

Short recap of information sent by e-mail to members in 2019.
Unfortunately, we were unable to hold a Retiree Briefing in 2019 but, looking forward to one in 2020.

!!! Do you or others know where your DD 214 (Active Duty) or NGB 22 (National Guard) discharge documents are?

1. **Support LB 153 (Change provisions relating to the taxation of military benefits).** From Nebraska Veterans Coalition:

In January 2020, the next Nebraska legislative session will start. LB 153 has advanced out of the Revenue Committee and up for a floor vote. LB153 - Change provisions relating to the taxation of military retirement benefits. LB 153 is introduced on behalf of the Governor. It is designed to exempt 50% of military retired pay from Nebraska income tax. Will you send your State Senator an email or contact them by phone showing support for the bill? Please send your correspondence prior to the start of the next legislative session (January 2020). Senator Lowe has made this his priority bill. Introduced by Brewer, 43; Blood, 3; Bostelman, 23; Clements, 2; Crawford, 45; Gragert, 40; Linehan, 39; Lowe, 37; at the request of the Governor. Senators that added support for the bill are Ben Hansen 16; Brett Lindstrom 18; John Arch 14; Patty Pansing Brooks 28.

2. List of Nebraska military related **sites and Legislative Bill Hearings** :

Open this link and check the status of legislation **being proposed for**

veterans here: <https://veterans.nebraska.gov/legislative-issues>

Search bills and laws: <https://nebraskalegislature.gov/bills/>

Find your Senator https://nebraskalegislature.gov/senators/senator_find.php

Nebraska military and veterans affairs: <https://veterans.nebraska.gov/commission-military-and-veteran-affairs>

Contacts for NE Dept of Veterans Affairs: **County Veterans Service**

Office Listing: https://veterans.nebraska.gov/sites/veterans.nebraska.gov/files/doc/CVSODirectory_11222019.pdf

3. **Applying for Retirement:**

ARNG: It is important to "Gray Area" retirees that filing for your Age 60 (or earlier due to deployments) retirement does not come automatically. Retirement applications should be submitted around 9 months but not less than 90 days prior to your 60th birthday to ensure all is processed correctly. They also provide a benefit brief on such areas of TRICARE choices, Space A Travel, Funeral Honors, dental options and Survivor Benefits Plan (SBP). Contact the NG Retirement NCO, 402-309-8162

ANG: Administered through the Air Reserve Personnel Center (ARPC) located in Denver. The toll-free number is [800-525-0102](tel:800-525-0102) and you will work with the retirements division.

Website: <http://www.arpc.afrc.af.mil/Home.aspx>

4. **ID Card** addresses and phone numbers see attached sheet.

5. **DFAS-SmartDocs**: Check and Update Your Retired Pay Account.

Please visit myPay to view your RAS. Find out how: <http://go.usa.gov/xPdyx>

Keeping your beneficiary information and your SBP beneficiary current with DFAS will ensure that your survivors promptly receive their benefits.

December 2018 Retiree Newsletter. It contains information about getting your IRS Form 1099R and how the new tax law might affect you and news. <https://www.dfas.mil/retiredmilitary/newsevents/newsletter.html>

6. **TRICARE coverage:**

Handbooks. <https://tricare.mil/Publications>.

Enrollment: Changed for those turning age 60 and file for retirement or retire from active duty, you are responsible for signing up for the TRICARE (medical) benefits.

It is not automatic with your ID card. <https://www.tricare.mil/LifeEvents/Retiring/GuardReserve>

- a. You have 90 days from the Qualifying Life Event (QLE) to enroll in TRICARE and DEERS (getting your ID card).
- b. If you wait and do not file for your age 60 retirement and wait until you are 62 your QLE is still when you turned 60. This means you will have to wait until an Open Season, another QLE or "if space available at military facility" to have TRICARE coverage.
- c. If you have not enrolled and use your ID card for TRICARE at a civilian facility, because it has a medical "benefits number" on the back, it will still be your responsibility for the bill.
- d. Enrollment is on line, call or mail in a form.

TRICARE Retired Reserve (TRR): Coverage for those under age 60. TRR is a premium-based health plan that provides medical coverage for retired National Guard and Reserve members under age 60. A premium-based health plan means you pay monthly premiums, in addition to other costs for your health care. TRR coverage is similar to TRICARE Select coverage, with the same retiree copayments or cost- shares and choices of providers. For more information: <https://www.tricare.mil/Plans/HealthPlans/TRR>
Enrollment has

TRICARE and Prescription Options for Retiree's:

Requirements: a. Retired National Guard and Reserve Members (Age 60 or above and receiving retired pay), families, survivors, widows/widowers and certain former spouses.

b. Retired AGR's continue coverage.

c. Up-to-date ID card. Input to the DEERS ID system flows into the TRICARE system.

Options for Prescriptions: a. TRICARE approved pharmacy. b. TRICARE mail/home delivery service. c. Military Installations such as OFFUTT or Warren AFB, WY.

Pharmacy page: <http://www.tricare.mil/Home/CoveredServices/Pharmacy>

Pharmacy locations: <http://www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions>

Mail/Home Delivery: <https://www.express-scripts.com/TRICARE/index.shtml>

Tricare West Region number: 1.844.866.9378 www.tricare-west.com www.tricare.mil

Tricare for Life (TFL) 65 or older: 1-866-773-0404 www.tricare4u.com

7. Federal Dental and Vision (FEDVIP): Just retired or have a life event you have eligibility to enroll in FEDVIP outside the annual open season.

If you're newly retired from the military and will receive pay, you have 60 days from the date you became eligible to enroll in a FEDVIP dental and/or vision plan. To review or enroll you must first check your eligibility and create a My BENEFEDS account. Then, select "Enroll" in dental or vision coverage from your account dashboard.

<https://www.tricare.benefeds.com/>

<https://www.opm.gov/healthcare-insurance/dental-vision/>

<https://www.opm.gov/healthcare-insurance/dental-vision/plan-information/>

8. Long Term Care Insurance: Did you know as a military retiree, even if in the Gray area, you can apply for the Federal Long Term Care Insurance Program.

Click on <https://www.LTCFEDS.com> to find more information about this program or you can call a Consultant at 1-800-582-3337.

9. Nebraska Honor Plates: Website references.

Site of LB#45: http://nebraskalegislature.gov/bills/view_bill.php?DocumentID=30919

Info for registration: <https://veterans.nebraska.gov/>

Info on plates: <http://www.clickdmv.ne.gov/>

10. The Nebraska Game and Parks Commission offers special permits to veterans age 64 and older, deployed military and disabled veterans at reduced or no cost. The permits are available for veterans and members of the military. <http://outdoornebraska.gov/veteransandmilitarypermits/>

11. Lincoln Veteran's Memorial Garden website: Includes information about events, programs and brick dedication. <http://lincoln.ne.gov/city/parks/parksfacilities/publicgardens/veterans/index.htm>

12. Retiree Space A flight availability: Slide presentation attached.

13. **Soldier for Life** page. This site has information that applies to both ARNG and ANG retirees. <https://soldierforlife.army.mil/retirement>

It updates the retired community about changes to laws, policies, programs, and benefits that affect them. All Retired Soldiers and surviving spouses with active myPay accounts receive electronically at their email address in myPay.

14. U.S. Army **Retiree Handbook 2020**: Information for all military retirees: <https://soldierforlife.army.mil/Documents/static/2020%20US%20Army%20Retired%20Soldier%20Handbook.pdf>

15. **Family Information List** - attached.

For review to insure you and others are aware of the location of documents.

16. **NMRC Membership Form** attached.