

Retiree Update 11 December 2014

BASE NEW ORLEANS RETIREE COUNCIL SCHEDULED MEETING

17 DECEMBER (3RD WEDNESDAY)

BASE NEW ORLEANS, 1790 SATURN BLVD, NEW ORLEANS

1030 TO 1130 AND REMAIN FOR LUNCH \$4.55

(SHOULD BE STEAK FOR \$4.65)

Don't have to be a member, everyone is invited...including spouses

Direct Access (DA)/Global Pay Outage 18 December to 05 January

The **Global Pay system** including self service will be **unavailable** from 18 December 2014 to 5 January 2015 due to technical upgrades and the addition of military pay. With the system going down, our processing time in December has been shortened. If you are contacting us to change your banking information, please be sure to do so by 10 December. Changes to banking information after that date will not be processed until January 2015. See more at:

<http://www.uscg.mil/ppc/da/globalpaypreview>

The Department of Veterans Affairs (VA), under authority from the Veterans Access, Choice, and Accountability Act of 2014 ('VACAA'), today announced expanded eligibility for Veterans in need of **mental health care due to sexual assault or sexual harassment** that occurred during their military service. This trauma is commonly known as military sexual trauma (MST).

<http://www.va.gov/opa/pressrel/PressArtInternet.cfm?id=2663>>

FEMA to create a unique and exciting opportunity for retirees called the U.S. **Coast Guard Retiree to FEMA Reservist Initiative**. If you are semi-retired or fully retired and have a flexible schedule this part time opportunity may be for you. Check out the brochure attachment. FEMA has modified their website to include a section dedicated to the recruitment of CG retirees for this exciting program. The section includes CG retiree specific content, information on the application process, forms, and resumes. To learn more about the Reservist-Coast Guard Retiree Initiative, visit:

<https://fema.gov/information-employees/us-coast-guard-retiree-fema-reservist-initiative>

Sticker Shock! For the first time in 47 years, my vehicles don't have a Coast Guard sticker on them. Starting early in 2014 no more stickers were issued and effective **1 November 2014 all DOD and CG decals were to be removed** from windshields and bumpers. In November we also were getting warnings of terrorist factions targeting active and retired military in the United States from intelligence agencies. It's not only regulation but a pretty sound idea to scratch your decals off now.

I learned something new, and it is hard to teach an old dog new tricks. Check out your retiree ID card. On the front it says “Expiration Date: INDEF.” To me, that is pretty clear. But flip it over to the back. There is another expiration block and mine says expires 30 June 2015. It seems that **when you hit 65**, which I do in July of 2015, **the retiree has to get a new ID card** as they go into Tricare for Life and Medicare. The new ID card for the retiree then becomes INDEF in both blocks and **dependents have to get new ID cards through age 75**, at point theirs will become INDEF as well.

The New Orleans Retiree Help Desks gets requests to **update information** for members and there is very little we can actually do for the retiree. These changes need to be done through the PPC website and they have made it easy to:

- View, print or save your Pay Slip and IRS Form 1099R.
- Start, stop or change allotments.
- Change your mailing address, e-mail address and phone number.
- Make changes to your direct deposit information.
- Update your federal and/or state income tax withholding.
- Elect to discontinue receiving Pay Slips

They can do all of this and more at:

<http://www.uscg.mil/ppc/ras/gp/default.asp>

More than 64,000 eligible Veterans and Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) beneficiaries have taken advantage of the discounted dental insurance plans offered through the **VA Dental Insurance Program (VADIP)**. The program is a partnership between VA, Delta Dental and MetLife. VADIP, which launched Nov. 15, 2013, is a three-year pilot program designed for Veterans with no dental coverage and those eligible for VA dental care who would like to purchase additional coverage. Participation does not affect individuals’ entitlement to VA dental services and treatment. There are no eligibility limitations based on service-connected disability rating or enrollment priority assignment. People interested in participating can complete an application online through either Delta Dental or MetLife. Coverage is available throughout the United States and its territories. The program provides another example of VA creating partnerships with the private sector for high-quality care. - Dental services under the new program vary by plan and include diagnostic, preventive, surgical, emergency and endodontic/restorative treatment. **Enrollment in VADIP is voluntary.** Participants are responsible for all premiums, which range from \$11.67 to \$63.48 per month for individual plans. Copayments and other charges may apply. A recent survey of VADIP participants reflect overall satisfaction with the program is 80 percent; 93 percent would recommend the program and 94 percent plan to renew their coverage. For more information on VADIP call Delta Dental at 1-855-370-3303 or MetLife at 1-888-310-1681 or see more at: <http://www.va.gov/HEALTH/NewsFeatures/2014/November/Thousands-Sign-Up-for-Dental-Insurance.asp>

www.va.gov/healthbenefits/vadip

A Coast Guard video shows a **stunning rescue** that happened Saturday when an ill woman was lifted from a cruise ship onto a helicopter. The crew safely hoisted a 48-year-old woman from the ship's deck and flew her to safety and medical attention ashore. The Coast Guard says the woman was suffering from kidney issues aboard the cruise ship Carnival Dream 23 miles south of Southwest Pass on the Mississippi River. At the time the video was taken, the woman was unconscious with a high blood sugar level.

abc13.com/news/stunning-video-shows-coast-guard-medical-rescue/425934

(I could not open this on the workstation, hope it works for the rest of you)

This has been an extraordinary year of progress for TRICARE and the Military Health System.

Look back over this year's tips and make plans for a **healthier 2015** by reviewing:

www.tricare.mil/~media/Files/TRICARE/HealthyLivingPPT/HL_December_2014_Year_in_Review.pdf

Time to fill during the holidays? Visit "An Unofficial Coast Guard Library and More!" at

<http://www.jacksjoint.com/>

7 Ways to **handle stress** during the holidays

www.va.gov/HEALTH/NewsFeatures/2014/December/Seven-Ways-to-Manage-Stress-during-the-Holidays.asp

VA maintains a list of U.S. Navy and Coast Guard ships associated with military service in Vietnam and possible **exposure to Agent Orange** based on military records. This evolving list helps Veterans who served aboard ships, including "Blue Water Veterans," find out if they may qualify for presumption of herbicide exposure. Veterans must meet VA's criteria for service in Vietnam, which includes aboard boats on the inland waterways or brief visits ashore, to be presumed to have been exposed to herbicides. Veterans who qualify for presumption of herbicide exposure are not required to show they were exposed to Agent Orange or other herbicides when seeking VA compensation for diseases related to Agent Orange exposure. - See more at:

<http://www.publichealth.va.gov/exposures/agentorange/shiplist/index.asp>

Going to be in New Orleans? The Marine Band New Orleans presents its' annual **free**

Christmas Concert at 6:00pm

on Friday, December 12th, 2014 at the St. Louis Cathedral in Jackson Square.

Almost all TRICARE plan options meet **Affordable Care Act (ACA) requirements** for minimum essential coverage (MEC). However, people who are losing TRICARE eligibility, or transitioning to a new type of TRICARE coverage, need to know their options so they avoid any penalties for not having minimum essential health coverage under the ACA. The ACA's MEC requirement means most Americans need to have basic health care coverage, or they will have to pay a penalty fee. If you are eligible for premium-free TRICARE Standard, you meet the ACA's MEC requirement. This includes active duty service members and their families, military retirees and their families, and others. People who qualify for TRICARE For Life and purchase Medicare Part B also meet MEC requirements.

