



National Guard and Reserve Health Care Checklist

- 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 the following 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.

- Review Your Transitional Health Care Options** – The following programs offer services for those separating from National Guard and Reserve:

- 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)
<http://www.va.gov/hac/forbeneficiaries/champva/champva.asp>
- Transition Assistance Management Program (TAMP) – 180 days of TRICARE coverage

- 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 the VA website at <http://www1.va.gov/health/index.asp> to learn more.

- 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 www.MyArmyBenefits.org. 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.

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

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 agency.



Wounded Warrior Program. The following programs focus is on Help, Healing, and Hiring:

Army Wounded Warrior (AW2) Program

Visit: <http://www.ds3soldierconnection.army.mil> or <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.npc.navy.mil/safeharbor>

E-mail: SafeHarbor@navy.mil

Call: (877) 746-8563

Air Force Palace HART Program (DSN 665-2054)

Download: http://www.socom.mil/care_coalition/docs/Palace_Hearts.pdf

Visit: <http://www.af.mil/news/story.asp?id=123046952>

Military Severely Injured Center (MSIC)

E-Mail: severlyinjured@militaryonesource.com

Call: (888) 774-1361

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.americasupportsyoud.com/americasupportsyoud/index.aspx>