

# Pay & Personnel Newsletter

United States Coast Guard Pay & Personnel Center

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## **[Available Now: TRICARE Retiring from the National Guard or Reserve Brochure](#)**

Are you a National Guard or Reserve member who has retired or is about to retire? When you retire from the National Guard or Reserve, your TRICARE coverage changes. Learn how TRICARE options may change for you and your family and what you must do.

Download the new [TRICARE Retiring from the National Guard or Reserve brochure](#).

## **[Enlisted Rating Advancement Training System Update](#)**

[ALCOAST COMDTNOTE 081/20 message](#) promulgates updated advancement policy and procedures related to the Enlisted Ratings Advancement Training System (ERATS) and provides updates to the Occupational Analysis (OA) schedule.

## **[Revised Cutoffs for May 2019 Servicewide Exam \(SWE\) Announced](#)**

[ALCGENL message 117/20](#) provides the cutoff number (ADV sequence) and the name of the member at the cutoff position for the respective rate from the May 2019 SWE Advancement Eligibility List and the 2019 MU Advancement Eligibility List with exception of BM2 which uses the supplemental List.

## **[Revised Cutoffs for November 2019 Servicewide Exam \(SWE\) Announced](#)**

[All Coast Guard Enlisted Message \(ALCGENL\) 118/20](#) provides the cutoff number (ADV sequence) and the name of the member at the cutoff position for the respective rate.

## **[COVID-19 Testing: What TRICARE Covers](#)**

You may have questions about COVID-19 testing. Two kinds of tests are used to determine SARS-CoV-2 (the virus that causes COVID-19) infection: diagnostic (viral) and antibody testing. It's important you know the difference between the tests, how to get

tested, and what TRICARE covers. [Article continued online](#).

## **[November 2020 Servicewide Examination \(SWE\) Announcement Message](#)**

[All Coast Guard Enlisted \(ALCGENL\) message 143/20](#) announces the November 2020 SWE competition for all ratings, except MU, for advancement to pay grades E-5 through E-8. Commanding Officers (CO) must ensure dissemination of this message to all active duty enlisted members in their AOR. Members planning to participate in the SWE need to be aware of these requirements, as well as their responsibility to confirm they are met.

## **[Getting ready for a move? Have travel plans? TRICARE Select® Navigator might be the right tool to help you stay healthy in a new place](#)**

Eligible TRICARE Select enrollees have a new resource that can help them stay healthy—even when they are in a new place. From dealing with an injury while travelling to finding a new doctor when you move, a new program from TRICARE can help eligible TRICARE Select enrollees. [Article continues online](#).

## **[Updated Assignment Priorities \(AP\)](#)**

[ALCGPSC message 079/20](#) announces the updated Assignment Priorities (AP) for active duty enlisted assignments published on the USCG PSC EPM portal site as a result of the triennial Assignment Priority Review.

## **[Hardship Duty Pay-Restriction of Movement and other COVID-19 Pay and Allowances](#)**

[ALCOAST 278/20](#) formally authorizes, as of 03 April 2020, HARDSHIP DUTY PAY-RESTRICTION OF MOVEMENT (HDP-ROM) and other temporary policy changes for several travel allowance, Food Service policy, and certain Special & Incentive (S&I) pays as part of the overall military effort to support our members

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and their families during the COVID-19 pandemic. The Pay and Personnel Center is now processing these claims in accordance with the following guidelines and procedures.

## **[TRICARE Dental Program Enrollees Receive Annual Maximum Increase](#)**

In response to COVID-19, the annual maximum for TRICARE Dental Program (TDP) enrollees was raised. TDP enrollees now have an additional \$300 of coverage for their dental care this contract year. The contract year runs from May 1, 2020 to April 30, 2021. It's the latest of recent TRICARE changes introduced to improve your access to care during the national emergency due to the coronavirus pandemic. [To learn more read the article.](#)

## **[Available Now: PCS Quarantine Guide for TPAX](#)**

This guide covers most of the common scenarios involving quarantine/isolation periods. [Download the PCS Quarantine Guide.](#)

## **[2021 Senior Enlisted Continuation Board TimeLine](#)**

[ALCGENL message 136/20](#) provides a timeline and amplifying guidance for the 2021 SECB. Similar to High Year Tenure (HYT), the title denotes the year in which the non-continued members must retire. For the 2021 SECB, active duty enlisted members in paygrades E-7 to E-9 shall become candidates for SECB when they have greater than or equal to 20 years, but less than 21 years of active military service, and greater than or equal to 25 years, but less than 26 years of active military service, on 31 December 2020.

## **[TRICARE Qualifying Life Event: Marriage](#)**

If you're newly married or marriage is in your immediate future, it's important to learn how getting married impacts your health plan options. Spouses of service members are eligible for TRICARE coverage. Your spouse's

options will depend on your military status and where you live. [To learn more, read the article.](#)

## **[Coast Guard Correspondence Manual Update](#)**

The new Coast Guard Correspondence Manual ([https://media.defense.gov/2020/Jul/14/2002456226/-1/-1/0/CIM\\_5216\\_4D.PDF](https://media.defense.gov/2020/Jul/14/2002456226/-1/-1/0/CIM_5216_4D.PDF)) clarifies existing policies and incorporates new policies including content addressing technological considerations in correspondence such as electronic applications, electronic signature, and related accessibility requirements.

## **[Uniform Regulations Manual Update](#)**

The new Coast Guard Uniform Regulations Manual ([https://media.defense.gov/2020/Jul/09/2002451108/-1/-1/0/CIM\\_1020\\_6K.PDF](https://media.defense.gov/2020/Jul/09/2002451108/-1/-1/0/CIM_1020_6K.PDF)) clarifies existing policies and incorporates new policies in addition to those changes resulting from Uniform Board #48.

## **[What's a TRICARE Qualifying Life Event?](#)**

A Qualifying Life Event (QLE) is a certain change in your life, such as moving, marriage, birth of a child, or retirement from active duty. This means TRICARE health plan options for you and your family may change. Learn how certain life events may change your TRICARE health plan options.

Download the new [TRICARE Qualifying Life Events Fact Sheet](#).

The new fact sheet includes:

- A list of TRICARE QLEs
- What your options may be following a QLE
- Information on automatic enrollment

Download the [TRICARE Qualifying Life Events Fact Sheet](#) and browse our other TRICARE publications at [www.tricare.mil/publications](http://www.tricare.mil/publications).

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## [Alaska Marine Highway System \(AMHS\) Cancelled Sailings and COVID-19 Testing Requirements](#)

The Alaska Department of Transportation has released new operational protocols to protect against the transmission of COVID-19 on vessels. [To learn more, read ALCGPSC 072/20.](#)

## [Access to Military Records During Boards and Panel Season](#)

The PY21 Selection Board season is now underway and the Military Records Section has seen a significant increase in requests for document uploads and copies of member's Electronically Imaged – Personal Data Records (EI-PDRs) or Official Military Personnel File (OMPF). [To learn more, read ALCGPSC 073/20.](#)

## [Packing Up and Moving with TRICARE](#)

Does your family have permanent change of station, or PCS, orders to move to a new location this summer? According to the Department of Defense (DoD) website Move.mil, the DoD moves more families than any other organization in the U.S. Whether you're moving on government orders or on your own, you may have a lot of questions, including what will happen to your health care. [To learn more, read the article.](#)

## [Training: FEDVIP and BENEFEDS updates for military transition advisors](#)

On September 9, 2020, at 2 p.m. (ET), BENEFEDS is offering a live training webinar: **FEDVIP and BENEFEDS Updates for Transition Personnel.** Join us as we review the latest program updates on BENEFEDS, the government-authorized, online portal that military retirees may use to research, enroll in, and manage their coverage under the Federal Employees Dental and Vision Insurance Program (FEDVIP), plus valuable resources that your retiring uniformed service members can use to learn more this open season.

We will introduce the three new FEDVIP insurance carriers, discuss how retiring active duty uniformed service members can now pre-enroll in FEDVIP up to 31 days prior to their retirement date, and provide details about the 2020 Virtual Benefits Fair, where military families can learn more about 2021 FEDVIP plan options and chat with carrier representatives.

There will be a live Q&A after the training. You and your staff can also view the on-demand event at your convenience.

To register for this event, visit:

<https://event.on24.com/wcc/r/2590465/52EA74466E0A30B948DB7B124F841269>

If you have trouble accessing this web page, please copy and paste the above link into your browser or forward this email to your personal (nonmilitary) email address.

**Note: These webinars are designed for benefit professionals' use and are not intended for your uniformed service members or FEDVIP enrollees.**

## [Being Proactive about Life—Suicide Prevention Efforts at the Coast Guard](#)

By Shana Brouder, MyCG Staff

September is National Suicide Prevention Awareness Month—a designated time to discuss the very real threat suicide presents to the Coast Guard and the steps we're taking to ensure the mental health of our members and workforce.

In 2018, the Department of Defense (DoD) established an Annual Suicide Report to serve as an official count of suicides across the Department that occur in a given year. According to the [DoD's inaugural Annual Suicide Report](#), 541 Service members lost their lives due to suicide in 2018. This is an increase over years past and is proportional to the increase in

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suicide rates of the United States population overall.

What's even more startling is that approximately one-half (51.4%) of individuals who committed suicide in 2018 received some sort of care 90 days prior to their death. While this care may not have been suicide-prevention related or behavioral health care, it does highlight the need for everyone to know and be able to identify signs of suicidal ideation in the people we interact with on any given day.

The Coast Guard sees suicide as a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness.

According to the Center for Disease Control (CDC), warning [signs of suicide include](#):

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

In order to prevent such a tragic loss of life, the Coast Guard has a 24/7 toll free hotline, 855-CGSUPRT (247-8778), that is available to all Coast Guard active duty and reserve personnel, appropriated civilian, non-appropriated fund employees, and their families. It also applies to other Uniformed Service members and their families while either serving with or using Coast Guard facilities. If you, or someone you know, is exhibiting suicidal communications or behaviors, do not keep it a secret.

If you notice warning signs in a family member, friend, co-worker, or another person, and don't know how to approach the topic, the Coast Guard has released an [Ask, Care, Escort \(ACE\)](#)

[Card](#) that guides you through a list of questions. These questions can guide the conversation and let you know the most responsible steps to take next.

It is up to us to reduce the stigma of suicide and ensure those around us can and do access help when necessary. No one should lose their life because they were afraid to come forward, or someone around them was afraid to attempt that conversation or get them into trouble. The Coast Guard sees suicide as more than a medical problem – but a challenge to the entire community.

If you know someone in distress, please ask them about their situation and refer them to help. Additional suicide prevention resources available to the Coast Guard workforce can be found below. You can also learn more about the Office of Work-Life's Suicide Prevention Program by visiting their [website](#) or visit CG-SUPRT's [website](#) directly.

Suicide Prevention Resources:

CG-SUPRT Program: 855-CGSUPRT (247-8778)  
Coast Guard Chaplains: (855) 872-4242  
Coast Guard National Command Center: 1-800-DAD-SAFE (323-7233)  
Military Crisis Line (Phone): 1-800-273-8255; Press 1  
Military Crisis Line (Text): 838255  
Military Crisis Line (For Deaf and Hard of Hearing): 1-800-799-4889  
National Hopeline Network: 1-800-SUICIDE (784-2433)  
The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)  
The National Suicide Prevention Lifeline (For Deaf and Hard of Hearing): 1-800-799-4TTY(4889)

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## Direct Access User Guides and Tutorials Updated in July 2020

This is a running list of known issues and procedural highlights for the past month.

- **30 Jul:**
  - [Retaining Beyond Normal Expiration of Enlistment SPO User Guide updated.](#)
- **23 Jul:**
  - [Starting Responsibility Pay SPO User Guide updated.](#)
  - [Stopping Responsibility Pay SPO User Guide updated.](#)
- **17 Jul:**
  - [Entering Member Weigh-In Data Command Self-Service User Guide updated.](#)
- **08 Jul:**
  - [Career Sea Pay SPO User Guide updated](#)
  - [Career Sea Pay Premium SPO User Guide updated](#)
  - [Contract Data – Reenlistment SPO User Guide updated](#)
  - [Contract Data – Extensions & Re-extensions SPO User Guide updated](#)
  - [Beginning an Extension of Enlistment SPO User Guide updated](#)