New Normal To-Do List

Handout available for download on the YRRP website at:
www.yellowribbon.mil/cms/event-handout

Legal Considerations

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

- Visit the Military OneSource website at www.militaryonesource.mil
- Visit the Coast Guard Support website at www.CGSUPRT.com
- Visit the DoD Common Access Card website 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

- Visit the TRICARE website at http://tricare.mil/LifeEvents/Deactivating.aspx for information on deactivating
- Visit the TRICARE Dental website at http://tricare.mil/Dental
- Visit the Veterans Affairs (VA) health benefits webpage on the VA website 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 at www.airforce.com/benefits
- Army Benefits website at https://m.goarmy.com/benefits.m.html
- Coast Guard website at https://www.uscg.mil
- Navy Personnel Command website at www.npc.navy.mil
- Defense Finance and Accounting Service website at www.dfas.mil/militarymembers/payentitlements/sdp.html

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

- Air Force Aid Society website at www.afas.org
- Army Emergency Relief website at www.armyemergencyrelief.org/
- Coast Guard Mutual Assistance website at https://www.cgmahq.org/
- Navy-Marine Corps Relief Society website at www.nmcrs.org/

Job Considerations

- ☐ USERRA
- ☐ Nominate Employer for Award
- ☐ ESGR

- Visit the Employer Support of the Guard and Reserve (ESGR) website at www.esgr.mil
- Visit the Uniformed Services Employment and Reemployment Rights Act (USERRA) webpage at www.esgr.mil/USERRA/What-is-USERRA.aspx for information regarding the USERRA
- Visit the Department of Labor website 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 at www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Adjustments-After-Deployment
- Visit the Guide to Nongovernmental Organizations (NGOs) for the Military website 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 at www.dodtap.mil/
  - Visit the Department of Labor TAP webpage at www.dol.gov/agencies/vets/programs/tap
- Visit the National Resource Directory website 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?