



RETIRED MILITARY NEWSLETTER

2012



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Newsletters. Those of you, who receive this letter by regular mail, do not know that we have compiled all the 2011 newsletters into one document with a Table of Contents and an index for easy reference. If you are one of those folks who have been saving individual letters for possible future reference, this document should ease your life. Stop by the office and pick up a copy or, if that isn't convenient, contact us by whatever means and we will send it to you.



Military Star. Shoppers using their MILITARY STAR(R) Card at participating Exchange restaurants will now receive 10 percent off their entire purchase. MILITARY STAR Card holders receive exclusive savings at the pump with a five cents a gallon discount every time they fuel up at Army and Air Force fuel stations. For more information, contact your local Exchange. For discounts for veterans and military families, visit the [Military.com Discount Center](#). (Week of January 02, 2012)

TRICARE - Walgreens. The expiration of the retail pharmacy contract between Express Scripts, Inc. and the Walgreens pharmacy chain means Walgreens is no longer a TRICARE pharmacy network provider as of Jan. 1.

TRICARE Pharmacy. The TRICARE pharmacy home delivery program fills over 1 million prescriptions a month, and a recent reduction on copays for generic prescriptions gives many beneficiaries an even greater incentive to receive their regular medications by mail. TRICARE beneficiaries can now get generic prescriptions without copay. Ideal candidates for the pharmacy home delivery program include those with several regular maintenance medications for conditions such as hypertension and diabetes who already fill their 90-day generic prescriptions at a local pharmacy. For more information, visit the [TRICARE website](#).

VA Emergency Care. The VA announced 12 JAN a change in regulations regarding payments for emergency care provided to eligible veterans in non-VA facilities. —This provision helps ensure eligible veterans continue to get the emergency care they need when VA facilities are not available. The new regulation extends VA’s authority to pay for emergency care provided to eligible veterans at non-VA facilities until the veterans can be safely transferred to a VA medical facility. For more information about emergency care in non-VA facilities refer to [www.nonvacare.va.gov](#) . [Source: VA Press Release 12 Jan 2012]

VA Blue Water Claims. The list of U.S. Navy and Coast Guard (USCG) vessels exposed to Agent Orange during the Vietnam Era has been updated with 47 more vessels and expanded

information for others. The list of 214 vessels, maintained by the VA, is of particular interest to those former service members experiencing health problems related to herbicide exposure. It may help expedite your claims for VA health and disability benefits. To view the list go to the attachment to this Bulletin titled, to

www.publichealth.va.gov/exposures/agentorange/shiplist/list.asp . [Source: NAUS Weekly Update 20 Jan 2011]

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Atomic Vets. Atomic Era veterans with —presumptive cancer due to radiation exposure as a result of military service are eligible for disability compensation from the Department of Veterans Affairs (VA). These same veterans may be eligible for a separate disability compensation program administered Department of Justice (DOJ). Under federal law, An Atomic Era is defined as a veteran who participated in above ground nuclear from 1945 to 1962; was part of the US military occupation forces around Hiroshima and Nagasaki before 1946; or, in certain cases, as a POW in or near Hiroshima or Nagasaki. If you think you are an Atomic Era veteran you can call 1-800-827-1000 for more information and to contact your local VA Medical Center for a registry examination. You can also download an information brochure from the VA at www.publichealth.va.gov/docs/radiation/atomic-veteran-brochure.pdf , call the DOJ for more information on its compensation program at 1-800-729-7327, or go to www.justice.gov/civil/common/reca.html . [Source: NAUS Weekly Update 6 Jan 2012]

Knowledge Programs. The **Army** is launching a smartcard pilot for spouses and **retirees** to explore better methods to secure personal information, and replace those long passwords and challenge questions when accessing Army Knowledge Online (**AKO**), and other Army websites. There are several criteria that must be met in order to take part. Visit the Smart Card Pilot Site to learn more about the pilot, and its requirements www.us.army.mil/suite/page/650680.

The **Navy Knowledge Online (NKO)** is a web-based system for use by Active Duty / Retired / Reserve and their Dependents: **Navy, Marine Corps, and Coast Guard**; any computer with Internet access can utilize the site. Users are not required to download and install any client software onto their computer. In order to access all of the features and functionality of NKO, you will need Microsoft Internet Explorer (IE) 5.5 or higher web browser for Windows. See Microsoft Internet Explorer settings to optimize your computer for using NKO and Navy e-Learning (NEL).

There are many aspects to the site; One of which is the opportunity to take various courses. You will have to sign up in order for the system to verify your eligibility. Even if you are not interested in furthering your education, this site is worth a look. Check it out at <http://www.nko.navy.mil/portal/home/>.

VA Crisis Line. The Veterans Crisis Line is a toll-free, confidential resource that connects veterans in crisis and their families and friends with qualified, caring Veterans Affairs responders. Veterans and their loved ones can call 1-800-273-8255 and “Press 1” or chat online at www.VeteransCrisisLine.net to receive free, confidential support 24/7 – even if the veteran is not registered with VA or enrolled in VA health care.

The professionals at Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and circumstances—from veterans coping with mental health issues that were never addressed to recent veterans struggling with relationships or transition back to civilian life.

SBP. Retirees with suspended SBP coverage (i.e. divorced or deceased spouse) have options regarding continued participation after their remarriage. They should contact their nearest Retired Activities Office or the NPC Retired Activities staff at (866) 827-5672 regarding questions about remarriage and SBP coverage. Retired Activities has received numerous calls stating that retirees were told by an identification card issuing clerk that once a new dependent identification card was issued, their spouses were automatically covered under the Survivor Benefit Plan (SBP). This is not correct.

Retirees must complete a SBP Election Change Certificate (DD Form 2656-6) and mail it to the Defense Finance and Accounting Service with a copy of the marriage certificate. The mailing address is on the form.

The signed, completed form must be provided to the DFAS within a year of the retiree's marriage. (Source: Shift Colors)

Resume. Writing a resume is never an easy task, especially when you are transitioning from the military to civilian life and jobs. You know your military skill-set best and how you can add value to any organization. But how do you turn that military jargon into real world job descriptions? Military.com's newest tool will help translate your skills into a civilian resume. Go There Now. <http://www.military.com/skills-translator/?ESRC=mr.nl>

Space A. Sometimes it is a bit difficult to find Space-A information that you are looking for. Here is something that is pretty useful: Select passenger terminals across Air Mobility Command are establishing Facebook pages to provide passengers more predictability when it comes to space-available. Travelers are able to see their local terminals tentative flight schedule 72-hours in advance. The same information available via the local terminal's answering machine will also be posted on the passenger terminal's Facebook page. For a rather complete list of AMC Passenger Terminals having a Facebook page, visit the Space-A Website at www.amc.af.mil/amctravel. We noticed that Travis AFB is not on the list. It does, however have a page, which you can find in Facebook by searching for "Travis Passenger Terminal." If a terminal in which you have an interest isn't listed, try searching for that specific terminal. You can find the Space-A sign up Form at www.miramar.usmc.mil/inbound/downloads/SpaceARequestAMCForm140.pdf



Retiree's Death. A retired service member's death should be reported as soon as possible. This will help avoid delay and possible financial hardship to your surviving beneficiaries, family members or executors, who will be required to return any unearned military retirement payments. Eligibility for military retired pay ends with the death of the retiree.

There are a couple ways to report a death. One is to call a Retired Activities Office, which can notify DFAS. The other way is to follow the following procedure:

1 . Complete a [Notification of Death Fast Form](#). Upon notification, DFAS will stop monthly payments to prevent overpayment. If you cannot complete the [Notification of Death form](#), call DFAS at 800-321-1080. Please have the decedent's Social Security Number and the date of death when you call.

2. Within 7-10 business days after reporting the death to DFAS, you should receive a letter containing the following documents:

[SF1174](#) Claim for Unpaid Compensation of Deceased Member of the Uniformed Service

Annuity account forms and instructions (if the decedent was enrolled in the Survivor Benefit Plan or the Retired Serviceman's Family Protection Plan)

Complete the forms you received with your letter and return them with a copy of the retiree's Death Certificate that includes cause of death to:

DFAS U.S. Military Retired Pay

P.O. box 7130

London, KY 40742-7130

Fax: 800-469-6559

If you need assistance completing your claim forms, call a RAO or DFAS at 800-321-1080.

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*Be sure to always use your discount code. Using your code will send money to your branch of service to help pay for Morale, Welfare, and Recreation activities.

(Source Military Living Publications.)

LAAFB RAO. At present the Los Angeles Air Force Base's Retiree Activities Office is critically **under staffed**. If you live in the area, have free time, and are interested in assisting please call the office @ 310-653.5144. (DSN: 633.5144) or email them at RAO@LosAngeles.AF.Mil . They are **located** in **Bldg 272, Room C1-204**. It should also be noted that the Base will be hosting a **RETIREE APPRECIATION DAY SATURDAY 23 June 2012 0800-1200 Hrs.** There will be a reminder of this event in a future newsletter.



How to contact us

The Retired Activities Office, Naval Weapons Station, Seal Beach, California is located at 800 Seal Beach Blvd in Bldg. 22, Rm 2, Seal Beach, CA 90740-5000. We are here to serve all Armed Forces retirees and are open M-Th 0900 to 1500; Fri 0900 to 1200. You may contact us at (562)-626-7152 or by emailing us at rao-nwssb@navy.mil

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[Retired Activities Website](#)