

Deployment To-Do List

- [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 website](http://www.cgsuprt.com): www.cgsuprt.com
- [Joint Service Support website](http://www.jointservicessupport.org): www.jointservicessupport.org
- [Marine 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
- [OSD Reserve Affairs website](http://ra.defense.gov): http://ra.defense.gov
- [U.S. Coast Guard Reserve website](http://www.uscg.mil/reserve): www.uscg.mil/reserve
- [Veterans Affairs website](http://www.va.gov): www.va.gov

Legal and Administrative Considerations

- Service members Group Life Insurance (SGLI)
- Wills
- Powers of Attorney
- Family Care Plan
- ID Cards
- DEERS
- Visit the [U.S. Department of Veterans Affairs website](http://www.benefits.va.gov/insurance/sgli.asp) at www.benefits.va.gov/insurance/sgli.asp 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

- Pre-Deployment Health Assessment (PDHA)
- Choose TRICARE Plan – Enroll if required
- Review TRICARE Plan
- Employer Health Plan
- Primary Care and Regional Contractor Phone #s
- Prescriptions
- Dental
- Visit the [Defense Technical Information Center website](http://www.dtic.mil/whs/directives/forms/eforms/dd2795.pdf) at www.dtic.mil/whs/directives/forms/eforms/dd2795.pdf to view a sample PDHA form
- [TRICARE website](http://tricare.mil): http://tricare.mil
- [TRICARE Dental website](http://www.tricare.mil/Dental.aspx): www.tricare.mil/Dental.aspx

Financial Considerations

- Service Members Civil Relief Act (SCRA)
 - Direct Deposit
 - Checking Accounts
 - Allotments
 - Taxes
 - Leave and Earning Statement (LES)
 - Savings Deposit Program (SDP)
 - Military Relief Aid Societies
 - Red Cross
 - Military OneSource Financial Counseling
- [My Army Benefits website](http://myarmybenefits.us.army.mil): <http://myarmybenefits.us.army.mil>
 - [Navy Benefits website](http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx): <http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx>
 - [Air Force Benefits website](http://www.airforce.com/benefits): www.airforce.com/benefits
 - [U.S. Coast Guard Pay and Benefits website](http://www.gocoastguard.com/active-duty-careers/enlisted-opportunities/receive-pay-benefits): www.gocoastguard.com/active-duty-careers/enlisted-opportunities/receive-pay-benefits
 - Visit the [U.S. Department of Housing and Urban Development website](http://www.hud.gov/sites/documents/92070.PDF) at www.hud.gov/sites/documents/92070.PDF for information on SCRA
 - Visit the [Defense Finance and Accounting Service website](http://www.dfas.mil/militarymembers/payentitlements/sdp.html) at www.dfas.mil/militarymembers/payentitlements/sdp.html for information on SDP
 - Visit the [IRS website](http://www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538) at www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538 for information on taxes
 - Military Relief Aid Societies:
 - [Air Force Aid Society website](http://www.afas.org): www.afas.org
 - [Army Emergency Relief website](http://www.aerhq.org): www.aerhq.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

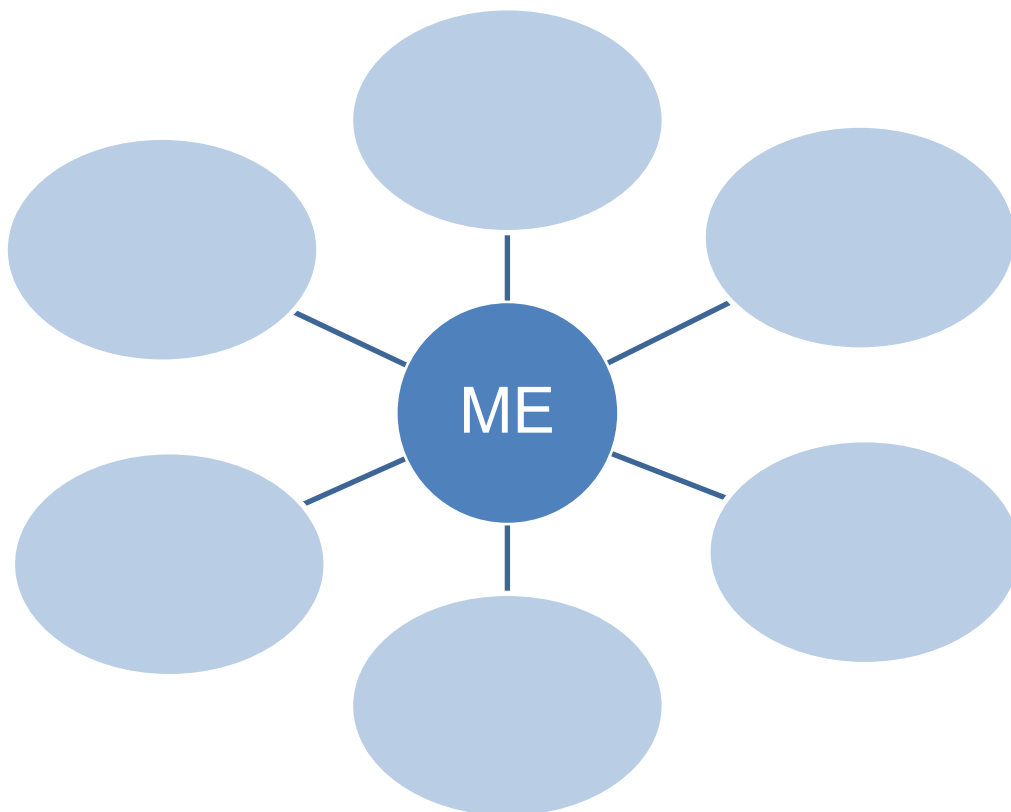
Job Considerations

- Uniformed Services Employment and Reemployment Rights Act (USERRA)
 - Notify supervisor
 - Professional Certification/License
 - Employer Support of the Guard and Reserve (ESGR)
 - Military Reservist Economic Injury Disaster Loan (MREIDC)
- [ESGR website](http://www.esgr.mil): www.esgr.mil
 - [USERRA information](http://www.esgr.mil/USERRA/What-is-USERRA.aspx): www.esgr.mil/USERRA/What-is-USERRA.aspx
 - [MREIDC information](http://www.sba.gov/offices/headquarters/ovbd/resources/14807): www.sba.gov/offices/headquarters/ovbd/resources/14807

Emergencies

- Nongovernmental Organizations (NGO)
 - Support System
 - Phone list
 - Emergency Plan
 - Chartered Veteran Service Organizations (VSO)
 - United Service Organizations (USO)
 - Red Cross
- [Guide to NGOs 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](http://www.nrd.gov): www.nrd.gov
 - [Red Cross Emergency Communications website](http://www.redcross.org/find-help/military-families/emergency-communication-services): www.redcross.org/find-help/military-families/emergency-communication-services

My Support System



Worst Case

- Notification
- Burial Plan
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- [Military OneSource Casualty Assistance:](http://www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Casualty%20Assistance/Survivors%20Guide.pdf)
www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Casualty%20Assistance/Survivors%20Guide.pdf

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