

TRANSITION ASSISTANCE PROGRAM

Start Strong • Serve Strong • Reintegrate Strong • Remain Strong

Soldier for Life – Transition Assistance Program (SFL-TAP)

Preseparation Counseling Addendum

The SFL-TAP consists of services which include individual transition counseling and required courses to assist you in meeting your personal goals and Career Readiness Standards (CRS) throughout the transition process. There are four Individual Transition Plan (ITP) tracks; Soldiers must elect at least one track to meet their post-military goals. Listed below are the standardized SFL-TAP courses, tracks and associated CRS.

TRANSITION COURSES:

Transition Overview	MOS Crosswalk	Financial Planning Workshop
DOL Employment Workshop (DOLEW)	VA Benefits Briefings I & II	Individual Transition Plan Review (curriculum may be used for Capstone event)
Accessing Higher Education	Career Technical Training	Entrepreneur Workshop

ITP TRACKS:

Employment	Education	Technical Training	Entrepreneurship
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CRS TO BE COMPLETED BY ALL SOLDIERS PRIOR TO TRANSITION DATE:

Complete Preseparation Briefing & Initial Counseling with DD Form 2648 Assessment submission	Complete MOS Crosswalk gap analysis ✓ Captures two CRS: 1) Evaluated transferability of military skills to civilian workforce and 2) Documented requirements and eligibility for licensure, certification, and apprenticeship
Complete registration	Complete 12-month post-service budget
Complete Assessment Tool	Complete Job application package* or job offer letter
Attend DOL Employment Workshop	Complete Individual Transition Plan
Receive DOL Gold card	Complete Continuum of military service counseling (AC only)
Attend VA Benefits Briefings I & II	Complete Capstone with DD form 2648 submission

CRS TO BE COMPLETED PRIOR TO TRANSITION DATE BY SOLDIERS ELECTING THE EDUCATION OR TECHNICAL TRAINING TRACK ON THEIR ITP

Attending the 2-Day Track Course is not a required CRS. The Entrepreneur Track does not have required CRS:

Assessment to identify aptitudes, interests, strengths and skills	Comparison of academic or training institution choice
College, university, or technical training application or acceptance letter	Confirmation of one-on-one counseling with a college, university, or technical institution advisor or counselor

*Job Application Package = 1 resume (civilian/federal), 1 references, submit 2 job applications **OR** receive a job offer letter or returning to job/has employment.

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EXEMPTION CRITERIA FOR DEPARTMENT OF LABOR EMPLOYMENT WORKSHOP PARTICIPATION:

The Department of Defense has established exemptions for participation in the Department of Labor Employment Workshop, which is required for all transition Service members to attend. The exemptions are as follows:

- ▶ Service members retiring after 20 or more years of active federal service in the Military Services.
- ▶ Service members, after serving their first 180 continuous days or more on active duty, pursuant to 10 U.S.C., if they meet at least one of the following criteria:
 - Provide documented confirmation of civilian employment
 - Provide documented acceptance into an accredited technical training, undergraduate, or graduate degree program
 - Have previously attended DOL Employment Workshop within the past 36 months
 - Service members with specialized skills who, due to unavoidable circumstances, are needed to support a unit on orders to be deployed within 60 days. The first commander in the Service member's chain of command with proper authority pursuant to ch. 47 of Title 10, U.S.C. (also known as and referred to the "Uniform Code of Military Justice (UCMJ)") must certify on the ITP any such request for exemption. A makeup plan must accompany the postponement certification.
- ▶ Recovering Service members imminently transitioning from Active Duty who are enrolled in the Education and Employment Initiative (E2I) or a similar transition program designed to secure employment, higher education, or career technical training post-separation.

Service members who qualify for an exemption and elect not to participate in the DOL Employment Workshop must request to be exempted and formally record their decision on the ITP. Service members must show verification to a SFL-TAP staff member to receive an exemption for DOL Employment Workshop participation.

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION: LOCATION/TELEPHONE #
Effects of A Career Change	Some of the professionals and agencies on base are: <ul style="list-style-type: none"> • The Base Chaplain • Base Medical Clinic • Behavioral Health Clinic • Family Support/Service Center/Family Readiness Center 	VA Vet Centers, http://www.vetcenter.va.gov/ ; Military OneSource [®] , http://www.militaryonesource.mil/ , 1-800-342-9647; Overseas: 00-800-3429-6477.
Department of Labor Employment Workshop (DOLEW)	The Department of Defense has established exemptions for participation in Department of Labor Employment Workshop. The DOLEW is the only CRS which has an exemption. Service members who qualify for an exemption and elect not to participate in the DOL Employment Workshop must request to be exempted and formally document their decision on the DD form 2648. Receive DOL Gold Card Certificate	DOLEW Participant Guide, https://www.dol.gov/vets/programs/tap/DOLEW-Participant-Guide(Oct%202012).pdf
Verification of Military Experience and Training (VMET), DD form 2586	The VMET form is available to all eligible departing Service members, including eligible National Guard and Reservists. (<i>Coast Guard personnel DO NOT have VMET documents.</i>)	https://www.dmdc.osd.mil/tgps/ https://www.dodtap.mil/login.html Missing information on members currently serving may be added through the standard personnel file submissions to Defense Manpower Data Center (DMDC). Errors may or may not be corrected for separated or retired members. Please visit your local personnel office, see "Data Omissions/Errors" FAQs on the VMET website.
Civilian Occupations Corresponding to Military Occupations/ O*NET	This site is useful for researching potential occupations. Browse career or search for careers by keywords or MOS. Learn more about this and other tools during the MOS Crosswalk.	O*NET, http://www.onetonline.org/ or http://www.mynextmove.org/
Licensing, Certification, and Apprenticeship Information	Document requirements and eligibility for licensure, certification and apprenticeship Information is recorded on the Gap Analysis.	VA, http://www.gibill.va.gov/ http://www.benefits.va.gov/gibill/licensing_certification.asp DoD TAP web portal, https://www.dodtap.mil/ Base/Installation Educational office or Defense Activity for Non-Traditional Education Support (DANTES) representative or DANTES, http://www.dantes.doded.mil/index.html

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Department of Labor	CareerOneStop	https://www.careeronestop.org/ DOL Veterans.gov, http://www.veterans.gov/
U.S. Army Credentialing Opportunities On-Line	MOS related credentialing information currently includes enlisted and warrant officer. officers can use the website to find valuable information about manager credentials.	Army Credentialing Opportunities On-Line (COOL), https://www.cool.army.mil .
United Services Military Apprenticeship Program (USMAP)	Participation in the USMAP does not require you to make any off duty investment of hours.	Post Education office ApprenticeshipUSA, https://doleta.gov/OA/usmap.cfm
Defense Activity for Non-Traditional Education Support (DANTES)	Programs and services include: <ul style="list-style-type: none"> • College Comparison Support Tool • College Entrance Exams • OCONUS Education Center Contact and Support 	DANTES, http://www.dantes.doded.mil/
U.S. Navy Credentialing Online (Navy Cool)	The COOL web site designed for Navy personnel.	Navy COOL, http://www.cool.navy.mil
U.S. Air Force Credentialing Online (AF Cool)	The Air force COOL designed for Air force enlisted personnel assists Airmen.	AF COOL, http://www.cool.airforce.com
U.S. Marine Corps Credentialing Online (Marine Corps Cool)	The COOL web site designed for Marine Corps personnel.	Marine Corps COOL, http://www.cool.navy.mil/usmc
The Hire Vets First	Program and website have been suspended.	
State Job Boards	Post your information, such as a job experience profile and/or resume, directly on most state job board sites.	Career One Stop, http://www.careeronestop.org/jobsearch/cos_jobsites.aspx
The DOL Realifelines	Mission has been absorbed by Disabled Veteran Outreach Program Specialists located at state employment agencies and American Job Centers.	
Public and Community Service Opportunities (PACS)	Non-profit, public and community service organizations such as schools, hospitals, law enforcement agencies, social service agencies and many more for employment opportunities.	Corporation for National & Community Service, http://www.nationalservice.gov/ or Corporation for National & Community Service – United We Serve, http://www.serve.gov/
Troops To Teachers Program – “Proud To Serve Again”	K-12 public, charter, or Bureau of Indian Affairs school teacher assistance. Provide transition assistance for those becoming first-time teachers.	Registration can be completed online by visiting TTT – Proud to Serve Again, http://www.proudtoserveagain.com/ .

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Federal Employment Opportunities	<p>A "point system" of either 5 points or 10 points is used to determine veterans' hiring preference. Five point preference is determined by active duty service in specified time periods. You may be a 10 point preference eligible if you have a service connected disability determination with active duty service OR received a Purple Heart with active duty service. You will need to submit a Standard form SF-15, "Application for 10-point Veterans' Preference."</p> <p>Military retirees at or above the grade of O4 are not eligible for veterans' preference unless they are a disabled veteran.</p> <p>Reservists who are retired from the Reserves but are not receiving retired pay are not considered "retired military" for purposes of veterans' preference.</p>	<p>Standard form SF-15 http://www.opm.gov/forms/pdf_fill/SF15.pdf</p> <p>For preference eligibility, visit the DOL Veterans' Preference Advisor at https://webapps.dol.gov/elaws/vetspref.htm.</p> <p>File a complaint with the DOL's Veterans' Employment and Training Service (VETS), http://www.dol.gov/elaws/vets/vetpref/agency.htm. If VETS is unable to resolve the complaint within 60 day, appeal to the Merit Systems Protection Board, https://e-appeal.mspb.gov/.</p> <p>office of Personnel Management (OPM), http://www.fedshirevets.gov/job/vetpref/index.aspx</p>
USAJobs	USAJOBS is the official job site of the U.S. federal government.	USAJOBS, https://www.usajobs.gov/
Go-Defense	Links to DOD agency websites.	Go-Defense, http://godefense.cpms.osd.mil
Federal Employment Opportunities	<p>There are three main ways to acquire a federal position:</p> <ul style="list-style-type: none"> • Merit promotion • Special Hiring Authorities • Competitive Appointment (open to the general public) 	Feds Hire Vets, http://www.fedshirevets.gov/
Veterans Federal Procurement Opportunities	Mentor-Protégé Program available through the SBA.	To find the competitive procurement announcements visit FedBizOpps.gov, https://www.fbo.gov/ Central Contractor Registration system at http://www.federalcontractorregistry.com/
Office of Personnel Management (OPM) Special Hiring Authorities	Veterans Recruitment Appointment (VRA), and 30% or more disabled Veteran authority.	List of Veteran Employment Program offices, http://www.fedshirevets.gov/AgencyDirectory/index.aspx . Feds Hire Vets, http://www.fedshirevets.gov/
Hiring Preference in Non-Appropriated Fund (NAF)	<p>To be eligible, you need to be:</p> <ul style="list-style-type: none"> • Involuntary separating and have an 	NAF, https://www.nafjobs.org .

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Use the following information to locate services and agencies where you can receive assistance.

Jobs	honorably discharged with the SPD code that provides transition benefits OR <ul style="list-style-type: none"> • Separating with a special separation benefit OR • Separating with the voluntary separation incentive 	
State Employment Agencies	State Employment Agency offices are also called AJC, but may be referred to differently by each state. Use the website “mySkills MyFuture” to find current labor market information.	AJC nearest office, https://www.careeronestop.org/LocalHelp/service-locator.aspx https://www.vets.gov/ Career One Stop, https://www.myskillsmyfuture.org/
Career One Stop Centers	CareerOneStop; Local Veterans Employment Rep (LVER) or Disabled Veterans Outreach Program Specialist (DVOP)	https://www.careeronestop.org/LocalHelp/service-locator.aspx VA Vets.gov https://www.vets.gov/
Workforce Innovation and Opportunity Act (WIOA)	The Workforce Investment Act or WIOA was replaced by the Workforce Innovation and Opportunity Act or WIOA. The Act: <ul style="list-style-type: none"> • Provides training and education opportunities • Assists job seekers • offers career services 	U.S. DOL – Employment and Training Administration (ETA), https://www.doleta.gov/WIOA/
Small Business Administration (SBA) Entrepreneurship Track – Boots to Business	Course: <ul style="list-style-type: none"> • May be offered through local SFL-TAP Center • Available “24/7” through the Joint Knowledge Online (JKO) system • Link to JKO from the SBA website. 	Joint Knowledge Online (JKO) system, http://www.veteranscorp.org./ and SBA, https://www.sba.gov/offices/headquarters/ovdb/resources/160511 . SFL-TAP Center location finder, https://www.sfl-tap.army.mil/default.aspx
Patriot Express Loan	The Small Business Administration Patriot Express Loan is no longer available.	n/a
National Veteran’s Business Development Corporation	National Veteran’s Business Development Corporation	http://www.veteranscorp.org./
Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA)	There are five eligibility criteria for reemployment rights. This applies not only to active duty, but also the Guard and Reserve.	https://www.dol.gov/vets/programs/userra/index.htm or http://www.benefits.va.gov/guardreserve/ .
Information On “Priority of Service” for Veterans provided under DOL Job Training Programs	CareerOneStop	https://www.careeronestop.org/ https://www.careeronestop.org/LocalHelp/service-locator.aspx
RELOCATION ASSISTANCE	NOTE: Status of forces Agreement Limitations Apply to Overseas Service Members.	

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Use the following information to locate services and agencies where you can receive assistance.

Permissive Temporary Duty and Excess Leave	<p>Permissive TDY (PTDY) and Excess Leave may be authorized for the purpose of job search and house hunting activities that facilitate the relocation to civilian life. This section applies only to a well-defined group of eligible personnel and will provide you with information on what the rules say about the amount of time allowed if you are planning to relocate. You can request excess leave or PTDY/TAD, but not both. Granting PTDY (or excess leave) is subject to mission requirements and approval of the unit commander. No more than 30 days Excess Leave can be granted. You cannot combine it with liberty weekends, special liberty, or holidays, to extend the period of actual job/house hunting activities beyond the days authorized.</p>	<p>Post supporting personnel office.</p> <p>Your Commander.</p> <p>DA form 31</p>
Travel and Transportation Allowances	<p>Eligible retirees and certain involuntary separations (e.g., with separation pay and at least eight years continuous active duty) are authorized storage and shipment of household goods for up to one full year. Household goods may be shipped to:</p> <ul style="list-style-type: none"> • HOS any destination within the United States • HOR the place lived when they entered the military • The place outside the United States from which they were initially called to active duty <p>All other separations are authorized storage and shipment of household goods up to six months. Items may be shipped to the location in which they collected separation travel pay.</p>	<p>Base Housing or Transportation office</p> <p>Extension information - Title 10, U.S. Code, § 1141, "Involuntary Separation"</p> <p>The Family Center for the Base Relocation Assistance Program</p> <p>Military OneSource®, http://www.militaryonesource.mil/, Joint Federal Travel Regulations (JFTR) at http://www.defensetravel.dod.mil/, MILPERSMAN 1320-220</p> <p>DoDI 1332.36 – "Overview of PCS Travel and Transportation Allowances Table"</p>
Contact Information for Housing Counseling Assistance	<p>Encompasses military housing, rental property and HUD.</p>	<p>Post Housing office</p> <p>HUD - call the VA care line number which is 1-877-424-3838.</p> <p>HUD Veteran Resource Center (HUDVET), http://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/veteran_information</p>
Other Federal, State, or Local Education/Training Programs and Options	<p>Additional education options you may want to take advantage of during your transition</p>	<p>Base Education Center – Education Service Specialist (ESS) or Education Service officer (ESO)</p> <p>Go Army Ed,</p>

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		https://www.goarmyed.com/public/public_goarmyed-education_centers.aspx
U.S. Department of Education Federal Aid Programs	The program provides information on: <ul style="list-style-type: none"> • Obtaining aid • Filling out financial aid applications • Rules and regulations • Student loan accounts 	U.S. Department of Education Federal Student Aid Program, https://studentaid.ed.gov/sa/ Veterans Upward Bound Program, http://www2.ed.gov/programs/triovb/index.html
Other Federal, State, or Local Education/Training Programs and Options	Student Veterans of America	http://studentveterans.org/ 1-202-223-4710
Loan Relief for Military Personnel called to Active Duty		1-800-4FEDAID (1-800-433-3243) http://ifap.ed.gov/dpccletters/attachmments/GEN1323AttachMilitaryDeferform.pdf
Mental Health Care	Active duty Service members can self-refer for mental health appointments if seen at a Military Treatment Facility. Active duty Family members seeking mental health appointments within the network do not require preauthorization for the first eight visits.	Veterans Crisis Line, (National Suicide Prevention Lifeline, 24/7) 1-800-273-8255 and Press 1, chat online at https://www.veteranscrisisline.net/ , or send a text message to 838255, VA, http://www.va.gov/ , or call 1-800-827-1000. TRICARE representative. AD SM can self-refer for mental health if seen at a Medical Treatment Facility (TRICARE Operations Manual 6010.56-M, Feb 1, 2008 Ch. 16 Addendum B; Tricare Policy Manual 6010.57-M, Feb 1, 2008 Ch. 7 § 3.10.). Military OneSource®, http://www.militaryonesource.mil/ for AD Family Members, review TRICARE Operations Manual 6010.56-M, February 1, 2008, Ch. 16, Addendum B; Tricare Policy Manual 1610,57-M, February 1, 2008, Ch. 7, § 3/10). inTransition, http://intransition.dcoe.mil/ Confidential, 1-800-424-7877. OCONUS, 1-800-424-4685 (DSN) OCONUS collect, 1-314-387-4700
Transitional Healthcare Benefit/Tricare	Eligibility for transitional healthcare, also referred to as Transitional Assistance for 180 days (TA-180), is not automatic, as	Nearest personnel office or ID card facility, search DEERS locations at http://www2.dmdc.osd.mil/rsl/

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	<p>individuals must meet one of the six qualifying criterion.</p> <p>You must make sure that you and your family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS).</p>	<p>TRICARE “Plan Wizard”, http://www.tricare.mil/mybenefit</p> <p>TRICARE program options at http://www.tricare.mil/.</p> <p>HealthCare.gov coverage options, https://www.healthcare.gov/</p> <p>TRICARE transitional health care: http://www.tricare.mil/mybenefit.</p> <p>Affordable Care Act Counselors, visit: http://www.tricare.mil/aca, or call your TRICARE regional contractor.</p>
Tricare Reserve Select	<p>TRICARE Reserve Select is a premium-based plan available worldwide for qualified Selected Reserve members and their families. It provides minimum essential coverage under the Affordable Care Act, when purchased.</p> <p>Members of the Selected Reserve (and their families) who meet the following qualifications:</p> <ul style="list-style-type: none"> • Not on active duty orders. • Not covered under the Transitional Assistance Management Program. • Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program or currently covered under FEHB, either under their own eligibility or through a family member. <p>Note: Those members in the Individual Ready Reserve, including Navy Reserve Voluntary Training Units, do not qualify to purchase TRICARE Reserve Select.</p> <p>Certain members of the Selected Reserve, who are covered by TRICARE Reserve Select and involuntarily separated under other than adverse conditions, may have access to extended TRICARE Reserve Select coverage up to 180 days. For more information, contact your service personnel department.</p>	<p>http://www.tricare.mil/; TRICARE “Plan Wizard”, http://www.tricare.mil/mybenefit</p>
VA Health Administration and Affordable Care Act (ACA)	<p>Veterans Affairs</p> <p>Affordable Care Act. Under ACA, you are required to have health care coverage that meets the definition of minimum essential</p>	<p>https://www.va.gov/health/</p> <p>https://www.healthcare.gov/</p>

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	coverage. Most people who do not meet the minimum coverage will pay a fee for each month coverage is not met. This fee will be collected with your tax return.	
VA Vet Center	Veterans Affairs Vet Center	http://www.vetcenter.va.gov/ (National Center for PTSD) 1-877-927-8387
State and Local Healthcare and Mental Health Services	State Government offices, Local US Government, City Government and Federal Government	http://www.statelocalgov.net/
Healthcare and Other Benefits to which the member may be entitled under the laws administered by The Secretary of Veterans Affairs	TRICARE Humana	https://www.healthnetfederalservice.com/ , 1-877-TRICARE (874-2273) https://www.humanamilitary.com/ 1-800-444-5445
VA Health Care	Gulf War Veterans Association/Gulflink Veterans Affairs	http://www.gulflink.osd.mil/ 1-800-749-8387 http://www.va.gov/
VA Dental Care	Veterans Affairs	https://www.va.gov/health/ 1-877-222-8387
Continued Health Care Benefits Program- Option to purchase 18-Month Conversion Health Insurance. Concurrent pre-existing condition coverage with purchase of Conversion Health Insurance.	TRICARE; Humana	http://www.tricare.mil/chcbp 1-877-874-2273 https://www.humanamilitary.com/ 1-800-444-5445
Veterans Group Life Insurance (VGLI)	Veterans Affairs	http://Benefits.Va.Gov/INSURANCE/Apply-for-VGLI.Asp . 1-800-419-1473
Service Members' Group Life Insurance (SGLI)	Veterans Affairs	http://Benefits.Va.Gov/Insurance/Sgli.Asp 1-800-669-8477
Traumatic Injury Protection Program (TSGLI)	Veterans Affairs	http://Benefits.Va.Gov/Insurance/Tsqli.Asp 1-800-419-1473
Family Service Members' Group Life Insurance (FSGLI)	Veterans Affairs	http://Benefits.Va.Gov/Insurance/Fsqli.Asp
Service-Disabled Veterans Insurance (S-DVI)	Veterans Affairs	http://Benefits.Va.Gov/Insurance/S-Dvi.Asp
Veterans' Mortgage Life Insurance (VMLI)	Veterans Affairs	http://Www.Benefits.Va.Gov/Insurance/Vmli.Asp
for More Information On Veterans Life Insurance	Veterans Affairs	http://Www.Benefits.Va.Gov/Insurance/
Military Medical and Limited Dental Benefit	Affordable Care Act (ACA)	Nearest personnel office or ID card facility, search DEERS locations at http://www2.dmdc.osd.mil/rsl/

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		<p>TRICARE “Plan Wizard”, http://www.tricare.mil/mybenefit TRICARE program options at http://www.tricare.mil/. HealthCare.gov coverage options, https://www.healthcare.gov/ TRICARE transitional health care: http://www.tricare.mil/mybenefit. Affordable Care Act Counselors, visit: http://www.tricare.mil/aca, or call your TRICARE regional contractor. Health Insurance Marketplace To apply or learn more visit https://www.healthcare.gov/ or call the Marketplace Call Center at 1-800-318-2596. TTY users should call 1-855-889-4325. Find someone nearby to help you apply at https://localhelp.healthcare.gov/</p>
Financial Management	<p>One benefit that you retain whether you are separating or retiring is your contributions to the Thrift Savings Plan (TSP). If you have less than \$200, TSP will automatically send you a check for the amount and close the account. If you have a vested account balance of \$200 or more after leaving military Service, you can leave the money in the TSP until later, or you can withdraw the account at any time.</p> <p>The Survivor Benefit Plan (SBP) is specifically for retirees, and all active duty military members are automatically covered under SBP at the full amount while on active duty.</p>	<p>National Guard or Reserve, or you are not located near a military installation, contact Military OneSource® at 1-800-342-9647, or http://www.militaryonesource.mil/ Research financial information: Thrift Savings Plan, https://www.tsp.gov/index.html Save and Invest.org, https://www.saveandinvest.org/; Consumer Financial Protection Bureau (CFPB), http://www.consumerfinance.gov/ U.S. Department of Defense, http://www.defense.gov/ Military.com, http://www.military.com/ or Military OneSource®, http://www.militaryonesource.mil/ Thriftline at 1-877-968-3778</p>
Separation Pay	<p>Separation pay eligibility and amounts are determined by the type of separation and based on Separation Program Designator (SPD) codes.</p>	<p>Post personnel office. Separation Pay regulations: 1) Title 10, Ch. 59, § 1174, Separation Pay Upon Involuntary Discharge or</p>

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	Personnel medically separated for a disability incurred in a combat zone or from combat-related operations may be entitled to an enhanced disability separation pay.	<p>Release from Active Duty</p> <p>2) Department of Defense Instruction 1332.29, Eligibility of Regular and Reserve Personnel for Separation Pay.</p> <p>Service members who received separation pay, review:</p> <p>1) Law (10 U.S. Code § 1174(h)(2)) and</p> <p>2) Policy (Department of Defense Instruction 1332.29, §3 .6.2) governing Separation Pay.</p> <p>for information on Medically Separated pay, refer to the DTM on Implementing Disability-Related Provisions of the National Defense Authorization Act of 2008, dated March 18, 2008.</p>
Unemployment Compensation (UCX)	Different states have different requirements and rules for eligibility. First step of process is to file a claim in your state.	AJC nearest office, https://www.careeronestop.org/LocalHelp/service-locator.aspx https://www.vets.gov/
General Money Management	<p>The basic rule of thumb is to have at least three to six months living expenses in a savings account in the event of lost wages and other emergencies. Having this financial cushion as you make your transition will reduce some of the stress transition brings.</p> <p>Attend SFL-TAP Financial Planning Seminar/ Workshop to complete budget.</p>	<p>Family Support/Service Centers and meet with financial Counselors</p> <p>Financial specialist at your command or installation or SFL-TAP Financial Counselor. Military OneSource®, http://www.militaryonesource.mil/, 1-800-342-9647; Overseas: 00-800-3429-6477</p>
Personal Savings and Investment	When opening a savings account, look for an FDIC or National Credit Union Association (NCUA). For higher interest earnings, there are four common types of investments: U.S. Savings Bond, Certificate of Deposit (CD), Stocks, and Mutual Funds. Not all funds are insured and investors may lose some or all of the value of their investment.	Save and Invest.org, https://www.saveandinvest.org/
Reserve Affiliation and Reserve Component Counselors At Installations	<p>If you served less than eight years of active military Service, you can satisfy your military Service obligation by becoming a member of the Ready Reserve.</p> <p>Required for Active Component Service members only: You must have</p>	Reserve recruiter on the installation. http://www.goarmy.com/reserve.html

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Use the following information to locate services and agencies where you can receive assistance.

	documentation that shows you have completed a "Continuum of Military Service Opportunity Counseling".	
VA Benefits Briefing I & II	Veterans Affairs	http://www.va.gov/
VA Disability Benefits	Veterans Affairs	http://benefits.va.gov/benefits/ 1-800-827-1000
Benefits Delivery At Discharge and Quick Start	Pre-Discharge Program (VA and DoD)	http://benefits.va.gov/benefits/
Servicemembers Civil Relief Act (SCRA)		https://www.servicememberscivilreliefact.com/ Servicemembers Civil Relief Act 1-202-462-0600
State Veteran Benefits	Additional benefits through your state may include: Educational grants and scholarships, Special exemptions/discounts on fees/taxes, Home loans, Veteran's homes, and Free hunting and fishing privileges	Specific state benefits (VA), http://www.va.gov/landing2_location_s.htm
Two-Year Commissary and Post Exchange Privileges (Eligible Involuntary Separates)	Eligible Involuntary Separates Commissary and exchange stores available for 2 years after separation; may extend to MWR privileges. May lose commissary and/or Base Exchange privileges due to treaty, SOFA, or military base agreements between the United States and a host country.	Local military personnel office.
Legal Assistance	Military installation legal assistance offices available at no cost, for will preparation, powers of attorney, contract review, debit or credit problems, landlord-tenant issues, family law, tax law and estate planning. Retirees can use the installation legal and financial offices on a space-available basis.	U.S. Army Judge Advocate General's Corps Legal Information Portal, https://www.jagcnet.army.mil/legal
Post Government (Military) Service Employment Restriction Counseling	There are additional restrictions for retired military personnel and Reservists' foreign employment. You cannot decline this counseling; it is required. Most common post government employment restrictions include: Personal Lifetime Ban, Seeking or Negotiating for Post Government Employment and Trade or Treaty One-Year Ban	Installation legal office (Staff Judge Advocate or legal counselor's office) to ensure you receive a post government (military) employment restriction briefing or counseling from an ethics official, https://www.jagcnet.army.mil/legal
Individual Transition Plan (ITP)	An Individual Development Plan (IDP) at your enlistment and the ITP becomes an extension of that original plan as you separate or retire. The standard ITP for all branches of Service includes six sections.	DoD TAP, https://dodtap.mil/index.html
Post-Military Goals -	SFL-TAP offices	https://www.sfl-tap.army.mil – Find

Soldier for Life – Transition Assistance Program (SFL-TAP)

Preseparation Counseling Service Provider Referral Information

Use the following information to locate services and agencies where you can receive assistance.

Individual Transition Plan/Individual Counseling Appointments	SFL-TAP Virtual Center, 24/7	a SFL-TAP center close to you. SFL-TAP Virtual Center 1-800-325-4715
Voting Assistance	<p>Must notify your local election official of your change in voter registration status and update your information to vote locally.</p> <p>Sample letter is provided at Federal Voting Assistance Program, http://www.fvap.gov/uploads/FVAP/VAO/staying_template.docx.</p> <p>http://www.fvap.gov/uploads/FVAP/VAO/moving_template.docx.</p>	<p>UOCAVA - Federal Voting Assistance Program, http://www.fvap.gov/uploads/FVAP/Policies/uocavalaw.pdf</p> <p>National Voter Registration form at U.S. Election Assistance Commission (EAC), https://www.eac.gov/nvra/</p> <p>State/Territory Election websites Federal Voting Assistance Program, https://www.fvap.gov/links</p> <p>If you will be remaining or moving abroad after separation from the military, you can find additional information on voting assistance for overseas citizens at Federal Voting Assistance Program</p>
Separation History and Physical Examination (SHPE)	<p>Must be completed prior to separation. Reserve and National Guard members who have served a minimum of 180 days on active duty or 30 days in a contingency operation must also have an SHPE completed prior to release from active duty. If you are applying for VA benefits prior to separation through the Benefits Delivery at Discharge (BDD) program, the exam you receive from the VA will meet this SHPE requirement. If you choose to not apply for VA benefits or don't have enough time to complete the BDD process prior to separation, you will receive your SHPE through your Military Treatment Facility. To be prepared for the SHPE in either a DoD or VA facility, you must complete form DD 2807-1 available at the TRICARE OnLine Patient portal.</p>	<p>To access the DD form 2807-1, further instruction on how to complete the SHPE as well as linkages to VA resources, go to TRICARE OnLine Patient portal: https://www.tricareonline.com.</p> <p>Military OneSource®, http://www.militaryonesource.mil/</p>