



Health Care Checklist – National Guard/Reserve

- Complete Your Medical and Dental Final Examinations – Identify and document any medical and dental problems and arrange treatment for yourself and/or your family. You may use military and/or VA medical facilities.

- Visit these sites to find the closest facility:

- Military Treatment Facility Locator: <http://www.tricare.mil/mtf/>
- VA Medical Facility Locator: <http://www1.va.gov/directory/guide/home.asp?isFlash=1>

Family members TRICARE benefits information can be found at: <http://tricare.mil/mybenefit>

- Review Your TRICARE and Civilian Health Care Options
 - TRICARE Reserve Select - you may purchase TRS with no break in coverage. Visit <http://www.tricare.mil/reserve/ReserveSelect> or call 1-800-477-8227 for more information.
 - Employer Provided Civilian Health Care (HMO) – If you already have employment lined up, your employer may be able to provide a less expensive option.

- Check Out Non-Retirees Transitional Health Care Options:

- Continued Health Care Benefit Program (CHCBP)
http://www.nmfa.org/site/DocServer/Continued_Health_Care_Benefit_7-06.pdf?docID=6702
- Transitional Health Care Benefits (All Military Services)
<http://www.acap.army.mil/transitioner/presep/chapter6/6c.cfm?caller=transitioner>
- Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) visit <http://www.va.gov/hac/forbeneficiaries/champva/champva.asp>

- Review and Choose Your Retiree TRICARE Medical and Dental Coverage options - and submit your enrollment forms for one of the following programs:

- TRICARE Prime
- TRICARE Extra
- TRICARE Standard
- TRICARE Retiree Dental Program

To learn more visit: <http://tricare.mil/mybenefit/ProfileFilter.do?puri=%2Fhome%2FMedical>

Note: This checklist is intended to be a quick reference for planning your health care needs. It is for informational purposes only and is not a replacement for The DD 2648 or DD 2648-1. Additionally, you need to check your eligibility for any benefit with the appropriate



- Find More Information About Health Care & Life Insurance - All Military Services, National Guard and Reserve Components can visit or call:
 - MyArmyBenefits.org (Useful for All Military Services):
<http://myarmybenefits.us.army.mil/Home.html>
 - Military OneSource Call Center: 1-800-342-9647 24/7

- Get a Certified Copy of Your Health and Dental Records – Contact your unit medical clinic to make this request.

- Review your Department of Veterans Affairs (VA) Health Care eligibility – Visit:
<http://www1.va.gov/health/index.asp>

- Establish Your Disability Rating (if applicable) – Ensure this rating is documented correctly in your military record prior to leaving military service.

- Visit www.va.gov to learn how to transition from the military healthcare system to health care provided by the Veterans Administration.

- Seek a medical re-evaluation if your health condition changes after separation – especially as it relates to a medical or dental condition that began while you were on active duty. Update your official military records.

- Get additional information, referrals and assistance. Your current medical condition might change your disability rating as well as your pay and compensation. The following counselors can provide assistance:
 - VA Benefits Counselors
Visit: http://www1.va.gov/directory/guide/division_flash.asp?isFlash=1&dnum=3
 - Transition Assistance Program (TAP) Counselors
Visit: <http://www.TurboTAP.org> -- see the Resource Section
 - Army Career & Alumni Program (ACAP) Counselors
Visit: <http://www.acap.army.mil>

- Learn about the full range of VA, DoD, federal, state and related health care programs - Visit <http://myarmybenefits.us.army.mil/>. All members of the military can use MyArmyBenefits.org to find easy to use online calculators to show you the cash value of your benefits, in addition to helping you learn how to apply, enroll, or file a claim.

Note: This checklist is intended to be a quick reference for planning your health care needs. It is for informational purposes only and is not a replacement for The DD 2648 or DD 2648-1. Additionally, you need to check your eligibility for any benefit with the appropriate



Transition Support for Wounded Warriors

Learn More About Military Service Wounded Warrior Programs – If you have a military service related injury or illness, it is important for you and your family to contact your military service's Wounded Warrior Program. The following programs focus is on Help, Healing, and Hiring:

- Army Wounded Warrior (AW2) Program
Visit: <https://aw2portal.com>
Call: (800) 237-1336

- Marines for Life Injured Support Program (M4L)
Visit: <https://www.m4l.usmc.mil>
E-Mail: injuredsupport@M4L.usmc.mil
Call: (866) 645-8762

- Navy Safe Harbor Program
Visit: http://www.public.navy.mil/bupers-npc/support/safe_harbor/Pages/default.aspx
E-mail: SafeHarbor@navy.mil
Call: (877) 746-8563

- Air Force Wounded Warrior Program
Visit: <http://www.woundedwarrior.af.mil/transitionassistance/>

- Wounded Warrior Resource Center
Visit: www.nationalresourcedirectory.gov
Email: wwrc@militaryonesource.com
Call: 800-427-7890 x 5858

- Deployment Health & Family Readiness Library
Visit: <http://deploymenthealthlibrary.fhp.osd.mil>

- Military and Veterans Service Organizations and local community groups provide a full range of support services for veterans with disabilities and their family members. Find the groups that serve your needs or join one to offer assistance:
 - America Supports You
<http://www.ourmilitary.mil>

Note: This checklist is intended to be a quick reference for planning your health care needs. It is for informational purposes only and is not a replacement for The DD 2648 or DD 2648-1. Additionally, you need to check your eligibility for any benefit with the appropriate