

From: [D13-SMB-BaseSeattle-WorkLife](#)
Bcc: [D13-DG-ALL-JACKSON-FED-BLDG](#); [D13-DG-CGCAActive-All Users](#); [D13-DG-CGCHEALY-Users](#); [D13-DG-CGCAlert-Users](#); [D13-DG-CGCSteadfast-AllUsers](#); [D13-DG-DISTSeattleAllMilitary](#); [D13-SG-A-CGCFIR-Users](#); [D13-SG-ANTAstoriaAllMilitary](#); [D13-SG-ANTCoosBayAllUsers](#); [D13-SG-ANTKenAllMilitary](#); [D13-SG-BaseSea-MilitaryPersonnel](#); [D13-SG-CGCAdelleAllUsers](#); [D13-SG-CGCALERT-Users](#); [D13-SG-CGCBluebellAllUsers](#); [D13-SG-CGCCuttyhunkAllUsers](#); [D13-SG-CGCHenryBlakeAllUsers](#); [D13-SG-CGCMidgettOfficers](#); [D13-SG-CGCMidgettEnlisted](#); [D13-SG-CGCOSpreyAllUsers](#); [D13-SG-CGCSeaDevil-AllUsers](#); [D13-SG-CGCSeaFoxAllUsers](#); [D13-SG-CGCSeaLionAllUsers](#); [D13-SG-CGCswordfishAllUsers](#); [D13-SG-CGCTerrapinAllUsers](#); [D13-SG-CGCWahooAllUsers](#); [D13-SG-M-AirStaSFOPortAngelesAllMilitary](#); [D13-SG-M-CGCMellonAllUser](#); [D13-SG-M-CGCPolarStar-AllUsers](#); [D13-SG-M-MFPU-AllMilitary](#); [D13-SG-M-MSUPortland All Military](#); [D13-SG-M-PSU313-AllUsers](#); [D13-SG-M-RecruitingOfficeVancouverAllUsers](#); [D13-SG-M-SecColRvrAllMilitary](#); [D13-SG-MSST91101AllUsers](#); [D13-SG-NESUSeattleAllMilitary](#); [D13-SG-NMLBSAllMilitary](#); [D13-SG-SectorPugetSoundMilitary](#); [D13-SG-STAGraysHarborAllMilitary](#); [D13-SG-STANeahBayAllMilitary](#); [D13-SG-STAPortAngelesAllMilitary](#); [D13-SG-StaPortlandUsers](#); [D13-SG-STAquillayuteRiverAllUsers](#); [D13-SG-STASeattleAllEnlisted](#); [D13-SG-STASeattleAllOfficers](#); [D13-SG-STATillamookBayAllMilitary](#); [D13-SG-SectorPugetSoundMilitary](#); [D13-SG-CGCBlueSharkAllUsers](#); [D13-SG-StaChetcoRiverAllUsers](#); [D13-SG-StaCoosBayAllUsers](#); [D13-SG-StaDepoeBayAllUsers](#); [D13-SG-StaSiuslawRiverAllUsers](#); [D13-SG-StaUmpquaRiverAllUsers](#); [D13-SG-StaYaquinaBayAllUsers](#); [D13-SG-M-MSUPortland All Military](#); [Tessier, Jason D BOSN2](#); [D13-SG-StaBellinghamUsers](#); [D13-SG-StaCapeDisappointment](#); [Devore, Todd A MED4](#)
Subject: January Health Safety and Work-Life News Bullets
Date: Thursday, January 18, 2018 9:58:00 AM

Please switch to HTML-

Good morning,

The Base Seattle Work Life team is initiating monthly "News Bullets" to everyone in D13. See a topic and click on the link or contact the POC to learn more!

- Do you know what to do if someone tells you they've been sexually assaulted?

<http://www.sapr.mil/index.php/need-assistance-help-for-my-friend>

[https://cg.portal.uscg.mil/units/dol/dol-](https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Sexual%20Assault%20Prevention%20and%20Response.aspx)

[3/BS/H/SitePages/Sexual%20Assault%20Prevention%20and%20Response.aspx](https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Sexual%20Assault%20Prevention%20and%20Response.aspx) For more information, contact Ms. Jennifer Parrish (206) 217-6675

- Blended Retirement System (BRS): Answering the "How Do I Opt-In?" Question

<http://allhands.coastguard.dodlive.mil/2017/12/07/blended-retirement-system-brs-answering-the-how-do-i-opt-inquestion/> For more information, contact

Ms. Angela LeMaster (206) 217-6615

- Now that the TRICARE Freeze is over, what do you need to do?

www.tricare-west.com to see your Explanation of Benefits (EOBs), authorizations, pay fees and see special notifications.

<https://www.dmdc.osd.mil/milconnect> to check medical and dental enrollment

- Free Money for Child Care in D13: How you can get it.

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/CDSS.aspx> For more information, contact Ms. Kelly Smitherman (503) 861-6242

- February 2018 - Introductory Critical Incident Stress Management

This 3-day peer support course offered in Seattle -Feb 6-8 certifies attendees to be on the Coast Guard CISM team. For more information, contact Ms. Kristin Cox (206) 217-6607

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

Questions?? Check out the NEW Work Life Web site

<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

V/r,
Your Work-Life Staff
(206)217-6640

Work Life Web Site:
<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

Base Seattle Web Site:
<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Home.aspx>