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From: **NMRC Secretary** <nmrc2nd@gmail.com>

Date: Tue, Jan 12, 2021

Short refresher and references sent by e-mail to members.

Unfortunately, we were unable to hold Retiree Briefings in 2019 or 2020 but, looking forward to one in 2021.

Under #2, the website for 2021 legislation being proposed can be found on the "tracker" link.

**Do you or others know where your DD 214 (Active Duty) or NGB 22 (National Guard) discharge documents are?**

1. **LB 153 passed in August 2020.** Change provisions relating to the taxation of military benefits. It is designed to exempt 50% of military retired pay from Nebraska income tax. <https://www.nebraskalegislature.gov/FloorDocs/106/PDF/Final/LB153.pdf>

Be sure to have your discharge documents. With LB153 there will likely be a form and documentation requirements for excluding military retirement benefits from Nebraska Taxable Income. The previous law for excluding military retirement benefits required. Be prepared with official documentation, such as a DD Form 214, Discharge Papers and Separation Documents; DD Form 215, Correction to DD Form 214; Certificate of Release or Discharge from Active Duty; DD Form 363, Certificate of Retirement; NGB Form 22, National Guard Report of Separation and Record of Service; or official retirement orders. If both spouses retired from the uniformed service each will need to provide.

2. List of Nebraska military related **sites and Legislative Bill** Hearings:

Status of legislation being proposed for veterans on the "tracker" <https://veterans.nebraska.gov/legislative-issues> .

If a bill has "IPP" at the end it means Indefinitely Postponed. "Click" on the bill number and the document will be available.

Search bills and laws: <https://nebraskalegislature.gov/bills/>

Find your Senator [https://nebraskalegislature.gov/senators/senator\\_find.php](https://nebraskalegislature.gov/senators/senator_find.php)

Nebraska military and veterans' affairs: <https://veterans.nebraska.gov/commission-military-and-veteran-affairs>

Contacts for NE Dept of Veterans Affairs: County Veterans Service Office Listing: <https://veterans.nebraska.gov/cvso>

3. Nebraska **Honor Plates:** Website references.

Site of LB#45: [http://nebraskalegislature.gov/bills/view\\_bill.php?DocumentID=30919](http://nebraskalegislature.gov/bills/view_bill.php?DocumentID=30919)

Info for registration: <https://veterans.nebraska.gov/benefits>

Info on plates: <https://dmv.nebraska.gov/dvr/military-license-plates>

4 The Nebraska **Game and Parks** Commission offers special permits to veterans age 64 and older, deployed military and disabled veterans at reduced or no cost. The permits are available for veterans and members of the military. <http://outdoornebraska.gov/veteransandmilitarypermits>

<http://outdoornebraska.gov/wp-content/uploads/2020/11/05-33-590-Disabled-Vet-Park-Permit-Application-Fillablee.pdf>

5. The **National Parks and Federal Recreational Lands Pass:** Announced nationally and locally.

Entrance fees for the National Park Service and U.S. Fish and Wildlife Service and standard amenity recreation fees will be waived for veterans and Gold Star Families. For purposes of this program, a veteran is identified as an individual who has service in the United States Armed Force, including the National Guard and Reserves and is able to present the following forms of identification: DOD ID Card, Veteran Health ID Card, government issued Veteran ID card or a state-issued U.S. driver's license or identification card confirmed an individual's status as a veteran. <https://www.nps.gov/planyourvisit/passes.htm>

**6. Applying for Retirement:**

**ARNG:** It is important to "Gray Area" retirees that filing for your Age 60 retirement (or earlier due to deployments) does not come automatically. Retirement applications should be submitted around 9 months but not less than 90 days prior to your 60th birthday to ensure all is processed correctly. They also provide a benefit brief on such areas as TRICARE choices, Space A Travel, Funeral Honors, dental options and Survivor Benefits Plan (SBP). Contact the NG Retirement NCO, 402-309-8162

**ANG:** Administered through the Air Reserve Personnel Center (ARPC) located in Denver. The toll-free number is [800-525-0102](tel:800-525-0102) . You will work with the retirement's division.

Website: <http://www.arpc.afrc.af.mil/Home.aspx>

7. **ID Card** addresses and phone numbers: See attached.

**2020 ANG ID Services:** The FSS ID Card website to make appointments for Retirees.

For appointment, unless medically necessary, dependents should NOT accompany the retiree. New spouses or Medicare newly eligible are the exceptions as they must be with the sponsor.

For Appointments - <https://idco.dmdc.osd.mil/idco> On site: Select "NE" as the state, "Lincoln" as the city, "Select - 155 ARW HQ," then select your day/time.

Call 402-309-1452 for same day appointment, or need assistance

Dependent ID cards are temporarily suspended UNLESS it is an emergency and directly affects usage of benefits.

**2020 ARNG ID Services:** To set up an appointment contact (402) 309-8191

At this time, we will not be doing ID cards unless it is to get a brand new one or expiring within 30 days, we will NOT be doing them because of a change of status as of now. \*\*TRICARE is aware so if the ID card is expired the benefits will still be continued as long as eligible for them.

\*\*If your status is changing from Age 60 or Age 65, Please contact SFC Gralheer, Retirement NCO (402) 309-8162 or e-mail: [amber.j.gralheer.mil@mail.mil](mailto:amber.j.gralheer.mil@mail.mil).

8. **DFAS-SmartDocs:** Check and Update Your Retired Pay Account.

Please visit myPay to view your RAS. Find out how: <http://go.usa.gov/xPdyx>

Update your email address in myPay by visiting <https://mypay.dfas.mil>.

If you are using on-line services for retired pay there is a two-factor authentication. The website you can view or print your LES, W-4's, 1099's (for taxes) and change personal information.

<https://www.dfas.mil/mypayinfo/2FA/>.

Keeping your beneficiary information and your SBP beneficiary current with DFAS will ensure that your survivors promptly receive their benefits.

9. **TRICARE coverage:** All programs you must now enroll in. They are no longer automatic

What type of Tricare do I have? [www.tricare.mil](http://www.tricare.mil)

Under 65: [www.TRICARE.com](http://www.TRICARE.com)

65 or over Tricare for Life (TFL): [www.TRICARE4u.Com](http://www.TRICARE4u.Com)

Costs and coverage: <https://www.tricare.mil/Costs/Compare>

Handbooks. <https://tricare.mil/Publications>.

Tricare Select – age 60 and over and not Medicare eligible - premium enrollment fee begins 1 Jan 2021

TRICARE Select Group A (does not include TRICARE for Life) must pay monthly enrollment fees in order to maintain their TRICARE health coverage. Group A (retirees & family members) will need to pay enrollment fees annually of \$150 for an individual and \$300 for family coverage.

If you are covered under Medicare and TRICARE for Life (TFL) this will not affect you. **BUT**, if you have a spouse or family member not under TFL and utilizing TRICARE they will pay an enrollment fee. <https://www.tricare.mil/Plans/Enroll/OpenSeason>. Example: You are 68 on Medicare and TFL and your spouse is 64 not on Medicare. Your spouse would be on TRICARE Select with an enrollment fee until covered under Medicare and then TFL. Cost is waived for survivor, a medically retired retiree or family member.

First Time Eligible Enrollment: Turning age 60 and filing for retirement or retiring from active duty, you are responsible for signing up for the TRICARE medical benefits.

It is not automatic with your ID card. <https://www.tricare.mil/LifeEvents/Retiring/GuardReserve>

a. You have 90 days from the Qualifying Life Event (QLE) to enroll in TRICARE and DEERS (getting your ID card).

b. If you wait and do not file for your age 60 retirement and wait until you are 62 your QLE is still when you turned 60. This means you will have to wait until an Open Season, another QLE or "if space available at military facility" to have TRICARE coverage.

c. If you have not enrolled and use your ID card for TRICARE at a civilian facility, because it has a medical "benefits number" on the back, it will still be your responsibility for the bill.

d. Enrollment is on line, call or mail in a form.

Tricare for Life – must be 65 and/or eligible for Medicare – Must be enrolled in Part A and Part B – Tricare becomes secondary - no premium

[https://tricare.mil/CoveredServices/BenefitUpdates/Archives/10\\_01\\_2020\\_Got\\_TRICARE\\_For\\_Life\\_Questions\\_What\\_You\\_Should\\_Know](https://tricare.mil/CoveredServices/BenefitUpdates/Archives/10_01_2020_Got_TRICARE_For_Life_Questions_What_You_Should_Know)

Tricare Reserve Select (TRS) – current serving NG or reserve - has premium

Tricare Retired Reserves (TRR) – Gray Area – prior to age 60 – has premium. Coverage for those under age 60. A premium-based health plan that provides medical coverage for retired National Guard and Reserve members under age 60. For

more information: <https://www.tricare.mil/Plans/HealthPlans/TRR>

Tricare Prime – generally, must live near a Military Treatment Facility (MTF) - has premium

TRICARE and Prescription Options for Retiree's:

Requirements: a. Retired National Guard and Reserve Members (Age 60 or above and receiving retired pay), families, survivors, widows/widowers and certain former spouses.

b. Retired AGR's continue coverage.

c. Up-to-date ID card. Input to the DEERS ID system flows into the TRICARE system.

Options for Prescriptions: TRICARE approved pharmacy, TRICARE mail/home delivery service, or Military Installations such as OFFUTT or Warren AFB, WY.

Pharmacy page: [http://www.tricare.mil/Home/CoveredServices/Pharmacy'](http://www.tricare.mil/Home/CoveredServices/Pharmacy)

Pharmacy locations: <http://www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions>

Mail/Home Delivery: <https://www.express-scripts.com/TRICARE/index.shtml>

Tricare West Region number: 1.844.866.9378 [www.tricare-west.com](http://www.tricare-west.com) [www.tricare.mil](http://www.tricare.mil)

Tricare for Life (TFL) 65 or older: 1-866-773-0404 [www.tricare4u.com](http://www.tricare4u.com)

Any veteran that uses VA Health Care and presents at a civilian Emergency Room needs to ensure the Department of VA is notified within 72 hours. Veterans need to let their family members know about this. Effective 8 June 2020, the Office of Community Care requests that all community hospitals and/or providers notify the VA of a Veteran who self-presents to an emergency department within 72 hours of the start of the episode of care.

**10. Federal Dental and Vision (FEDVIP):** Just retired or have a life event you have eligibility to enroll in FEDVIP outside the annual open season (xx Nov - xx Dec each year).

If you're newly retired from the military and will receive pay, you have 60 days from the date you became eligible to enroll in a FEDVIP dental and/or vision plan. To review or enroll you must first check your eligibility and create a My BENEFEDS account. Then, select "Enroll" in dental or vision coverage from your account dashboard.

<https://www.tricare.benefeds.com/>

<https://www.opm.gov/healthcare-insurance/dental-vision/>

<https://www.opm.gov/healthcare-insurance/dental-vision/plan-information/>

**11. Long Term Care Insurance:** Did you know as a military retiree, even if in the Gray area, you can apply for the Federal Long Term Care Insurance Program.

Click on <https://www.LTCFEDS.com> to find more information about this program or you can call a Consultant at 1-800-582-3337.

**12. Eligibility for Nebraska Veterans Homes.** See attached.

Eligibility for burial in a VA **National Cemetery:** <https://www.va.gov/burials-memorials/?from=explore.va.gov>

**13. Lincoln Veteran's Memorial Garden** website: Includes information about events, programs and brick dedication. <http://lincoln.ne.gov/city/parks/parksfacilities/publicgardens/veterans/index.htm>

**14. Retiree Publications:**

**Soldier for Life.** This site has information that applies to both ARNG and ANG retirees. <https://soldierforlife.army.mil/retirement> Updates the retired community about changes to laws, policies, programs, and benefits. Retired Soldiers and surviving spouses with myPay accounts receive electronically by email.

**Air Force Afterburner:** <https://www.retirees.af.mil/library/afterburner/>

**U.S. Army Retiree Handbook 2020:** Information for all military

retirees: <https://soldierforlife.army.mil/Documents/static/2020%20US%20Army%20Retired%20Soldier%20Handbook.pdf>

**Prairie Soldier:** Posts now on Facebook. <https://www.facebook.com/NebraskaNationalGuard/>

**15. NNG Museum Women's Wall Exhibit:** The "Women Warriors" exhibit rescheduled to open July 4, 2021. Please contact Doug Hartman, 402-892-9634 or [Dughistory@aol.com](mailto:Dughistory@aol.com) if you have pictures or artifacts to donate.

**16. Dates and places of touring banners by Patriotic Productions:**

Flights of Honor: <https://www.patrioticproductions.org/new-events-1>

Remembering our Fallen: <https://www.patrioticproductions.org/schedule>

**17. NE ANG Base has Reveille and Retreat each day.**

Military Customs and Courtesies during "Reveille", "Retreat", "To the Color" and the "National Anthem".

Schedule (Monday – Friday) 0800 Reveille and 1630 Retreat

Schedule for Wing Drills: 0730 Reveille and 1600 Retreat