

New Normal To-Do List

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

Legal Considerations

- Will
 - Power of Attorney
 - DEERS
 - ID Cards
 - Family Care Plan
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- 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) at www.cac.mil

Medical and Dental Considerations

- PDHRA
 - Choose Health Care option after TAMP
 - TAMP (180 days) – Enroll if required
 - LOD/NOE
 - Employer Health Plan
 - Contact Transition Assistance Advisor (TAA)
 - TRICARE® Dental (TDP)
 - Apply for VA Health Benefits
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- 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/health-care/how-to-apply) at www.va.gov/health-care/how-to-apply

Financial Considerations

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

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](https://www.uscg.mil) at <https://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.armyemergencyrelief.org/) at www.armyemergencyrelief.org/
- [Coast Guard Mutual Assistance website](https://www.cgmahq.org/) at <https://www.cgmahq.org/>
- [Navy-Marine Corps Relief Society website](http://www.nmcra.org/) at www.nmcra.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/agencies/vets) at www.dol.gov/agencies/vets for Veterans' Employment and Training Service (ETS)

Daily Life

- Schedule alone time
- Schedule time to reconnect with others
- Practice communication skills
- Discuss how I'm feeling
- Discuss roles and responsibilities
- Visit the [Health.mil website](http://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Adjustments-After-Deployment) at www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Adjustments-After-Deployment
- 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)
- For information on the Transition Assistance Program (TAP):
 - Visit the [Department of Defense TAP website](http://www.dodtap.mil/) at www.dodtap.mil/
 - Visit the [Department of Labor TAP webpage](http://www.dol.gov/agencies/vets/programs/tap) at www.dol.gov/agencies/vets/programs/tap
- Visit the [National Resource Directory website](https://nrd.gov/) at <https://nrd.gov/>

Co-Parenting

- Discuss changes, and make a plan
- Practice patience
- Schedule time with _____

Priorities for a New Normal

What has changed during the deployment?

Considering your answers above and the circumstances that have changed, what are your top three priorities for renegotiation?

1. _____

2. _____

3. _____

What will you do to adapt to the changes?