACC)** | | |
| **What is lost at ETS?**   * Job Stability * Paycheck 1st & 15th * Healthcare/Dental Insurance * Soldier Group Life Insurance * Tuition Assistance (TA) * Use of post facilities | **Benefits of Continuum of Service**   * Guaranteed Pay * Healthcare Insurance * Dental Insurance * Family Support Groups * Career Development * Local Community Networking * Retirement | **Continue Your investment**  You have completed the hardest part of your military commitment, so why not continue?  The time you have invested counts toward your career in the Reserve Component  Share your knowledge and experience with other Soldiers within the Reserve Component  If you are not ready to continue your service with Reserve Components, then consider IRR |