



92 ARW/RAO, 7 W ARNOLD ST, FAIRCHILD, WA 99011

STILL SERVING

VOLUME 15

EDITION 01

January 2015

FROM THE DIRECTOR'S CORNER

Greetings Retirees,

This year's **Retiree Appreciation Day (RAD)** has been scheduled for **Friday October 2, 2015**. Please put this event on your calendar and let your fellow retirees know about it. Additional information will be sent out prior to the **RAD**.

You can call us locally at **509-247-5359**. You can also e-mail us at rao.fairchild@us.af.mil

To access the online newsletters go to www.fairchild.af.mil/library/retireeactivitiesoffice/index.asp. The link to the "**Still Serving**" newsletters is at the bottom of the page.

We are committed to continue providing you the best support possible. Contact us at the number above and let us know how we can help you. If you live in the local area and would like to volunteer some time to answer the phone and assist other retirees/spouses give us call. We only ask a minimum commitment of 4 hours a month.

NATIONWIDE SCAM AFFECTING TRICARE BENEFICIARIES

Courtesy TRICARE

TRICARE beneficiaries need to be aware of a telephone scam affecting beneficiaries over 65 and on Medicare nationwide.

A caller will usually identify themselves as being an official Medicare vendor, and will then offer to sell you back braces. The caller may have specific information that makes the call seem official, typically your address, phone numbers and doctor's name. The caller is hoping this will convince you they are a legitimate vendor and that you will give them your social security number and additional personal information.

If you receive a call like this, **DO NOT** give any of your personal identifiable information, such as birth date, social security number or banking information. TRICARE never asks beneficiaries for this information when calling for an official Department of Defense survey.

The Defense Health Agency (DHA) Program Integrity Office is closely monitoring this situation. If you receive a call of this nature, please do not provide your information and contact the DHA Program Integrity Office directly. For more information on fraud and abuse reporting visit, www.TRICARE.mil/fraud.

TIPS TO FOLLOW WHEN MAKING A BANK ACCOUNT CHANGE

Courtesy DFAS

Follow the steps below to avoid missing or incorrect payments.

If you've switched banks accounts and need to have your pay deposited to your new account, you can make the change online or by mail.

Either way, please use these two tips to avoid disruptions in your pay:

- Only close your old bank account after you have received one monthly payment to your new account.
- Please allow 30 to 45 days for your change to be processed and your retired pay account to be updated with your new banking information.

myPay

The quickest and easiest way to change your direct deposit bank account is through myPay because it is the official online account management system for military members and retirees. Login at www.mypay.dfas.mil and click "Direct Deposit" on the Main Menu.

Mail

If you can't use myPay, complete a FMS 2231, direct deposit enrollment form, and send it to:

Retirees:
DFAS
US Military Annuity Pay
P.O Box 7130
London, KY 40742-7130

Fax: 800-469-6559

Annuitants:
DFAS
US Military Annuity Pay
P.O Box 7131
London, KY 40742-7131
Fax: 800-982-8459

HOW TO REPORT THE DEATH OF A RETIREE

Courtesy Army Echoes

Contact the local Casualty Assistance Officer on Fairchild AFB at (509) 247-4488, who will report the death to the Defense Finance and Accounting Service to stop retired pay and the initiate the survivor benefits process. When reporting the death, please provide the retiree's:

- Full name
- Social security number and/or service number
- Date and place of birth
- Retired rank
- Retirement date
- Disability rating
- Circumstances surrounding the death
- Next of kin information
- Copy of the Statement of Service (Last DD Form 214)
- Copy of the death certificate

DISCLAIMER: The Still Serving Newsletter is an unofficial publication written, edited and published by the Fairchild AFB Retiree Activities Office. The publication is for the convenience of the retiree population to include **retirees, their spouses and dependent family members**. While every effort is made to verify the information in this newsletter, neither the editor nor the RAO staff can guarantee the accuracy of information received from outside sources. The editor reserves the right to reduce the length of material to fit the space available. Comments may be directed to the Retiree Activities Office, 92 FSS/RAO, 7 W Arnold St, Suite 109, Fairchild AFB, WA 99011. (509) 247-5359

Jim R. Smith - Editor
SGM, USA (RET)

ADDRESS CHANGE PROCEDURES

Courtesy DFAS

Please DO NOT send change of address information to the Retiree Activities Office at Fairchild AFB. The Defense Finance and Accounting Service (DFAS) is the agency responsible for maintaining and changing correspondence addresses for retired members and recipients of Survivor Benefit Plan annuities who may receive correspondence (including the Afterburner, News for USAF Retired Personnel) from official Air Force agencies.

Individuals with Internet Access

People with myPay accounts may change their address on the Internet by going to <https://mypay.dfas.mil/mypay.aspx>, entering their personal identification number and then changing their correspondence address. Because there are other changes that can be made electronically, retired members and annuitants are encouraged to go this route. Those without a PIN should use the same Web site and request a PIN which will be sent through the mail in a short time.

Another way is to go to Customer Inquiry Request by clicking on <https://ca.dtic.mil/dfas/s-retired/ret1-pay.htm>. The nature of the inquiry would be "Change of Address."

Those people who subscribe electronically to the e-Afterburner and the Air Force Retiree News Service can change their e-mail address by clicking on the "Subscribe" option on the top navigation bar of this page. From there find the Afterburner/Air Force Retiree News Service block. First unsubscribe the old e-mail address, then subscribe with the new e-mail address.

Individuals Without Internet Access

Retirees receiving, or entitled to receive, retired pay, including retirees whose pay (part or all) comes from Veterans Affairs or from Civil Service (because of combined federal service), should send their change of address to:

DFAS
US Military Retirement Pay
PO Box 7130
London KY 40742-7130

This may also be accomplished by calling toll free (800) 321-1080 or commercial (216) 522-5534. The fax number is (800) 469-6559. Include your Social Security number and sign your request when mailing or faxing.

Those surviving spouses who are receiving, or entitled to receive, an SBP/Retired Serviceman's Family Protection Plan annuity (this includes surviving spouses of retirees who were enrolled in SBP but who are receiving Dependency and Indemnity Compensation in lieu of the SBP) must send a change of address to:

DFAS
US Military Annuitant Pay
PO Box 7131
London KY 40742-7131

The toll-free phone number is (800) 321-1080 or commercial (216) 522-5534. The fax number is (800) 982-8459. If mailing or faxing, include your and the deceased sponsor's Social Security number and sign the request.

Non-SBP/RSFPP Annuitants

Non-SBP/RSFPP annuitants who are registered to receive the Afterburner, News for USAF Retired Personnel (but who may or may not be receiving a DIC pension from the VA), mail the new address and include the sponsor's retired grade and SSN to:

HQ AFPC/DPSIAR
550 C Street West Ste 8
Randolph AFB TX 78150-4713

NOTE:

HQ AFPC/DPSIAR is not staffed to handle changes of address by phone.

Other Agencies to Contact

There may be other agencies you should contact to change your address such as DEERS, the Department of Veterans Affairs, Social Security Administration, Tricare and Medicare

RECEIVING YOUR 1099-R TAX FORM FROM DFAS

Courtesy Army Echoes

CLEVELAND — Military retirees and annuitants receive a 1099-R tax statement from the Defense Finance and Accounting Service (DFAS) either electronically via **myPay** or as a paper copy in the mail at the end of each calendar year. Once tax season begins, many retirees call DFAS to request additional copies – either because they lost the copy they received, or because their mailing address was not current, and they didn't receive the mailed copy. When the time for you to do your taxes comes next year, if you can't find the 1099-R DFAS sent you, here are the easiest ways to get duplicate copies.

myPay

Log into <https://mypay.dfas.mil>. Access your 1099R from the "Main Menu" by clicking on the "Tax Statement 1099R." View, print and save your tax statements. If you have trouble reading the graphic version, click on the "Text Version" link. Military retirees also have access to the current year's tax statement and the five prior years' tax statements on **myPay**.

Telephone Self-Service

This automated option easily allows military retirees and annuitants to have their 1099-R mailed to their address DFAS has on record. This can be used 24 hours a day and 7 days a week. There is no need to speak with a representative, wait on hold, or even use a computer for this system. Just call (800) 321-1080; select option 1 for Military Retired and Annuitant Pay; select option 1 "To use our automated self-service system;" select option 1 to request your 1099-R any time of day; and enter your Social Security Number when prompted. Within 3 days, your 1099R should be in the mail. If your address no longer current, the askDFAS form described below will allow you to update your mailing address of record.

Ask DFAS

Military retirees and annuitants can enter their email address, update their permanent address of record, or enter a temporary mailing address and then submit a request for their 1099-R through Ask DFAS. There is no password or login needed with this method. It will take 7 to 10 business days for you to

receive your 1099-R at the mailing address you specify in your request. To use Ask DFAS, visit <http://www.dfas.mil/retiredmilitary/manage/taxes/getting1099r/viaaskdfas.html>. Click where it says "here," fill out the requested information and click submit.

Written Request

Military retirees and annuitants always have the option to send DFAS a written request through the mail. These requests typically take 30-60 days to process. Written requests must include the retiree's or annuitant's name, Social Security Number, signature, and date. To receive a 1099-R, retirees and annuitants must mail their requests to:

Retirees

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

Annuitants

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

Fax Request

Military retirees and annuitants always have the option to fax a request to DFAS. These requests typically take 30-60 days to process. Requests can either be written, or made using DFAS Form 9190 available at <http://www.dfas.mil/dfas/retiredmilitary/forms.html>. Written requests must include the retiree's or annuitant's name, Social Security Number, signature, and date. Fax your request to DFAS at (800) 469-6559.

Call DFAS

DFAS has representatives available to assist its customers. However, due to the number of military retirees and annuitants DFAS serves, customers may have to wait on hold while representatives assist other customers. Wait times can be amplified during tax season. If you have tried the other options and still need assistance from a customer care representative, you can call (800) 321-1080. Customer service hours are Monday through Friday, 8 a.m. – 5 p.m. Eastern Time.

STAR SPANGLED BANNER **CELEBRATES 200TH ANNIVERSARY**

by Jim O'Connell
92nd Air Refueling Wing Historian



9/16/2014 - **FAIRCHILD AIR FORCE BASE, Wash.** -
-On Sept. 14, 1814, following a bombardment of Fort McHenry by British ships of the Royal Navy in the Chesapeake Bay, U.S. soldiers at Baltimore's Fort McHenry raised a huge American flag to celebrate a crucial victory over British forces during the War of 1812.

The sight of those "broad stripes and bright stars" inspired Francis Scott Key, a 35-year-old lawyer and amateur poet, to write a song that eventually became the United States national anthem. Key's words gave renewed significance to a national symbol and started a tradition of honor for generations of Americans.

Soon thereafter, John Stafford Smith, an English composer, adapted the song to music using the official song of the Anacreontic Society -- an 18th century gentlemen's club of amateur musicians in London.

On Sept. 20, both the Baltimore Patriot and The American printed the song, with the note "Tune: Anacreon in Heaven." The song quickly became popular. Seventeen newspapers throughout the 15 states printed it. Thomas Carr of the Carr Music Store in Baltimore published the words and music together under the title "The Star Spangled Banner," although it was originally called "Defense of Fort M'Henry." The song's popularity increased and its first public performance took place in October, when Baltimore

actor, Ferdinand Durang, sang it at Captain McCauley's tavern. Washington Irving, then editor of The Analectic Magazine in Philadelphia, reprinted the song in November 1814.

The military adopted the National Anthem in 1889 when the Secretary of the Navy ordered the song to be played with the raising of the flag. In 1916, President Woodrow Wilson ordered the song to be played at military and other appropriate occasions.

The song was played during the 7th inning stretch in the 1918 World Series and thereafter during each game of the series. While evidence shows the song was performed as early as 1897 at opening day ceremonies in Philadelphia, tradition shows that use of the song before every baseball game began in WWII.

Finally, on March 3, 1931, President Herbert Hoover signed the law adopting The Star Spangled Banner as the National Anthem of the United States of America.

TRICARE BENEFICIARIES WILL NO LONGER RECEIVE MAILED LETTERS FOR BENEFIT UPDATES

TriCare New Release 10/1/2014

TRICARE beneficiaries need to watch their email and ensure they have a milConnect account to receive information about changes to their TRICARE coverage. The Department of Defense is no longer sending paper letters to notify beneficiaries about changes to their coverage and eligibility status. Beneficiaries will now receive emails or post cards directing them to online resources where they can view their information.

When you have correspondence from TRICARE, you'll get it one of two ways. If you have a valid email address in the Defense Enrollment Eligibility Reporting System (DEERS), you'll get an email telling you to go milConnect to read your letter. If you don't have an email address in DEERS, you'll get a post card directing you to milConnect. The emails and post cards won't contain private information, only a short generic message to inform you of a change to your coverage or eligibility. Most letters regarding your TRICARE benefit will now be online at milConnect only. You will need to maintain a DoD Self-Service Logon (DS Logon) account to continue to receive electronic letters. milConnect can also be accessed using your Common Access Card (CAC) or Defense Finance and Accounting Services (DFAS) pin, if applicable. However, it is recommended that sponsors

and dependents 18 and over obtain a DS logon as it can be used for access to multiple web sites from milConnect, to regional contractor sites to TRICARE Online to various Veterans Affairs sites. Click the "Sign Up" button on milConnect to find out more.

Beneficiaries who opt to receive email notifications can retrieve their health care information by logging on to milConnect, going to www.tricare.mil to review general benefits information, or contacting your regional contractor for help. This will get the information to you quicker, and since milConnect is available anywhere with internet access, you'll be notified of changes even if you're away from home.

It's important to go to <http://milconnect.dmdc.osd.mil> to sign up or update your email contact information. Without a DS Logon, CAC, or DFAS pin you won't be able to view this information. Once you sign-up, you will receive up-to-date benefit information such as primary care manager changes, new and replacement enrollment cards, eligibility and enrollment changes due to age or changes in member status, voluntary or involuntary disenrollment actions, and more. You can click on the "MyProfile" menu item to update your personal email preference. Please allow three days for revised settings to take effect.

TELEMARKING AND UNWANTED MAIL

Courtesy 2014 Consumer Action Handbook
www.USA.gov/consumer

What can you do about the growing pile of unwanted mail in your mailbox and unwelcome telemarketers on your phone? Actually there are several things that you can do:

- Tell companies you do business with to remove your name from customer list they rent or sell to others. Look for information on how to opt out of marketing list on sales materials, mail, and websites.
- Use the services provided by the Direct Marketing Association consumer@the-dma.org to remove your name from most national telemarketing, mail and email list.
- Call the credit reporting agencies' notification system at 1-888-567-8688. This will reduce the number of un solicited credit and insurance offers you get. All three major credit bureaus participate in this program.
- Under U.S. Postal Service (USPS) rules, it is illegal to send mail that looks like it is from a government agency when it is not. It is also illegal to send mail that looks like a bill when nothing was ordered, unless it clearly states it is not a bill. Report violations of this rule to USPS www.postalinspectors.uspis.gov .

National Do Not Call Registry: The federal Government's Do Not Call Registry allow you to restrict telemarketing calls permanently by registering your phone number at

www.donotcall.gov or by calling 1-888-382-1222. If you receive telemarketing calls after your number has been registered for three months you can file a complaint using the same website or toll free telephone number. However, political organizations, charities, and organizations with which you have a relationship may still call you. Telemarketers are not allowed to call cell phones by law so while it is not necessary you can still add your cell number to the do not call registry.

Pre-Recorded Messages: Pre-Recorded sales calls or robocalls are illegal. Companies cannot transmit these messages or send text messages to consumers who have not agreed, in writing to accept such messages. A company cannot contact you based on a prior business relationship. Prerecorded call calls may only be made to residential phone numbers in the following cases:

- Emergency calls needed to ensure your health and safety
- Calls that do not include any unsolicited advertisements.
- Calls by or on behalf of, tax-exempt nonprofit organizations.
- Calls for which you have given prior consent.

If you get a phone call from someone who claims to be with your bank and/or credit card company and the person ask you to provide or confirm any information:

- Do not answer any questions.
- Hang up immediately.
- Call your bank or credit card company directly and describe what happened.

DRAFTING GUYS OVER 60

unknown

This was obviously written by a Former Soldier...

I am over 60 and the Armed Forces thinks I'm too old to track down terrorists. You can't be older than 42 to join the military. They've got the whole thing backwards.

Instead of sending 18-year olds off to fight, they ought to take us old guys. You shouldn't be able to join a military unit until you're at least 35.

For starters, researchers say 18-year-olds think about sex every 10 seconds. Old guys only think about sex a couple of times a month, leaving us more than 280,000 additional seconds per day to concentrate on the enemy.

Young guys haven't lived long enough to be cranky, and a cranky soldier is a dangerous soldier. 'My back hurts! I can't sleep, I'm tired and hungry! We are bad-tempered and impatient, and maybe letting us kill some asshole that desperately deserves it will make us feel better and shut us up for a while..

An 18-year-old doesn't even like to get up before 10am. Old guys always get up early to pee, so what the hell. Besides, like I said, I'm tired and can't sleep and since I'm already up, I may as well be up killing some fanatical son-of-a-bitch.

If captured we couldn't spill the beans because we'd forget where we put them. In fact, name, rank, and serial number would be a real brainteaser.

Boot camp would be easier for old guys. We're used to getting screamed and yelled at and we're used to soft food. We've also developed an appreciation for guns. We've been using them for years as an excuse to get out of the house, away from the screaming and yelling.

They could lighten up on the obstacle course however... I've been in combat and never saw a single 20-foot wall with rope hanging over the side, nor did I ever do any pushups after completing basic training.

Actually, the running part is kind of a waste of energy, too... I've never seen anyone outrun a bullet.

An 18-year-old has the whole world ahead of him. He's still learning to shave, to start a conversation with a pretty girl. He still hasn't figured out that a baseball cap has a brim to shade his eyes, not the back of his head.

These are all great reasons to keep our kids at home to learn a little more about life before sending them off into harm's way.

Let us old guys track down those terrorists. The last thing an enemy would want to see is a couple million pissed off old farts with bad attitudes and automatic weapons, who know that their best years are already behind them.

HEY!! How about recruiting Women over 50...in menopause!!! You think MEN have attitudes??

Ohhhhhhhhhhh my God!!! If nothing else, put them on border patrol. They'll have it secured the first night!

NEARING YOUR 65TH BIRTHDAY?

IMPORTANT INFORMATION REGARDING YOUR MEDICAL BENEFITS

When you turn 65, your medical benefits will change. MEDICARE will become your primary medical coverage and TRICARE pays secondary to MEDICARE. You MUST enroll in MEDICARE PART B to retain your TRICARE coverage. If you are within 90 days of your 65th birthday, you should log on to <http://www.ssa.gov> or <http://www.medicare.gov> to enroll in MEDICARE PART B. Additional information can be found on the TRICARE web site at http://www.tricare.mil/Welcome/Eligibility/MedicareEligible.aspx?sc_database=web or by telephone at: 1-866-773-0404. You may also call the Defense Enrollment Eligibility Reporting System (DEERS) at 800-538-9552.

LAW AUTHORIZES VETERAN'S VETERANS' SALUTES

Reprinted from Department of Veterans Affairs News Release, Oct. 30, 2008

WASHINGTON — Veterans and active-duty military not in uniform can now render the military-style hand salute during the playing of the national anthem, thanks to changes in federal law that took effect this month.

“The military salute is a unique gesture of respect that marks those who have served in our nation’s armed forces,” said Secretary of Veterans Affairs Dr. James B. Peake. “This provision allows the application of that honor in all events involving our nation’s flag.”

The new provision improves upon a little known change in federal law last year that authorized

veterans to render the military-style hand salute during the raising, lowering or passing of the flag, but it did not address salutes during the national anthem. Last year's provision also applied to members of the armed forces while not in uniform.

Traditionally, members of the nation's veterans service organizations have rendered the hand-salute during the national anthem and at events involving the national flag while wearing their organization's official head-gear.

The most recent change, authorizing hand-salutes during the national anthem by veterans and out-of-uniform military personnel, was sponsored by Sen. Jim Inhofe of Oklahoma, an Army veteran. It was included in the Defense Authorization Act of 2009, which President Bush signed on Oct. 14.

The earlier provision authorizing hand-salutes for veterans and out-of-uniform military personnel during the raising, lowering or passing of the flag, was contained in the National Defense Authorization Act of 2008, which took effect Jan. 28, 2008.

COINS LEFT ON TOMBSTONES

Courtesy of NAUS Watchdog Weekly Newsletter

While visiting some cemeteries you may notice that headstones marking certain graves have coins on them, left by previous visitors to the grave.

These coins have distinct meanings when left on the headstones of those who gave their life while serving in America's military, and these meanings vary depending on the denomination of coin.

A coin left on a headstone or at the gravesite is meant as a message to the deceased soldier's family that someone else has visited the grave to pay respect. Leaving a penny at the grave means simply that you visited.

A nickel indicates that you and the deceased trained at boot camp together, while a dime means you served with him in some capacity. By leaving a quarter at the grave, you are telling the family that you were with the soldier when he was killed.

According to tradition, the money left at graves in national cemeteries and state veterans cemeteries is eventually collected, and the funds are put toward maintaining the cemetery or paying burial costs for indigent veterans.

In the US, this practice became common during the Vietnam war, due to the political divide in the country over the war; leaving a coin was seen as a more practical way to communicate that you had visited the grave than contacting the soldier's family, which could devolve into an uncomfortable argument over politics relating to the war.

Some Vietnam veterans would leave coins as a "down payment" to buy their fallen comrades a beer or play a hand of cards when they would finally be reunited.

The tradition of leaving coins on the headstones of military men and women can be traced to as far back as the Roman Empire.

NEW REGULATIONS AUTOMATE BURIAL PAYMENTS FOR VETERANS' SURVIVORS

Courtesy of VA News

8/14/2014 - **WASHINGTON (AFRNS)** -- New burial regulations effective July 7 will now allow the Department of Veterans Affairs to automatically pay the maximum amount allowable under law to most eligible surviving spouses more quickly and efficiently, without the need for a written application.

Under former regulations, VA paid burial benefits on a reimbursement basis, which required survivors to submit receipts for relatively small one-time payments that VA generally paid at the maximum amount permitted by law.

"VA is committed to improving the speed and ease of delivery of monetary burial benefits to veterans' survivors during their time of need," said Sloan Gibson, acting VA secretary. "The recent changes allow VA to help these survivors bear the cost of funerals by changing regulations to get them the benefits more quickly."

This automation enables VA to pay a nonservice-connected or service-connected burial allowance to an estimated 62,000 eligible surviving spouses out of a projected 140,000 claimants for burial benefits in 2014. Surviving spouses will be paid upon notice of the veteran's death using information already in VA systems. The burial allowance for a nonservice-connected death is \$300, and \$2,000 for a death connected to military service.

This revised regulation will further expedite the delivery of these benefits to surviving spouses, reduce the volume of claims requiring manual processing, and

potentially make available resources for other activities that benefit veterans and their survivors.

For more information on monetary burial benefits, visit <http://www.benefits.va.gov/compensation/claims-special-burial.asp>.

YOUR MILITARY IDENTIFICATION CARD

Two Forms of Identification Are Now Required:

Courtesy Army Echoes

To replace or renew your military ID card, two forms of identification are required:

1. A VALID PHOTO ID. Acceptable photo identification includes a driver's license, military ID card, passport or permanent resident alien card. All photo IDs must be current; expired photo IDs are not accepted.

2. A SECONDARY ID. A secondary ID may include one of the photo IDs listed above or a Social Security card (not a Medicare card), a voter registration card, birth certificate, or student ID if you are a college student. To avoid delays, call your nearest ID card center for hours of operation and availability.

Military ID Cards for Family Members:

Indefinite military ID cards are now issued to eligible family members who are 75 or older. The 2007 National Defense Authorization Act authorized the issuance of indefinite military ID cards for incapacitated dependent children over 21. To qualify for an indefinite ID card, a determination of permanent incapacitation must be made by the Bureau of Medicine and Surgery and a current financial dependency determination (over 50%) is required. **A financial redetermination will also be required every four years. Dependent parents and/or parents-in-law, over 75,** with permanent military ID cards will also require a financial redetermination every four years.

Full-time students, over 21, may be eligible for military ID card benefits until 23 provided they are enrolled full-time in a college or university and are dependent on the member for over 50% of their financial support. It is the service member's responsibility to ensure eligible family members are updated in DEERS and to notify DEERS of any changes in eligibility. For more information, call MMSR-6 at 1-800-336-4649 or (703) 784-9310.

The Retired Service Member Military ID Card:

When a military service member retires, the ID card issued will have an indefinite expiration date. ID cards will be replaced if they are lost, stolen, or damaged; they will also be replaced for a name change due to marriage, divorce, or to replace an older version of the ID card. A retired member's ID card may also be replaced when turning 65 and enrolling in Medicare Part B. With Medicare Part B enrollment, a retired Marine is automatically enrolled in TRICARE for Life, which will require updating the medical eligibility dates on the back of the ID card. If the dates on the back of your ID card have expired, replace the ID card (and have the Medicare Part B card with you when updating the military ID card).

Eligibility for a Military ID Card By Mail:

If you live more than 300 miles from a military ID card center, you may renew your military ID card by mail. Applicants who are unable to travel due to a disability may also apply to renew ID cards by mail. Submit a current 5x7 or 8x10 color photograph, a photocopy of your current military ID card (front and back), a photocopy of a second form of ID (i.e., driver's license, birth certificate, or Social Security card) and a statement addressing why you are unable to travel to an ID card center to HQMC (MMSR-6), 3280 Russell Road, Quantico, VA 22134-5103. **Note:** Please provide your contact information! Without it, you will experience needless delays in processing your request.

ID CARD SITE (RAPIDS) LOCATOR:

<http://www.dmdc.osd.mil/rs/>

TRICARE BRAND-NAME DRUGS TO BE LIMITED

Courtesy Hangar Flying Newsletter JBLM

Tricare patients who take brand-name drugs for chronic conditions may be required to fill their prescriptions at a military pharmacy or by mail starting next October. Under the compromise 2015 defense authorization bill rolled out Tuesday by Congress and likely to be signed into law in the coming weeks, the Defense Department will require any Tricare beneficiary who uses non-generic prescriptions for long-term conditions to get them at a military treatment facility or through Tricare's home delivery program.

The new requirement is similar to a program introduced last February for military retirees and family members on Tricare For Life, requiring them to fill all their long-term prescriptions by mail or at an MTF. The regulation would not apply to prescriptions for acute illnesses or for generic brands. Beneficiaries still will be able to buy those at Tricare network retail pharmacies.

DoD pays roughly 17 percent less for maintenance medications filled by mail compared with those filled at retail stores. Savings in fiscal 2014 from DoD efforts to move retail prescriptions to mail or military treatment facilities, was \$74.8 million, according to Pentagon data.

The new defense bill does not include any information on estimated cost savings as a result of the program's expansion to all Tricare beneficiaries. When asked about how Tricare would implement the new requirement, Defense Health Agency spokesman Kevin Dwyer said the Pentagon, as a matter of policy, does not comment on pending legislation.

Under the provision, Tricare beneficiaries would need to begin filling brand-name prescriptions for long-term conditions — for everything from heart medication and cholesterol lowering drugs to painkillers, anti-depressants and more — at a military hospital or clinic or by mail starting Oct. 1. Since the new law also will allow Tricare to raise pharmacy co-payments by \$3 (with the exception of generics by mail), the new fee structure, as of Oct. 1, would be:

For home delivery (90-day prescriptions)

Generic: \$0
Brand-name: \$16
Nonformulary: \$46

For retail pharmacies (30-day prescriptions for acute medications only)

Generic: \$8
Brand-name: \$20
Nonformulary: \$47

While the law raises pharmacy co-payments, it does so to levels much lower than proposed by the Pentagon in its original fiscal 2015 budget request. DoD had asked Congress to consider doubling or, in some cases, tripling co-payments over the next several years.

It also had proposed consolidating Tricare into a single plan with a fee structure adjusted to where beneficiaries get their medical care. That plan, which would have eliminated Tricare Prime, Standard and

Extra, would have required retirees to pay for care at military treatment facilities and raised co-payments for active-duty family members who use civilian providers.

But senators and representatives hammering out the authorization bill compromise said any further changes to Tricare should wait until after the Military Compensation and Retirement Modernization Commission makes its recommendations on military pay and benefits, expected in February. (SOURCE: *Military Times* article at <http://www.militarytimes.com/story>)

THE LIBRARY OF CONGRESS WANTS TO HEAR YOUR WARTIME STORIES!

Courtesy Army Echoes

The United States Congress created the Veterans History Project (VHP) in 2000 as part of the American Folklife Center at the Library of Congress. VHP's mission is to collect, preserve, and make accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war.

Veterans can record a 30 minute or longer conversation about their military experience; gather 20 or more pages of memoirs, diaries, or journals; provide 10 or more photographs or letters and submit them to VHP for inclusion in this historical project. All submissions must be original materials and will become the property of the Library of Congress, so keep copies for your own records.

Educators, researchers, and scholars rely on the VHP collection to supplement historical texts and support research projects. Family members, friends, and

loved ones will treasure the memories that are permanently preserved for future generations at the Library of Congress.

VHP field kits that can be used by veterans, family members, or Boy Scouts to record the wartime stories can be downloaded and printed from the VHP website at www.loc.gov/vets. If you don't have Internet access, call the toll free information line at (888) 371-5848.

DFAS DEBIT CARD PROGRAM NOW AVAILABLE FOR RETIREES

Courtesy DFAS

A Treasury mandate requires DFAS to pay military, civilian and retired customers by electronic funds transfer (EFT).

Beginning March 1, 2013, most of you who received a paper check began receiving notifications that you must deposit your pay directly to your savings or checking account. You will continue to receive these notifications until you sign up for EFT; sign up for the debit card solution the Department of the Treasury has made available; or receive a waiver from the Department of the Treasury mandate.

With direct deposit, DFAS sends your payment straight to your bank account. About 99 percent of DFAS customers already receive their pay by direct deposit. They're being paid on time without the risks of lost or misrouted mail.

Find more information about direct deposit at www.dfas.mil.

A small number of benefit recipients might not be able to open bank accounts, so DFAS has worked with the Department of the Treasury to provide you with a debit card option similar to the one the Treasury is offering for Department of Veterans Affairs and Social Security payment recipients. You can find out more at www.dfas.mil/mandatoryeft/debitcard.html.

If you want to continue receiving paper checks, you must apply for a waiver. DFAS is still working on the waiver process.

THRIFT SAVINGS PLAN LIMITS INCREASE FOR 2015

*by Janis El Shabazz
Air Force Personnel Center Public Affairs*

12/8/2014 - **JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFRNS)** -- The Internal Revenue Service has announced increased limits for 2015 Thrift Savings Plan contributions.

"The maximum contribution amount for traditional and/or Roth Thrift Savings Plan (TSP) will be \$18,000; this is an increase from the elective deferral limits of 2013 and 2014, which was \$17,500," said Erica Cathro, an AFPC Human Resources Specialist.

"Additionally, the maximum amount of 2015 catch-up contributions is \$6,000, which is an increase from the \$5,500 elective deferral limit for calendar years 2013 and 2014."

Catch-up contributions are additional tax-deferred contributions and are separate from regular TSP contributions. For those who are eligible, catch-up contributions provide a way for individuals to secure their retirement, especially for those who begin investing later in their careers.

To be eligible for catch-up contributions, civilian and military employees must be 50 or older in the year in which the first deduction from pay occurs. They must also be in a pay status and be able to certify they will make, or have made, the maximum "regular" employee contributions of \$18,000 to a TSP or other eligible account by the end of 2015.

TSP contributions stop when an employee's contributions reach the annual maximum limit and will automatically resume the next tax year if the employee is still enrolled in TSP.

"This is especially important to employees under the Federal Employees Retirement System because once employee contributions stop, agency matching contributions will also stop," Cathro said.

WHAT IS PROBATE?

By Mary M. Benzinger, Esquire, Senior Attorney, Pentagon Army and Air Force Legal Assistance Office

You've probably heard people talk about "probate" ...but what is it exactly?

Probate is a court administered process. It is designed to make sure your will (if you have one) was properly executed, that any debts of your estate are paid, that any individual income taxes and estate or inheritance taxes are paid, and finally, that your assets are distributed in accordance with the instructions in your will.

If you die without a will, the probate court will still be responsible for overseeing the distribution of your assets in accordance with state "intestacy" laws. Intestacy laws provide a statutory framework for distribution in the event there is no will or all the named heirs in a will are deceased. This roadmap varies by state. For example, in an intestacy case, a state may provide for distribution to spouse and children first, then parents, then siblings and keep going until a living heir can be found.

Probate can be time consuming for your executor and, in some states, is expensive. Your heirs may have to wait months before they can receive their inheritance. In the next article, I'll give you some tips on some simple ways to avoid probate for certain assets.

Each state's laws are different and you should consult your local attorney for advice. Active duty or retired service members and their ID card holder family members may be eligible for free legal assistance. For more information on modifying or updating your documents and to find a legal assistance office near you, call your nearest military installation or go to <http://legalassistance.law.af.mil/content/locator.php>.

AN OUNCE OF PREVENTION GOES A LONG WAY TO MAKE HEALTH LAST

By Lt. Col. Sandra Keelin, Registered Dietitian, U.S. Army Public Health Command

The average life expectancy for Americans is 78.7 years, and, although we are living longer lives, we are not necessarily living healthier lives. Obesity, a major cause of preventable disease and premature death, is on the rise among older Americans and military retirees. Retired Soldiers (age 40-59 years) who had an appointment in military treatment facilities last year had a higher rate of obesity (53% for males and 42% for females) when compared to the general population (39% for both males and females). The rate of obesity for military retirees 60 years and older was 42%.

You worked hard to reach this point in your life and preserving your health now will allow you to fully enjoy the next 20-40 years of life. A 2013 study conducted by Edelman Berland showed that the boomer generation (those ages 48-67) desire a healthy, active retirement, but tend to overlook their health, nutrition, and fitness. Fifty percent of the younger boomers reported that although health is important – they are too busy to focus on it. How do you envision the next decade(s) of your life? Are you too busy for your health? What excuses have you made?

There is no better time than now to make better choices to improve your health to make it last! The choices you make today will have a lasting impact on the quality your life – regardless if you are just starting your second career after military retirement or are fully retired. For tips on making your health last a lifetime, start by following the basics of the U.S. Army Performance Triad.

- Get 7- 8 hours of quality sleep each night. Sleep is vital for health, overall well-being, mental health and maintaining a healthy weight. If you do not get enough sleep, you may feel irritable, have memory problems, be forgetful, feel depressed, have more falls or accidents, or feel very sleepy during the day. Talk to your healthcare provider if you are having trouble sleeping (falling asleep or staying asleep) or if you are always feeling fatigued or tired. You may have a medical issue or need help with a sleep schedule.
- Get moving. Exercise and physical activity is essential for good health. Staying active can help you stay independent; have more energy; improve your balance; maintain a healthy weight; prevent or delay some diseases like heart disease, diabetes, and osteoporosis; and improve your mood. Include 30 minutes of physical activity in your daily routine – walk, ride a bike, dance, climb stairs – just keep moving! Walk 10,000 steps daily and remember to include strengthening exercises to maintain strong muscles!
- Eat healthfully! Make smart food choices that will provide you with the nutrients you need – eat a variety of foods, plenty of colorful fruits and vegetables, low-fat protein rich foods, and whole-grains. Make your calories count and avoid foods that are “empty calories” – they contribute calories with little nutritional value (chips, sodas, cookies, and alcohol). Lastly, drink plenty of liquids; preferably water and low-calorie, low-sugar beverages to stay hydrated.

For information on the Performance Triad visit <http://armymedicine.mil/Pages/performance-triad.aspx> . For additional information on Healthy Aging/Longevity visit the National Institute on Aging at <http://www.nia.nih.gov/health/featured/healthy-aging-longevity>.

HOME HEALTH CARE AND TRICARE STANDARD

Courtesy Army Echoes

ALLS CHURCH, Va. — TRICARE Standard offers several types of provider coverage, including home health care services. TRICARE covers a maximum of 28 hours per week of part-time or 35 hours per week of intermittent home health aide services and physical, speech or occupational therapy. All care must be provided by a participating home health care agency and be authorized in advance by the regional contractor. It is important to understand this type of care and the TRICARE coverage details.

Home health care covers part-time or intermittent skilled nursing services and home health care services for those confined to the home. To qualify for home health care, TRICARE beneficiaries must:

- Be homebound.
- Have a physician-certified plan of care from a home health agency that has a valid agreement in effect to participate in the TRICARE program.
- Have a case manager who periodically assesses needs and required services.
- Need skilled nursing care on an intermittent basis or physical therapy or speech-language pathology services or have continued need for occupational therapy (TRICARE-covered home health agency services are the same as those provided under Medicare under section 1861(m) of the Social Security Act, which can be found at www.ssa.gov).

In general, beneficiaries are considered homebound if their conditions prevent them from leaving home without considerable and taxing effort. If beneficiaries regularly leave their homes for therapeutic, psychosocial or medical treatment or to attend an accredited, certified adult day-care program, they will not be disqualified from home health care. The patient's primary care provider or attending physician determines if the patient is eligible for home health care services and develops a plan of care, which is reviewed by the physician, case manager and/or regional contractor every 90 days, or when there is a change in the patient's condition. Prior authorization is required for home health services.

Home health care coverage for TRICARE beneficiaries is not available overseas. For more information about home health care and other services, visit www.tricare.mil/coveredservices.

VETERANS CHOICE PROGRAM

Source VA Media Relations

Connecting you to timely and convenient access to health care in your community. Many Veterans will now have the option to receive non-VA health care rather than waiting for a VA appointment or traveling to a VA facility.

Beginning November 5, 2014, the new Choice Program will begin to cover non-VA care for eligible Veterans enrolled in VA healthcare. Veterans are eligible if any of these situations apply:

- You have been told by your local VA medical facility that you will need to wait more than 30 days from your preferred date or the date medically determined by your physician
- Your current residence is more than 40 miles from the closest VA health care facility
- You need to travel by plane or boat to the VA medical facility closest to your home
- You face a geographic challenge, such as extensive distances around water or other geologic formations, such as mountains, which presents a significant travel hardship.

Every Veteran will receive a letter and a Choice Card in the mail with details about the program. Veterans will be eligible for the program and receive cards in three phases:

- Veterans who may live more than 40 miles from a VA facility.
- Veterans who are currently waiting for an appointment longer than 30 days from their preferred date or the date determined to be medically necessary by their physician.
- All remaining Veterans enrolled for VA healthcare who may be eligible for the Choice Program in the future.

To set up an appointment with a non-VA provider, call the VA at 866-606-8198 and they will work with you to ensure you are approved for care in your community. How to Get Started <http://www.va.gov/opa/choiceact/how_to_get_started.asp>

Additional Program Information

- The Choice Program does not impact your existing VA health care or any other VA benefit.

- If you are satisfied with your wait time at a VA facility and wish to continue waiting for VA care, there is nothing you need to do at this time.
- Non-VA care is only covered by VA for medical needs which have been approved by your VA physician. We can happily schedule an appointment for other medical needs, but the we can only cover the cost of care related to your VA-approved health needs.
- The Veteran Choice Program is part of the Veterans Access, Choice, and Accountability Act of 2014 (VACAA).

- They will then work with you to schedule an appointment.

This hotline is exclusively for making sure you are eligible for the Choice Program and setting up a non-VA care appointment. If you have questions about other aspects of your VA medical care or want to learn more about enrolling in VA health services, please call 1-877-222-VETS or visit www.va.gov/health.

Check Your Eligibility
<http://www.va.gov/healthbenefits/apps/choice/>

How to Get Started

To get started, you'll need to pick a non-VA provider, gather some info and give us a call in order to set up an appointment. We will work with you to ensure you are approved for care in your community and schedule you with a local care provider of your choosing.

Steps to Getting an Appointment

1. Decide which non-VA health care provider you would like to use.
 - a. Search the list of approved care providers in your community.
2. Make sure you have information on hand about any other health insurance coverage you may have.
3. Call 1-866-606-8198 to make sure you qualify + schedule an appointment.

When you call, they will walk you through the following steps:

- You will be asked to enter your ZIP code, and first and last name.
- They will check to make sure you are eligible for this program.
- They will check which of your needs are covered by the VA.
- You will be asked for your address and the name of your preferred non-VA provider. Unfortunately, not all providers will be covered so if your preferred provider is not available, we will recommend other providers in your area.

OPERATION CANNONBALL: THE REST OF THE STORY

by Jim O'Connell
92nd Air Refueling Wing Historian

10/7/2014 - **FAIRCHILD AIR FORCE BASE, Wash.** - Four train cars sit forlornly across from the base's Heritage Airpark. Many have wondered why and how they ended up parked there.

These Strategic Air Command simulator cars arrived at Fairchild in 1962 and have remained a permanent fixture for more than 50 years

Years ago, SAC officials decided it was cheaper to keep the cars at Fairchild and fly pilots here for training versus having them travel to the various locations. When the cars were declared excess property in 1990, base officials convinced the Air Force to let the base's Heritage Museum have them. The only problem was that the cars were nearly a mile away from the museum; that is where Operation Cannonball kicked in.

The train cars were specifically designed for Strategic Air Command to provide mobile classrooms on aircraft cockpit procedures for Air Force flight crews. The cars were 1911 to 1928 vintage Pullman passenger cars converted at Hill AFB, Utah, between 1959 and 1964, into bomber and tanker simulators. These 2,000-pound, 85-passenger cars were some of the longest on the rails.

The B-52 Stratofortress simulator consists of two cars. The first is named "Alpine Clover," and was built in 1917. It houses the bomber cockpit with its supporting computers. The number 2 car, named "Andrew Squires," was built in 1928 and contains computer benches, storage cabinets, and an administrative area. The KC-135 Stratotanker refueling tanker simulator also consists of two cars. The first is named "John M. Forbes," and was built in 1928. This car contained the tanker cockpit simulator and supporting computer systems. The second car had no name, so it was called "Little John." Little John was originally designed to transport U.S. Army personnel over commercial railroads. Little John was converted into a workshop and administrative area with "live aboard" facilities for Air Force simulator technicians when on the move.

Operation Cannonball moved the simulator trains from outside the former coal plant across from CBPO (now the home of the 92nd Comptroller Squadron) to



The Strategic Air Command B-52 Stratofortress and KC-135 Stratotanker simulator train and cars rest for a moment at Fairchild Air Force Base, Washington, in 1968. (U.S. Air Force photo)

outside the Fairchild Heritage Museum located on the southeast corner of Bong Street and Mitchell Drive (next to where Balfour Beatty is currently located). Beginning Nov. 1, 1990, Maj. Jerry Kolstee, the wing project officer, and Sgt. George Hledik helped coordinate the effort and led 20-person teams who worked in four-hour blocks to move the trains.

Fairchild AFB, built in 1941 as an Army Air Corp supply and repair depot, had plenty of spare tracks to be used for this project. In those days, most of the supplies came in by rail. Much of that track was scheduled to be removed. During the first two weeks of November 1990, volunteers built the railroad in 800-foot sections to facilitate the movement. As the track was laid, the train was advanced and the track behind the cars was lifted again and placed in front. The team pulled up that track and used it in the leap frog operation. The teams laid more than 2,000 feet of track across the base.

After traveling nearly one mile, six derailments, several road crossings, and 12 days, Operation Cannonball concluded when the cars reached their final resting place next to the museum. The site was dedicated on Nov. 16, 1940, when base and civilian dignitaries drove the final spike at 3 p.m. From 1990 until the Fairchild Heritage Museum closed in 2002, the cars were used as part of the museum. The cars housed museum displays and the B-52 simulator.

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RETIREE CHECKLIST

This checklist is designed to provide retirees and their loved ones with some help in preparing for the future. The checklist is not all-inclusive and should be used with other estate planning tools.

1. Create a military file.

- Retirement orders
- DD 214
- Separation papers
- Medical records

2. Create a military retired pay file.

- Claim number of any pending VA claims
- Address of the VA office being used
- List of current deductions from benefits
- Name, relationship and address of beneficiary of unpaid retired pay at the time of death
- Address and phone number for DFAS:
Defense Finance and Accounting Service
U S Military Retirement Pay
Post Office Box 7130
London, KY 40742 7130
(800) 321-1080 option #3 (for deceased members)

3. Create an annuities file, to include:

- Information about the Survivor Benefit Plan (SBP)
(Additional information regarding SBP annuity claims can be obtained from the DFAS-Cleveland Center office at 1-800-321-1080.)
- Reserve Component Survivor Benefit Plan (RCSBP)
- Retired Serviceman's Family Protection Plan (RSFPP)
- Civil Service annuity

4. Create a personal document file.

- Marriage Records
- Divorce decree
- Adoptions and naturalization papers

5. Create an income tax file.

- Copies of state and federal income tax returns

6. Create a property tax file.

- Copies of tax bills
- Deeds and any other related information.

7. Create an insurance policy file.

- Life Insurance
- Property, accident, liability insurance

Hospitalization/Medical Insurance

8. Maintain a listing of banking and credit information, in a secure location.

Bank account numbers

Location of all deposit boxes

Savings bond information

Stocks, bonds and any securities owned

Credit card account numbers and mailing addresses

9. Maintain a membership listing of all associations and organizations.

Organization names and phone numbers

Membership fee information

10. Maintain a list of all friends and business associates.

Include names, addresses and phone numbers

11. Hold discussions with your next of kin about your wishes for burial and funeral services. At a minimum the discussion should include cemetery location and type of burial (ground, cremation or burial at sea). This knowledge may assist your next of kin to carry out all of your desires.

12. You could also pre-arrange your funeral services via your local funeral home. Many states will allow you to pre-pay for services.

13. Investigate the decisions that you and your family have agreed upon. Many states have specific laws and guidelines regulating cremation and burials at sea. Some states require a letter of authority signed by the deceased in order to authorize a cremation. Know the laws in your specific area and how they may affect your decisions. Information regarding Burials at Sea can be obtained by phoning Navy Mortuary Affairs at (866) 787-0081.

14. Once your decisions have been made and you are comfortable with them, have a will drawn up outlining specifics.

15. Ensure that your will and all other sensitive documents are maintained in a secure location known by your loved ones.

Organizations to be notified in the event of a retiree death:

1. Defense Finance and Accounting Service, London, KY
(800) 321-1080

2. Social Security Administration (for death benefits)
(800) 772-1213

3. Department of Veterans Affairs (if applicable)
(800) 827-1000

4. Office of Personnel Management (OPM)
(724) 794-8690

5. Any fraternal group that you have membership with: e.g., MOAA, FRA, NCOA, VFW, AL, TREA

6. Any previous employers that provide pension or benefits.

Ready Reference Contact Information

Air Force Retiree Services: (800) 531-7502; www.retirees.af.mil

Arlington National Cemetery: (703) 607-8000; www.arlingtoncemetery.org

Armed Forces Retirement Home: (800) 422-9988; www.afrh.gov

Army & Air Force Exchange Service: (214) 312-2011; www.aafes.com

Army Retired Services: (703)325-9158; <http://soldierforlife.army.mil/retirement/>

Burial at Sea Information: (866) 787-0081; www.npc.navy.mil

DEERS: (800)-538-9552, Fax: (831) 655-8317; www.tricare.osd.mil/deers

Defense Commissary Agency: www.commissaries.com

DFAS Casualty Assistance Branch: (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)

Gulf War homepage: www.gulfink.osd.mil

Internal Revenue Service: (800) 829-1040; www.irs.gov

Marine Corps Retired Affairs: (800) 336-4649; www.usmc.mil

(Hover over "Marine Services" then click on "Retired Services")

Medicare: (800) 633-4227. TTY: (877) 486-2048; www.medicare.gov

Military Officers Assoc. of America: (800) 234-6622; www.moaa.org

National Burial Services: (800) 697-6940

Navy Retired Activities Office: (866) U-ASK-NPC (866-827-5672) MILL RetiredActivities@navy.mil;

Retiree Dental — Delta Dental: (888) 838-8737; www.trdp.org

Service members Group Insurance (SGLI): (800) 419-1473; www.insurance.va.gov

Social Security Administration: (800) 772-1213; www.ssa.gov

TRICARE: www.tricare.mil

TRICARE North: (877) TRICARE (874-2273); www.hnfs.net/:

CT, DC, DE, IL, IN, KY, MA, MD, ME, MI, NC, NH, NJ, NY, OH,
PA, RI, VT, VA, WI, WV, some zips in IA, MO, TN

TRICARE South: (800) 444-5445; www.humana-military.com:

AL, AR, FL, GA, LA, MS, OK, SC, TN (except 35 TN zips near
Fort Campbell), and TX (except the extreme SW El Paso area)

TRICARE West: (877) 988-WEST (9378); www.uhcmilitarywest.com: AK, AZ, CA, CO, HI, ID, IA (except 82 zips near Rock
Island), KS, MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE, SW TX, UT, WA, WY

TRICARE Overseas: (888) 777-8343; www.tricare.mil

TRICARE For Life: (866) 773-0404; www.tricare.mil/tfl

TRICARE mail order pharmacy: (877) 363-1303; www.tricare.mil/pharmacy www.express-scripts.com

VA: www.va.gov

Regional offices: (800) 827-1000 (overseas retirees should contact the American Embassy/consulate), TDD (800) 829-4833

Insurance: VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7327 (loans) -ORPO

Box 7787 (payments)

Philadelphia PA 19101

(800) 669-8477; www.insurance.va.gov

Burial information: (800) 827-1000; www.cem.va.gov

GI Bill: (888) 442-4551; www.gibill.va.gov

Records:

For replacement DD 214, service records, medical records, award information:

<http://www.archives.gov/st-louis/military-personnel/>

Pay/SBP Questions: www.dfas.mil

Pay inquiries and update of pay or SBP records in case of death, divorce or remarriage:

Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

P.O. Box 7130

London KY 40742-7130

(800) 321-1080, (216) 522-5955

SBP/RSFPP annuitant:

Defense Finance and Accounting Service

U.S. military Annuitant Pay

P.O. Box 7131

London KY 40742-7131

(800) 321-1080, (216) 522-5955

Recreation:

DOD Inns & Suites: <http://dodlodging.net>

Service retiree publications:

Air Force Afterburner: <http://www.retirees.af.mil/afterburner/>

Army Echoes: <http://soldierforlife.army.mil/retirement/echoes>

Navy Shift Colors: <http://www.npc.navy.mil/referencelibrary/publications/shiftcolors>

Coast Guard Evening Colors: <http://www.uscg.mil/ppc/retnews/>

Marine Corps Semper Fidelis:

https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/H_SR/e_RET_ACT/Semper_Fidelis