

March 2021

Director's Message

Greetings from Cleveland. We are seeing signs of spring here after a very cold and snowy February.

While spring brings back the sunshine, it is also a busy time for us: tax season.

If you are still in need of tax documents for your retired or annuitant pay account, there is an article in this issue on convenient options for getting them that don't involve calling and waiting on hold. You can use <u>myPay</u> to get both current and past tax documents, use our <u>AskDFAS online request form</u>, or use our convenient telephone self-serve ordering option.

We need your help to pay you accurately and on time and eventually, to pay your loved ones. Please check your account statement or check myPay at least once a year and ensure that your account information and your mailing address is correct. And make sure you have an email address in myPay where we can send you information and notifications.

If you are a retiree, please check that your Survivor Benefit Plan beneficiary (SBP) and Arrears of Pay beneficiary information are correct. We also have a good article in this newsletter that will help you ensure your SBP coverage is correct if you want coverage for a former spouse.

You can smooth the way for your loved ones by sharing the article in this issue about what they need to know when you pass away.

Speaking of having an email address in myPay, one of the initiatives we're excited about this year is the new status notification project. This will provide basic notifications about the receipt and status of a request from our retiree or annuitant customers via an email. We're still in the early stages, but we want to make sure you know about some of our exciting innovations on the horizon.

Please read the article in this issue on the start of mandatory two-factor authentication for myPay. Two-factor authentication helps keep your online accounts secure and prevents thieves from stealing your personal and financial information. Spring is the start of another busy time: School Certification season. Last year we made sweeping changes to simplify the process for student SBP annuitants who are over 18 and need to certify their full-time attendance in school. We want to make sure that all of them know what they need to do as the school year ends. There is an article in this newsletter with all of the details.

Finally, our website has a lot of helpful information. Please take a few minutes to check it out: <u>www.dfas.mil/retiredmilitary</u>

I hope you find the articles in this issue helpful. Please share the information with your retired military friends who may not see the online editions of the newsletter.

We thank you for your service and are honored to serve you. Please stay safe and well.

Tax Season Update

As we proceed through tax season, some of you may be searching for your tax documents. All 1099-R's were mailed on time, prior to January 31, 2021. However, after the mailing was out the door, a printing error was discovered. On some retiree 1099-R's, the final digit of the Payer's Federal Identification Number (FIN) was cut off. To correct this error, we re-mailed a revised copy of those 1099-Rs. The last statement went out the door on February 1, 2021, and you should have a copy in your hands by this point.

However, if for whatever reason you need a reissue, the fastest and most secure way to obtain a copy of their 1099-R is through myPay. Not only is it easy for you to access your account information through myPay, but prior year 1099-Rs are also available (retirees up to four prior years; annuitants up to two prior years).

Instructions to access these documents are at <u>https://myPay.dfas.mil</u>. If you aren't a frequent user of myPay, now is a great time to get started, as it is now simpler, streamlined and more mobile-friendly. If you use myPay, you can easily check to make sure we have your correct mailing address and email address.

If you are a retiree, DFAS also provides a self-serve telephone option. Retirees can access the phone option at 1-800-321-1080. If you are a retiree and you use the phone option, please ensure that your current mailing address is correct.

Retirees or annuitants can also use the <u>online AskDFAS 1099R request form</u>. It has an option to direct the reissue to your interim address. You should receive your reissue in seven to ten business days. Using the online option allows you to request prior year 1099-Rs.

If you use the option to direct your reissue to an interim address, it does not change your permanent address of record for future mailings. To change your permanent address of record, you need to mail a <u>DD 2866 address change request</u> or use our <u>online AskDFAS</u> <u>version of the DD 2866</u>.

Changing Your Federal Tax Withholding

You can verify and update your tax withholding information easily in myPay by clicking on "Federal Withholding" under "Pay Changes" in the menu on the left.

If you need to change your federal withholding, you can do it easily in myPay. Or you can fill out and fax or mail an IRS Form W-4 if you are a military retiree or an IRS Form W-4P if you are an SBP annuitant. The Internal Revenue Service (IRS) published Form W-4, Employee's Withholding Certificate, for the 2021 tax year. Be sure to use the 2021 version when submitting changes to your federal tax withholding. The forms are available on the IRS website and are also linked from <u>our Forms page</u>.

It's important to note that you are not required to file a new IRS Form W-4, unless you are claiming exemption from federal taxes. If you are a retiree claiming exemption from federal taxes then you must submit a new W-4 every year. **This is an IRS requirement**, NOT a DFAS requirement. If you file a paper form, the word "EXEMPT" must be written above the signature and date.

On the IRS W-4 form, Step 1 and Step 5 are the critical steps that need to be filled out. Without this information, DFAS cannot process any updates to your account.

Step 1 is Personal Information, including filing status. On the W-4, taxpayers now must choose either Single, Married, or Head of Household instead of the previous statuses where a taxpayer may have chosen, for example, Married with two deductions (M-02) or Single with no deductions (S-00).

For Step 3 and Step 4, you should follow the instructions carefully. Some retirees have sent W-4s with additional income or withholding that causes their net pay to be zero. DFAS cannot process these, so we will leave the tax withholding as is and send a letter.

Step 5 is the filer's signature and date. We cannot process a W-4 that is not signed and dated.

Please keep in mind that DFAS is unable to provide tax advice. If you have tax or withholding questions, we recommend you consult a tax professional or the IRS website at <u>https://www.irs.gov</u>. You can also use the IRS estimator: <u>https://www.irs.gov/individuals/tax-withholding-estimator</u>.

New, Helpful Status Notifications Start this Year

We are excited to announce one of our latest improvements that will soon be available to you. Over the coming year, we are rolling out the use of status notifications to keep you in the loop as forms or documents you submit move through the retired pay or annuitant pay processing cycles.

How do status notifications work?

Status notifications are a three-step process that will update you when we receive forms or documents for processing from you by mail or fax (or in some specific cases, through AskDFAS). You will receive a separate status notifications when your form or document is:

- 1. Received and queued in our work system
- 2. Assigned to be worked
- 3. Completed Either a notification the processing is complete or a notification that we are sending you a request for additional information.

What is the benefit of a status notification?

The implementation of these status notifications will give you peace of mind that we received your form or request. Status notifications will also provide you with the timeframe when we completed your request or notify you if additional information is required. If we do need additional information, you will know to watch for mail from DFAS, with specific information about what is needed to complete your request.

What you need to do to receive status notifications

To be eligible to receive these status notifications, please ensure your email address is available and updated in myPay. You will receive the notification via SmartDoc email, so you must have a valid email address in myPay. To add or ensure your email address is up-to-date, please visit <u>https://mypay.dfas.mil/</u>

When will status notifications begin?

The first rollout of status notifications include submissions related to the Survivor Benefit Plan (SBP), Direct Deposit Form-SF 1199, and change of address requests, followed by requests related to federal or state (for retirees) tax changes and the designation of beneficiary for the Arrears of Pay (AOP).

myPay Two-Factor Authentication Mandatory April 2021

Since we announced myPay's Two-Factor Authentication last September, more than 400,000 military retirees have included this new layer of online security to their myPay accounts. In late April, two-factor authentication will become **mandatory** for all myPay users. Users will need to select how to receive the random one-time PIN the first time they log in to myPay after that date.

Simply put, two-factor authentication uses your mobile phone number or email address to provide a means to verify that you are, well, you and not someone who has discovered your myPay Login ID and password.

myPay accounts are secured with Login IDs and passwords. When an account holder enters this information, a unique one-time PIN is sent to the individual's mobile phone via text message or as an email message to an address contained in the user's myPay profile. Once the one-time PIN is entered on the myPay login screen, access to the account is provided.

The one-time PIN verification code remains valid for 10 minutes so it will be important that the user have access to the mobile phone or email account previously selected by the user to receive the information.

Information on two-factor authentication is available via the Defense Finance and Accounting Service website at <u>https://www.dfas.mil/mypayinfo/2FA/</u>. There you will also find a link to the two-factor most frequently asked questions that explain the benefits of two-factor authentication and the steps needed to help you meet the new requirements.

Remember, two-factor authentication helps keep your online accounts secure and prevents thieves from stealing your personal and financial information.

Educate Your Beneficiaries Before Your Final Paycheck – AOP and SBP

An unfortunate truth of life is that one day you will no longer be able to be present in your loved ones' lives. In the event of your demise, there are two ways you can make preparations to leave money behind from your military retirement for your loved ones:

- A final paycheck made to your designated beneficiary, knock as an Arrears of Pay (AOP). This final paycheck will be prorated from the date of death to how many days are left in the calendar month.
- The Survivor Benefit Plan (SBP), which if chosen will pay out a monthly annuity. This plan must be opted into and paid into.

In most cases, the Arrears of Pay will be only the pro-rated amount of your final month's retirement pay, as your entitlement to retirement pay ends on the date of your death. Once your death is reported, DFAS will reclaim your final month's pay and audit your account. As mentioned above, the amount of the payment owed to you will then be computed (based on the number of days in the month you were alive) and paid to your AOP beneficiary, along with any other money owed to you at the time of your death.

Your AOP beneficiary will need to send us a claim form to receive this payment. When we receive word of your death, this claim form will be sent in a condolence package to the AOP beneficiary you designated for your account. Unless otherwise noted, the AOP beneficiary for your account will also be the person we contact for assistance in closing your account, so it is important to designate a person you trust to handle your affairs. It is very important that a beneficiary or beneficiaries are designated in your retired pay account for your Arrears of Pay, and that the information provided remains up to date, otherwise a lapse in benefits may occur.

We also suggest you limit the number of your AOP beneficiaries to avoid delays in payment. Remember that the AOP payment is usually less than one month's pay, and this amount will be divided among all of your designated beneficiaries. Please note that designating a sole beneficiary in your will does not automatically make that person your AOP beneficiary. In addition, having an AOP designation does NOT entitle the person named as a beneficiary(s) to a Survivor Benefit Plan (SBP) annuity. A separate SBP election must be made to cover the desired individual for SBP purposes.

In the days and weeks after your passing, your loved ones will need to notify a number of people and agencies. We here at DFAS try to make the process a bit easier by offering an online notification of death form on our website. Your loved ones can access the online notification form from several different links at the Retired Military & Annuitants area of our website at: <u>www.dfas.mil/retiredmiltary</u>. Your loved one(s) can also call our Customer Care Center at 800-321-1080.

When your loved one(s) has notified us, they will receive a condolence package in the mail that will include information and the form to claim Arrears of Pay (SF 1174), as well as the information and form to apply for the Survivor Benefit Plan annuity (if you elected to provide it). This package should arrive in the mail within 30 days after we are notified. It's important for your loved ones to know that they will also need to provide a copy of the certificate of death with these forms.

In lieu of a physical check, AOP payments can be direct deposited to a claimant's bank account. In order to do this, the claimant needs to send a completed Direct Deposit Authorization (DFAS-CL Form 1059) with their SF 1174. This form is available for download from the webpage: <u>www.dfas.mil/retireeaop</u>.

We know that taking care of the paperwork after someone passes away is difficult. We want to make the process as easy as possible. That's why we have a new set of tools to make filling out and submitting the SF 1174 (for claiming Arrears of Pay when a retiree passes away) quicker and easier.

For spouses or children of a deceased retiree, the SF 1174 Form Wizard will help them fill out the SF 1174 Arrears of Pay form. The form wizard will ask a series of questions and fill in the answers in the appropriate areas of the form. When they have finished answering the questions, they can click a button to generate a ready-to-print PDF with the answers.

The 1174 and Direct Deposit forms can be submitted via the AskDFAS online upload tool on DFAS.mil, and instructions on how to complete these steps are available at https://www.dfas.mil/RetiredMilitary/survivors/1174RetireeAOP/

How to Identify the Status of Spouse/Former Spouse SBP Coverage on your Retiree Account Statement

Have you divorced since retiring? If so, please take a moment and carefully check your Survivor Benefit Plan (SBP) participation status. Under the law, SBP coverage for a spouse ends with a divorce. Coverage for a former spouse does not continue after the divorce unless certain actions are taken.

To continue SBP coverage for a former spouse, either (a) the retiree must voluntarily request coverage be continued for the former spouse, or, (b) the former spouse must request the coverage (but she/he may do so only if a court order requires the coverage). Certain time limits and other conditions apply.

If those actions were not taken, the coverage for the former spouse has ended. This could have important consequences for your survivors.

To check your SBP coverage status, review your Retiree Account Statement (RAS) carefully. Make sure that the **"SBP Coverage Type"** properly reflects "former spouse" or "spouse" (as applicable to your individual circumstances).

We have seen multiple instances of spouse SBP premium deductions that were continued after a divorce but because required actions were not taken, the former spouse was not properly covered, preventing payment of an SBP annuity.

If your RAS looks like this, coverage for a former spouse **is in place**:

SURVIVOR BENEFIT PLAN (SBP) COVERAGE				
SBP COVERAGE TYPE:		ANNUITY BASE AMOUNT:	5,263.36	
SPOUSE ONLY COST:		SPOUSE DOB:	<mark>JUL 18, 1961</mark>	

If your RAS looks like this, your former spouse is *NOT being covered by the SBP* even if her/his DOB is listed:

SBP COVERAGE TYPE:	SPOUSE ONLY	ANNUITY BASE AMOUNT:	5,263.36
SPOUSE ONLY COST:	342.12	SPOUSE DOB:	<mark>JUL 18, 1961</mark>

There is more information on our website on the SBP Changing or Stopping Coverage webpage: <u>https://www.dfas.mil/RetiredMilitary/provide/sbp/change/</u>

Or, if you have questions about your SBP coverage, you may <u>call our Customer Care</u> <u>Center</u>.

Changes Coming to Mailed Retiree Account Statements

For those retirees who still have a Retiree Account Statements (RAS) mailed to them, there will soon be some changes. DFAS Retired & Annuitant Pay is working diligently to identify efficiencies that can speed up the processing of requests and reduce costs.

Currently, if your account is set to hardcopy (mail), you receive a RAS in the mail each time there is a change to your account to confirm that change, even if that means you are mailed more than one RAS during the month. We are eliminating the generation of multiple mailed statements each month and all changes occurring within a month will reflect on your monthly RAS.

If you use myPay, there will still be an interim RAS available in your myPay account that will confirm changes to your pay or account, as well as your regular monthly RAS. Did you know your Retiree Account Statement is available in myPay each month a few days prior to payday? And that you can view, print and download your statement, as well as statements from the previous months?

If you're not using myPay, now is a great time to get started. Go to <u>https://mypay.dfas.mil</u> and look for New User.

You may also call our Customer Care Center at 800-321-1080.

Retirees: You Can Now Upload Your SBP Election Change Form Online

As part of our work to modernize Retired & Annuitant Pay and make the processes easier for you, we added a convenient, online upload tool for retirees for the DD2656-6 (Survivor Benefit Plan Election Change Certificate). Instead of mailing or faxing your completed form, you can now upload it directly in a PDF through AskDFAS on the DFAS.mil website. You'll also receive an email notification that your information was received. And starting soon, you'll get status notifications via email when you upload your documents through this online tool (see the article in this issue).

It's easy to use the online upload tool. Just click on the link below, fill in the required information and attach a PDF of your completed and signed form and any associated documentation. When submitting additional documentation, it is important to include your name and social security number on every document.

Please note the AskDFAS online upload tools can only accept the specific form and documentation noted on the upload tool. Other requests or documents cannot be processed through the online upload tools.

<u>Click on this link to see the new online upload tool</u> for the DD2656-6, or copy and paste this URL into your browser: https://corpweb1.dfas.mil/askDFAS/ticketInput.action?subCategoryID=19104

School Cert Season Approaching – Steps to Take for Your Children, Including High School Grads 18 and Over

Child annuitants between the ages of 18-22, attending school on a full-time basis, may soon start receiving their annual school certification packets. Survivor Benefit Plan child annuitants who are between age 18 and 22 must regularly certify they are enrolled in a full-time course of education to be entitled to an annuity.

The annual school certification packets will contain a cover letter of instruction, DD Form 2788 and a Child Annuitant Past Attendance self-certification letter. The DD Form 2788 will be used to provide the child annuitant's future intent to attend school on a fulltime basis for the next school year. A school official signature or school documentation is no longer needed. The Child Annuitant Past Attendance self-certification letter will allow the child annuitant to self-certify that they attended school as they previously provided they would. The self-certification letter will be pre-populated with the prior school year's information and the child annuitant will simply sign and date the self-certification letter and return to DFAS. The child annuitant will then be set for the next upcoming school year. If at any time the child annuitant's school attendance or marital status changes, the child annuitant needs to contact DFAS immediately so they do not incur a debt.

Child annuitants approaching the age of 18, will receive a cover letter of instruction and a DD Form 2788 to complete, prior to their 18th birthday, so that DFAS can determine their continued eligibility to receive an annuity as a child annuitant between the ages of 18-22.

DFAS also recently revised the COE process for child annuitants between the ages of 18-22, attending school on a full-time basis, to use the DD Form 2788 as proof of the child annuitant's annual eligibility so they won't receive or need to send us a separate form for that.

If students provide an email address in myPay, DFAS will send an email reminder when they have a school certification coming due.

DFAS also recently introduced a PDF Form Wizard for the DD Form 2788. The Form Wizard 'takes the form out of the form' and makes it easy for a child annuitant to fill it in correctly. The Form Wizard will ask a series of questions and fill in the answers in the appropriate areas of the form. Once all the questions have been answered, the child annuitant can even choose to electronically sign the form and submit it online using our online upload tool! Or click a button to generate a ready-to-print-and-sign PDF with their answers.

The DD Form 2788 Form Wizard can be downloaded to a Windows or MAC computer. Compatible PDF software, such as the free Adobe Acrobat DC software, available at adobe.com, will be necessary. We do not recommend saving the Form Wizard to a shared computer, because it contains personally-identifiable information.

The DD Form 2788 Form Wizard can be found on our school certifications webpage at <u>www.dfas.mil/schoolcerts</u>. Also, located on the school certification webpage is a How-To Checklist along with some additional resources that can aid in the school certification process.

Submission of the child annuitant's school certification can be done using an online upload tool through AskDFAS, available on the DFAS.mil website, which is also accessible on a mobile browser. The online upload tool is at: <u>https://go.usa.gov/xymaH</u>

To use the online upload tool to submit a school certification form, the child annuitant will just need to fill in the required information in the online screen, and then upload a PDF of their completed and signed form and signed Child Annuitant Past Attendance self-certification letter.

In conjunction with using the AskDFAS online upload tool, DFAS is also excited to introduce one of our latest improvements, the digital status notification for the submission of DD Form 2788. What is a digital status notification? It will be a three-step process that will update the child annuitant when their DD Form 2788 is received, when it is assigned, and whether it was able to be completed or not. The notification will be sent via the email address provided during the AskDFAS submission. It will help to alleviate any doubt or concern as to whether the form was received and completed or not.

News from Our Partners: From the Office of the Secretary of the Air Force



SECRETARY OF THE AIR FORCE WASHINGTON

FEB 2 4 2021

To the Retired Airmen of the Department of the Air Force:

As we embark on our 48th year of the Air Force Assistance Fund Campaign, we again turn to our retired Air Force family! Your Air Force Assistance Fund charities have supported Airmen and their families for five decades because of your generosity. Our official Air Force charities—the General and Mrs. Curtis E. LeMay Foundation, the Air Force Enlisted Village, the Air Force Village Charitable Foundation, and the Air Force Aid Society—continue their legacy of support to Airmen, Guardians, and their families thanks to your support.

The past year has seen vast changes in our country, our Air Force, and in the way we live and work. The pandemic has taken its toll on Airmen, Guardians, and their families—their health and their finances. But our four Air Force Assistance Fund Charities adapt and respond quickly! The Air Force Villages Charitable Foundation and Air Force Enlisted Village ramped up staff to keep their facilities disinfected, screen visitors, provide personal protective equipment to staff and residents, and deliver medications and groceries right to residents' doors. The LeMay Foundation provided a stipend for all of its surviving spouse clients to help them pay for the added expenses of medication and grocery deliveries. The Air Force Aid Society provided \$2 million in support to Airmen, Guardians and their families impacted by COVID-19.

This year our goal is \$4.57 million. Your donation can fund day care for the children of deployed members, or start the LeMay Foundation's funding stream to help a widow or widower make ends meet. Imagine your donation assisting multiple families through "Bundles for Babies," or funding medical prescriptions for surviving spouses who can't afford them. So much good is done for our Department of the Air Force family by these four charities, holding true to our time-honored tradition of "taking care of our own!"

If you wish to contribute, you can send a check, sign up for payroll deduction plan allotments, or donate via credit/debit card and e-check through our new e-Giving Portal. For details on each choice, visit https://www.afassistancefund.org/index.php/donate.

Taking Care of Our Own - help us continue the tradition in 2021!

John W. Raymond

General, USSF Chief of Space Operations

Roger A. Towberman Chief Master Sergeant of the Space Force

1060

Charles Q. Brown, Jr. General, USAF Chief of Staff of the Air Force

JoAnne S. Bass Chief Master Sergeant of the Air Force

News from Our Partners: AER's 2021 Annual Campaign Kicks Off

As the Army kicks off its 79th Annual Army Emergency Relief Campaign on military installations around the world, we're taking a look back at the enhancements AER implemented over the last year. Last year, AER worked to rapidly identify and address the emerging needs of Soldiers due to the COVID-19 pandemic, including new partnerships with effective non-profit organizations and improvements our digital infrastructure to ensure every Soldier and every Army Family had access to the programs and benefits they've earned.

AER has a history of responding dynamically to natural disasters, such as hurricanes and wildfires. This experience allowed us to identify areas where restrictions caused by COVID-19 might create new areas of need. We created new programs such as Childcare Assistance, Remote Learning Benefits, and Spouse Education and Reemployment Initiatives. We expanded eligibility for Army National Guard and Army Reserve members requiring assistance with F/SGLI and Tricare premiums due to canceled drill assemblies.

AER expanded our reach with Active Duty Soldiers and their Families by partnering with the National Military Family Association (NMFA) to provide financial support for childcare to more than 2,000 eligible Army Families. All told, AER provided \$5 million in grants to support Soldiers during the pandemic.

Throughout the pandemic, the Retired Soldiers community provided nearly \$4 million in financial assistance, the most support we have ever received! Your support is a critical part of ensuring AER has the means to assist the Army community through any hardship. Soon you'll receive detailed information about AER's response to the COVID-19 pandemic and how we met the needs of routine requests throughout 2020, so check your mailbox towards the end of March!

If you or someone you know is in need of assistance from Army Emergency Relief, contact your local AER office (<u>armyemergencyrelief.org/offices</u>) or call the American Red Cross (1-877-272-7337).

To learn more about supporting AER during our annual campaign please visit <u>armyemergencyrelief.org/campaign</u>

News from Our Partners: TRICARE Select Enrollment Fees for Group A Retirees and When Can You Get the COVID-19 Vaccine?

Were you disenrolled from TRICARE Select?

You're in Group A if your initial enlistment or appointment, or that of your uniformed services sponsor, began before Jan. 1, 2018. If you're a Group A retired beneficiary, you now pay a monthly TRICARE Select enrollment fee to maintain your TRICARE Select coverage. This is for coverage that started on Jan. 1, 2021.

If you didn't set up your monthly enrollment fee payment by Dec. 31, 2020, you were disenrolled from TRICARE Select. However, you have 180 days from your disenrollment date to request reinstatement. You must contact your <u>regional contractor</u> to request reinstatement.

Your TRICARE Select coverage will be reinstated back to Jan. 1, 2021 after you pay your back enrollment fees. If you don't act, you can only get care at a military hospital or clinic if space is available.

When Can You Get the COVID-19 Vaccine?

What are the DoD COVID-19 vaccination phases?

You should take the COVID-19 vaccine as soon as it becomes available to you. Your eligibility will depend on what tier you fall under to receive the vaccine. These tiers are determined by the DoD COVID-19 vaccination plan, which is based on the <u>Centers for Disease Control and Prevention</u> (CDC) COVID-19 recommendations. They are composed of the following tiers:

Tier 1A. This tier is already underway at many military hospitals, clinics, and DoD installations. This tier includes vaccinating health care workers, first responders, and residents of Armed Forces Retirement Homes. As military hospitals and clinics complete this tier, they'll move to the following tiers.

Tier 1B. This tier includes select defense forces and <u>beneficiaries age 75 years old and</u> <u>older</u>. This tier also includes frontline essential workers, such as teachers, child care staff, and those who are involved in postal service, public transportation, as well as commissary and food service.

Tier 1C. This tier includes eligible <u>beneficiaries age 65-74</u> and those ages <u>16-64 with</u> <u>increased risk for severe illness</u> from COVID-19, as defined by the CDC. This tier also includes some additional select military populations.

Tier 2. This tier includes any TRICARE beneficiaries not otherwise mentioned in the above tiers.

For a complete list of who is included in each tier, go to the <u>TRICARE</u> <u>COVID Vaccine</u> page.

Get Informed and Get Ready for Your COVID-19 Vaccine

TRICARE beneficiaries have options on where to receive the COVID-19 vaccine. These vaccines are offered at no cost to you. You can receive the vaccine at:

- Any <u>military hospital or clinic</u> that offers the vaccine, whether or not you get your routine care there.
 - Keep in mind that military hospitals and clinics around the world may be in different tiers of vaccine administration. The best way to know when a military hospital or clinic has vaccine available for you is by checking with them directly.
 - Visit <u>your military hospital or clinic website</u> for information or contacts. Many also have hotline numbers you can call for vaccine updates.
- Local or state health department COVID-19 vaccination sites
- Your civilian provider
- Pharmacies participating in the <u>Federal Retail Pharmacy Program</u> (this may include <u>TRICARE network pharmacies</u>, non-network pharmacies, and non-network providers)

As of Feb. 8, retail pharmacies began receiving the COVID-19 vaccine. You can see which pharmacies in your state have/will have vaccine available on the <u>CDC website</u>. There will be no charge for TRICARE beneficiaries who get their COVID-19 vaccination at any of these pharmacies.

While the vaccines themselves are free, there may be a cost based on your health plan if you have an office visit with a provider, or if you require follow-on care. If you have questions, you can contact your <u>TRICARE contractor</u>.

After you have completed the vaccination process, ensure appropriate documentation is submitted to your provider so it can be added to your health record.

"Right now, the initial supply of the COVID-19 vaccine is limited, and availability varies by location," said Dr. John Kugler, chief of the Clinical Support Division at the Defense Health Agency. "Vaccine supplies will increase over time and be available to all TRICARE beneficiaries. Get vaccinated as soon as you can to protect your health, family, and community."

Vaccine Safety and Effectiveness

All three vaccines are safe and will protect you from serious illness. Millions of people in the United States have already taken COVID-19 vaccines, and they have undergone the most intensive safety monitoring in U.S. history. These vaccines have been deemed safe and effective by independent medical experts.

Doctors agree: Individuals should take the first vaccine that becomes available to them. Before you receive the vaccine, take time to learn about the benefits of protecting yourself and your family against COVID-19, and understand potential side effects which you may experience. These side effects will disappear within a few days and indicate that your body is being trained to fight against COVID-19. Individuals will receive immunity against serious illness within two weeks.

For more information about how the vaccines work, their safety, side effects, and effectiveness, visit the <u>CDC website</u>.

The CDC has issued new guidance on the kinds of activities you will be able to resume after being fully vaccinated. You will be able to spend time indoors with other fully vaccinated people, even if they are from another household. You may also be able to visit other unvaccinated individuals, if they are low-risk. It is important to get vaccinated because as more individuals receive the vaccine, we will be able to visit more friends and family safely and return to normal. For additional CDC guidance on what you can safely do after being fully vaccinated, review new <u>CDC guidelines</u> for the fully vaccinated.

Note: DFAS does **NOT** have information on vaccines. **Please see <u>TRICARE COVID</u>** <u>Vaccine</u> for information from TRICARE.

News from Our Partners: Armed Forces Retirement Home Now Welcoming Retired Enlisted Reserve and National Guard Members - Apply for Residency in 2021!

Are you seeking to live in a vibrant and affordable independent-living retirement community with other military retirees? Are you retired from the service, with the majority of your duty time spent **as an enlisted member or warrant officer**? Then <u>The Armed Forces Retirement Home</u> (AFRH) may be just for you!

With locations in <u>Washington, D.C.</u>, and <u>Gulfport, Miss.</u>, the Home now also welcomes retired reservists and National Guard members to apply for residency.

Experience the same camaraderie you enjoyed during your time in uniform, and join your fellow retirees in a dynamic community that also offers exceptional care and extensive services!

Rooms are currently available at both locations with no waiting period, down payment or contract required! The monthly rate for independent living is just 46.7% of the resident's gross monthly income or \$2,050.00, **whichever is less**.

All residents must be able to live independently upon moving to AFRH. We also provide advanced levels of care to our current residents as they age in place.

Many veterans choose to live at AFRH for the superior medical, dental and vision care offered, with amenities that include private rooms with a shower, three delicious daily meals prepared by licensed nutritionists in our modern dining facility, a wellness program and deluxe fitness center, movie theater, bowling center, and numerous hobby shops, clubs, and social activities.

Services include recreational activities and resident day trips, a full-service library, barber shop, beauty salon, 24/7 security, computer center, mailboxes, ATM, campus PX/NEX and convenient transportation available to local hospitals and appointments. Residents also have access to additional services such as on-site physical and occupational therapy, in-room internet and cable TV, podiatry, and counseling.

In <u>Washington, D.C.</u>, AFRH offers residents a scenic, wooded campus just minutes from downtown - home to museums, monuments, and a host of local entertainment, sports and other cultural options. In <u>Gulfport, Miss.</u> AFRH offers residents a beautiful view of the Gulf of Mexico, with an outdoor swimming pool, walking path to the beach, reflecting pool, art studio and modern media room.

Veterans who are not retired may also be eligible to live at AFRH if they have a service-connected disability of 50% or greater, or if they served in a war theater (such as in Vietnam, Kuwait, Iraq and Afghanistan) and now have an injury, disease or disability.

Married couples are welcome to apply for residency at AFRH:

• If both individuals meet all military and other eligibility requirements in their own right, or

• If the eligible veteran is retired and married their current spouse prior to military retirement.

Please call us for details regarding married couples' fees – discounts are available!

Veterans convicted of a felony or who are not free of drug, alcohol, or psychiatric problems are ineligible to become a resident.

For further information or to request an application visit <u>https://www.afrh.gov/apply</u> or contact the Office of Public Affairs at <u>admissions@afrh.gov</u> or 1-800-422-9988.

Contact Us

DFAS Retired & Annuitant Pay Website

www.dfas.mil/retiredmilitary

DFAS Retired & Annuitant Pay Mailing Addresses

Retirees:

Annuitants:

Defense Finance and Accounting Service U.S. Military Retired Pay 8899 E 56th Street Indianapolis IN 46249-1200

Defense Finance and Accounting Service U.S. Military Annuitant Pay 8899 E 56th Street Indianapolis IN 46249-1300

DFAS Retired & Annuitant Pay Phone and Fax Numbers

Phone:

Toll-free: 800-321-1080 Local: 216-522-5955 DSN: 580-5955

Retired Pay Fax:

800-469-6559

Annuitant/Survivor Pay Fax:

800-982-8459

myPay

https://mypay.dfas.mil Phone: 888-332-7411