

September 2018

Retired Military Newsletter

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COLA. The July 2018 CPI is 246.155, 2.7 percent above the FY 2018 COLA baseline.

Legal Assistance is available for retirees at most military installations. For example, the legal office at LAFB can assist in most legal matters.

The LAAFB Legal office is open Monday through Thursday from 8 a.m. to 4 p.m.

To schedule an appointment with a legal assistance attorney, call (310) 653-3084.

Wills and Healthcare Powers of Attorney: Have your Will prepared, review it with an attorney and sign it at a Will signing ceremony -- all in one day! Complete the online Will worksheet, and then call them with your ticket number to schedule an appointment. To access the Legal Will worksheet, visit the Air Force Legal Assistance website <https://www.losangeles.af.mil/Units/>. Worksheets can be found under the "Legal Worksheets" tab of the site. **Air Force Legal Assistance Website.**

Powers of Attorney: They can help you with powers of attorney on a walk-in basis. Visit website and fill in the relevant information under "Legal Worksheets" and "Powers of Attorney." Once you have a ticket number, write down the (case-sensitive) ticket number and bring it with you to the front desk of the legal office.

Notary services are available on a walk-in basis Monday through Thursday from 8 a.m. to 4 p.m. If you need help contact the RAO. (Source: LAAFB Staff Judge Advocate). It is worth calling the installation that you are interested visiting to ensure the legal office will address your concerns.

Go-live. The Department of Veterans Affairs recently marked its go-live date for a policy shift that now allows qualified practitioners to log in to VA's telehealth system and see patients without regard to state rules and regulations. The VA delivers telehealth in clinical settings and in the home. In VA clinics, patients and local caregivers and technicians can connect with remote physicians and specialists, giving patients access to providers across the VA system. Also, the new VA Video Connect application allows in-home users to connect with doctors, mental health specialists, nurses and others to conduct medical visits, follow-up care and psychotherapy. VA

Video Connect is available to Android and desktop users via the [VA's website](#) and to iOS users via Apple app stores.

The new VA Video Connect application connects veterans with their health care team from anywhere using encryption to ensure a secure and private session. The app makes VA health care more convenient and reduces travel times for Veterans, especially those in very rural areas with limited access to VA health care facilities, and it allows quick and easy health care access from any mobile or web-based device.

To access VA video connect on your Apple mobile device, you will need to download the free <https://itunes.apple.com/us/app/va-video-connect/id1224250949?mt=8> from the App Store. (Source: Military.com Week of June 25, 2018)

AAFES Hiring. For the fifth year in a row, the Army & Air Force Exchange Service has made U.S. Veterans Magazine's Best of the Best Top Veteran-Friendly Companies list. The Exchange also recently reaffirmed its commitment to [hire 50,000 veterans and military spouses worldwide by 2020](#). The Exchange gives hiring preference to honorably discharged veterans; disabled veterans; military retirees below the rank of major or its equivalent; and spouses, widows and mothers of deceased and disabled veterans. Veterans, military spouses and others seeking employment with the organization can visit ApplyMyExchange.com to view job openings worldwide. (Source: Military.com 1 Jun 2018 By Jim Absher)

Dental program. Tricare's retiree dental program will shutter Dec. 31. That means you will have more choice over what your plan covers and how much you pay -- but it also means you'll need to navigate a new system and new set of rules.

Will you be affected by the new military retiree dental plan? Here's what you need to know.

1. You must pick a plan during open enrollment this year. Although Tricare in the past allowed users to flit in and out of coverage for any reason, most civilian health care and dental plans don't allow that, including the plans available in the FEDVIP marketplace. That means this year you must select a plan during the annual open enrollment period, which runs Nov. 12 to Dec. 10.
2. Future changes must be paired with a qualifying life event. Other than open enrollment, the only time you'll be permitted to make plan changes is if you have what's known as a "qualifying life event." That could be something like a move, changing jobs or the birth of a baby. You can see the FEDVIP's [qualifying life event list on its website](https://www.tricare.benefeds.com/InfoPortal/containerPage?EventName=faqs&ctoken=>) .
3. If you do nothing, you won't have coverage. Tricare's retiree dental plan really is going away Dec. 31. Your coverage will not automatically roll over into another plan. That means if you don't select one during open enrollment, you won't have coverage -- and you won't be able to select a new plan until open enrollment rolls around again next year or you have one of those qualifying life events discussed above.

4. Retiring before Dec. 31? You have an extra step. If you're retiring before Dec. 31, 2018, and want dental coverage before that date, you'll need to enroll in Tricare's retiree dental plan and select a new plan during open enrollment. Yes, that's pretty annoying.

5. You can compare plans now ... sort of. The FEDVIP marketplace is loaded with dental plan information today. <<https://www.tricare.benefeds.com/InfoPortal/findPlan?ctoken=>> But it might be a good idea to wait to do your serious comparison shopping and planning until later this year. That's because the system's annual enrollment fees and plan changes won't be released until October. Before then, you won't be able to get a totally accurate picture of which plan might be best for you.

6. Look for sneaky plan waiting periods. If anyone in your family is receiving orthodontic care through Tricare's retiree dental plan or you anticipate needing major dental work between Dec. 31 of this year and Dec. 31, 2019, be extra careful to select the right plan. That's because many plans have a waiting period, often as long as a year, before they'll cover orthodontics or other major dental work. Just because you're receiving that care under the current Tricare retiree dental plan does not mean it will automatically be available for you without a wait under every new plan.

(Source: Amy Bushatz can be reached at amy.bushatz@military.com .)

Compensation.

- If a veteran has a service-connected rating of 60% - 90% that causes unemployability, they may be eligible for compensation at 100%.
- If a veteran is hospitalized for 21 days or more, or in convalescent care for one month or more for service-connected disabilities, the veteran will be compensated at 100% during the time period.
- A veteran rated 10% or more for service-connected disability is eligible for training from Vocational Rehabilitation Training program.
- Any veteran rated 10% or more for service-connected disabilities may have the Home Loan fee waived.
- If your service-connected disabilities are disabling to the point you are unable to hold down steady, gainful employment, you may apply for total disability. To apply, visit your VSO or nearest VA office and complete VA Form 21-8940, which is the Veteran's Application for Increased Compensation Based on Unemployability.
- Compensation payments are exempt from claims made by creditors. With certain exceptions, compensation payments are not assign-able and are not subject to attachment, levy or seizure except as to claims of the United States government.

[Source: <http://www.veteranprograms.com/did-you-know3.html> | USVCP | April 30, 2018]

Pain. Thousands of veterans **previously denied disability benefits for pain issues related to military service may now be eligible for assistance.** On 4 APR, the U.S. Court of Appeals for the Federal Circuit overturned a 19-year-old precedent used in more than 11,000 VA claims denials that stated veterans had to have a clear medical diagnosis connected to their pain in order to be eligible for those disability payouts.

The new court ruling erases that precedent, at least for now. Veterans still need to show a clear connection between their pain and their military service to be eligible but would no longer have to have a specific medical reason for the pain to apply for benefits. VA officials can appeal the decision, although it's unclear if they will do so.

Veterans who have previously been rejected for disability benefits — or who have avoided applying in the past because they assumed they would not be eligible — should now reapply to see if the new ruling will allow them to qualify. (Source: [Marine Corps Times | Leo Shane III Apr 16, 2018])

Internet connection. Servicemembers now have more mobile data connection options while overseas with the launch of Europe and Middle East regional data plans for Sapphire International Mobile Hotspot, available exclusively through the Army & Air Force Exchange Service. Sapphire enables smartphones, tablets, laptops to [connect instantly to the Internet in more than 100 countries worldwide](#). They also eliminate the need to buy a new hotspot, SIM card or data plan in each country or location. Sapphire is available at [ShopMyExchange.com](#) and at most Exchange-contracted DHI telecom shops downrange. (Source: Military.com Week of May 28, 2018)

myPay Help. Have you ever tried to create a **myPay** account or update your password in **myPay** and had trouble? In that moment did you wish that someone could be there to help walk you through the process? Did you know that DFAS has nine very helpful step-by-step videos available on YouTube? Well, now you know and if you want to check them out, just click [here](#) and you will be taken to the **myPay** play list on YouTube. There are videos on the most asked for processes on **myPay** and it will be like having your own personal customer care representative that will walk you through the process step by step.



We serve all the men and women of the
Armed Forces of the United States of America

How to contact us

The Retired Activities Office, Naval Weapons Station, Seal Beach, California is located at 800 Seal Beach Blvd in Bldg. 22, Rm 2, Seal Beach, CA 90740-5000. We are here to serve all Armed Forces retirees and are open M-Th 0900 to 1500; Fri 0900 to 1200. You may contact us at (562)-626-7152 or by emailing us at rao-nwssb@navy.mil

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[Retired Activities Website](#)

