

New Normal To-Do List

Legal Considerations

| | |
|-------------------|----------|
| Will | DEERS |
| Power of Attorney | ID Cards |
| Family Care Plan | |

- Visit the [Military OneSource website](http://www.militaryonesource.mil) at www.militaryonesource.mil
- Visit the [Coast Guard Support website](http://www.CGSUPRT.com) at www.CGSUPRT.com
- 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 DEERS/ID Cards

Medical and Dental Considerations

| | |
|---|--------------------------------------|
| PDHRA | Employer Health Plan |
| Contact Transition Assistance Advisor (TAA) | Choose Health Care option after TAMP |
| TAMP (180 days) – Enroll if required | TRICARE Dental (TDP) |
| LOD/NOE | Apply for VA Health Benefits |

- Visit the [TRICARE website](http://tricare.mil/LifeEvents/Deactivating.aspx) at http://tricare.mil/LifeEvents/Deactivating.aspx for information on deactivating
- Visit the [TRICARE Dental website](http://tricare.mil/Dental) at http://tricare.mil/Dental
- Visit the Veterans Affairs (VA) health benefits webpage on the [VA website](http://www.va.gov/healthbenefits/apply/) at www.va.gov/healthbenefits/apply/
- Visit the [TAA Point of Contacts List website](http://www.taapmo.com/Docs/about/April%20TAA%20Maze%20Roster.pdf) at www.taapmo.com/Docs/about/April%20TAA%20Maze%20Roster.pdf

Financial Considerations

| | |
|----------------|----------------------|
| SCRA | Checking Accounts |
| LES | Allotments |
| Spending Plan | SDP |
| Direct Deposit | Taxes |
| | Financial Counseling |

- Visit the [IRS website](http://www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538) for information on filing taxes at www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538

Visit the following websites for information on Benefits:

- [Air Force Benefits website](http://www.airforce.com/benefits) at www.airforce.com/benefits
- [Army Benefits website](https://m.goarmy.com/benefits.m.html) at <https://m.goarmy.com/benefits.m.html>
- [Coast Guard website](http://www.uscg.mil) at www.uscg.mil
- [Navy Personnel Command website](http://www.npc.navy.mil) at www.npc.navy.mil
- [Defense Finance and Accounting Service website](http://www.dfas.mil/militarymembers/payentitlements/sdp.html) at www.dfas.mil/militarymembers/payentitlements/sdp.html

Visit the Following websites for information on Military Relief Aid Societies:

- [Air Force Aid Society website](http://www.afas.org) at www.afas.org
- [Army Emergency Relief website](http://www.aerhq.org) at www.aerhq.org
- [Coast Guard Mutual Assistance website](http://www.cgmahq.org) at www.cgmahq.org
- [Navy-Marine Corps Relief Society website](http://www.nmcrs.org) at www.nmcrs.org

Job Considerations

| | | | |
|--|--------|--|-----------------------------|
| | USERRA | | Nominate Employer for Award |
| | ESGR | | |

- Visit the [Employer Support of the Guard and Reserve \(ESGR\) website](http://www.esgr.mil) at www.esgr.mil
- Visit the [Uniformed Services Employment and Reemployment Rights Act \(USERRA\) webpage](http://www.esgr.mil/USERRA/What-is-USERRA.aspx) at www.esgr.mil/USERRA/What-is-USERRA.aspx for information regarding the USERRA
- Visit the [Department of Labor website](http://www.dol.gov/VETS/index.htm) at www.dol.gov/VETS/index.htm for Veterans' Employment and Training Service (ETS)

Daily Life

| | | | |
|--|---------------------------------------|--|------------------------------------|
| | Schedule alone time | | Practice Communication Skills |
| | Schedule time to reconnect with _____ | | Discuss roles and responsibilities |
| | Schedule time to reconnect with _____ | | Discuss how I'm feeling |
| | Schedule time to reconnect with _____ | | |

- Visit the [Military OneSource website](http://www.militaryonesource.mil) at www.militaryonesource.mil
- Visit the [Coast Guard Support website](http://www.CGSUPRT.com) at www.CGSUPRT.com
- Visit the [After Deployment website](http://afterdeployment.dcoe.mil) at <http://afterdeployment.dcoe.mil>
- Visit the [Guide to Nongovernmental Organizations \(NGOs\) for the Military website](http://www.fas.org/irp/doddir/dod/ngo-guide.pdf) at www.fas.org/irp/doddir/dod/ngo-guide.pdf (pg. 335-346)
- Visit the [Transition Assistance website](http://www.taonline.com/TAPOffice) at www.taonline.com/TAPOffice
- Visit the [National Resource Directory website](http://www.ebenefits.va.gov/ebenefits/nrd) at www.ebenefits.va.gov/ebenefits/nrd

Co-parenting

| | | | |
|--|---------------------------------|--|--------------------------|
| | Sit back and watch | | Practice patience |
| | Discuss changes and make a plan | | Schedule time with _____ |
| | Schedule time with _____ | | |

Priorities for a New Normal

What has changed during the deployment?

Of the things that have changed, what are your top 3 priorities for renegotiation?

What will you do to adapt to the changes?

Notes: