

Deployment To-Do List

Handout available for download on the [YRRP website](https://www.yellowribbon.mil/cms/event-handout/) at:
<https://www.yellowribbon.mil/cms/event-handout/>

Websites

- Air Force Reserve
- Air National Guard
- Army Reserve
- Coast Guard Reserve
- Joint Service Support
- Marine Corps Reserve
- Military OneSource
- National Guard
- Navy Reserve
- Office of the Under Secretary for Personnel and Readiness
- Veterans Affairs website

Legal and Administrative Considerations

- Wills/Estate Planning
- Powers of Attorney
- Servicemembers' Group Life Insurance (SGLI)
- Defense Enrollment Eligibility Reporting System (DEERS)
- Identification (ID) Cards
- _____
- _____

Medical and Dental Considerations

- Pre-Deployment Health Assessment (Pre-DHA)
- Choose TRICARE® Plan – Enroll if required
- Review TRICARE Plan
- Employer Health Plan
- Prescriptions
- Dental
- Vision
- _____
- _____

Financial Considerations

- Servicemembers Civil Relief Act (SCRA)
- Direct Deposit
- Checking Accounts
- Allotments
- Taxes
- Leave and Earnings Statement (LES) or Payslip (Coast Guard)
- Savings Deposit Program (SDP)
- Military Relief Aid Societies
- Military OneSource Financial Counseling
- _____
- _____

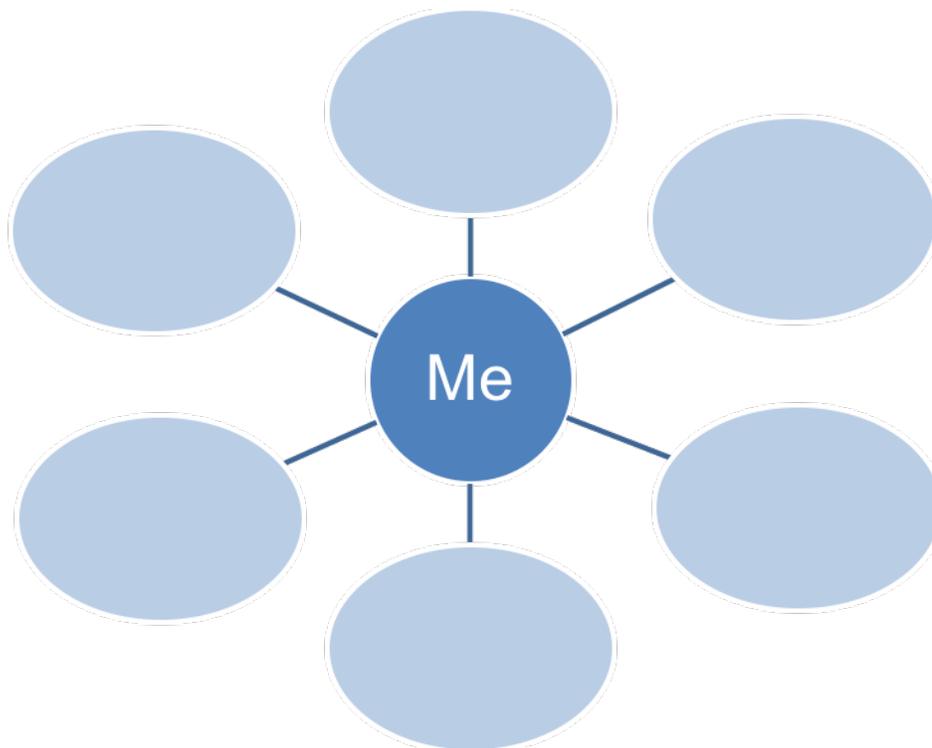
Job Considerations

- Uniformed Services Employment and Reemployment Rights Act (USERRA)
- Notify supervisor
- Employer Support of the Guard and Reserve (ESGR)
- Professional Certification/License
- Military Reservist Economic Injury Disaster Loan (MREIDL)
- _____
- _____

Prepare for Emergencies

- Support System
- Emergency Plan
- Nongovernmental Organizations (NGO)
- American Red Cross (Red Cross)
- Veterans Service Organizations
- United Service Organizations
- Phone List
- _____
- _____

My Support System



Online Resources

- [Air Force Reserve website](http://www.afrc.af.mil): www.afrc.af.mil
- [Air National Guard website](http://www.ang.af.mil): www.ang.af.mil
- [Army Reserve website](http://www.usar.army.mil): www.usar.army.mil
- [Coast Guard Reserve website](http://www.reserve.uscg.mil): www.reserve.uscg.mil
- [Marine Corps Reserve website](http://www.marforres.marines.mil): www.marforres.marines.mil
- [Military OneSource website](http://www.militaryonesource.mil): www.militaryonesource.mil
- [National Guard website](http://www.nationalguard.mil): www.nationalguard.mil
- [Navy Reserve website](http://www.navyreserve.navy.mil): www.navyreserve.navy.mil
- [Office of the Under Secretary for Personnel and Readiness website](https://prhome.defense.gov/M-RA):
https://prhome.defense.gov/M-RA
- [Veterans Affairs website](http://www.va.gov): www.va.gov

Legal and Administrative Considerations

- Visit the [U.S. Department of Veterans Affairs website](http://www.va.gov/life-insurance/options-eligibility/sgli/) at www.va.gov/life-insurance/options-eligibility/sgli/ for information on SGLI
- Visit the [DoD Common Access Card website](http://www.cac.mil/uniformed-services-id-card) at www.cac.mil/uniformed-services-id-card for information on ID cards

Medical and Dental Considerations

- Visit the [Executive Services Directorate website](http://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2795.pdf) at www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd2795.pdf
- [TRICARE website](http://www.tricare.mil): www.tricare.mil
 - Visit the [TRICARE website](http://www.tricare.mil/lifeevents) at www.tricare.mil/lifeevents for a list of Qualifying Life Events
 - Visit the [TRICARE website](http://www.tricare.mil/pharmacy) at www.tricare.mil/pharmacy for information about pharmacy coverage
- [TRICARE Dental website](http://www.tricare.mil/Dental.aspx): www.tricare.mil/Dental.aspx
 - Visit the [TRICARE website](http://www.tricare.mil/tdp) at www.tricare.mil/tdp for information on accessing dental benefits

Financial Considerations

- [Defense Finance and Accounting Service \(DFAS\) website](http://www.dfas.mil): www.dfas.mil
 - Visit the [DFAS website](http://www.dfas.mil/militarymembers/payentitlements/aboutpay) at www.dfas.mil/militarymembers/payentitlements/aboutpay for information on understanding your LES
 - Visit the [DFAS website](http://www.dfas.mil/militarymembers/payentitlements/sdp) at www.dfas.mil/militarymembers/payentitlements/sdp for information on the Savings Deposit Program

- [Army benefits website](https://myarmybenefits.us.army.mil): <https://myarmybenefits.us.army.mil>
- [Navy benefits website](http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx): www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx
- [Air Force benefits website](http://www.airforce.com/careers/pay-and-benefits): www.airforce.com/careers/pay-and-benefits
- Coast Guard Payslips (Direct Access): <https://hcm.direct-access.us/psp/H CPRD/?cmd=login&languageCd=ENG&>
- Visit the [U.S. Department of Housing and Urban Development website](http://www.hud.gov/sites/dfiles/OCHCO/documents/92070.pdf) at www.hud.gov/sites/dfiles/OCHCO/documents/92070.pdf for information on SCRA
- [Internal Revenue Service website](http://www.irs.gov): www.irs.gov
- Military Relief Aid Societies:
 - [Air Force Aid Society website](https://afas.org): <https://afas.org>
 - [Army Emergency Relief website](http://www.armyemergencyrelief.org): www.armyemergencyrelief.org
 - [Coast Guard Mutual Assistance website](http://www.cgmahq.org): www.cgmahq.org
 - [Navy-Marine Corps Relief Society website](http://www.nmcrs.org): www.nmcrs.org

Job Considerations

- [ESGR website](http://www.esgr.mil): www.esgr.mil
 - Visit the [ESGR website](http://www.esgr.mil/USERRA/What-is-USERRA) at www.esgr.mil/USERRA/What-is-USERRA for information on USERRA
 - Visit the [Small Business Administration website](http://www.sba.gov/offices/headquarters/ovbd/resources/14807) at www.sba.gov/offices/headquarters/ovbd/resources/14807 for information on MREIDC
- Visit the [YRRP website](http://www.yellowribbon.mil/cms/employment-resource-guide) at www.yellowribbon.mil/cms/employment-resource-guide for additional employment resources

Prepare for Emergencies

- [Guide to Nongovernmental Organizations for the Military](https://fas.org/irp/doddir/dod/ngo-guide.pdf): <https://fas.org/irp/doddir/dod/ngo-guide.pdf>
- [National Resource Directory website](https://nrd.gov): <https://nrd.gov>
- [Red Cross Emergency Communications website](http://www.redcross.org/get-help/military-families/emergency-communication.html): www.redcross.org/get-help/military-families/emergency-communication.html

Useful Checklist

- A Deployment Checklist is available on the [USAA website](https://content.usaa.com/mcontent/static_assets/Media/Deployment_Checklist_082009.pdf?cacheid=1635274717_p) at https://content.usaa.com/mcontent/static_assets/Media/Deployment_Checklist_082009.pdf?cacheid=1635274717_p