

From: D13-SMB-BaseSeattle-WorkLife
To: D13-DG-ALL-JACKSON-FED-BLDG; D13-DG-CGCActive-AllUsers; D13-DG-CGCHEALY-Users; D13-DG-CGCALER-Users; D13-DG-CGCSteafast-AllUsers; D13-DG-DISTSeattleAllMilitary; D13-SG-A-CGCFIR-Users; D13-SG-ANTAstoriaAllMilitary; D13-SG-ANTCoesBayAllUsers; D13-SG-ANTKenAllMilitary; D13-SG-BaseSea-MilitaryPersonnel; D13-SG-CGCAdelleAllUsers; D13-SG-CGCALERT-Users; D13-SG-CGBluebellAllUsers; D13-SG-CGCUtubunkAllUsers; D13-SG-CGCHenryBlakeAllUsers; D13-SG-CGCMidgettOfficers; D13-SG-CGCMidgettEnlisted; D13-SG-CGCOspreyAllUsers; D13-SG-CGCSeaDevilAllUsers; D13-SG-CGCSeaFoxAllUsers; D13-SG-CGCSeaLionAllUsers; D13-SG-CGCSeaTigerAllUsers; D13-SG-CGCSeaWarriorAllUsers; D13-SG-CGCTerrapinAllUsers; D13-SG-CGCWahooAllUsers; D13-SG-M-AirStaFOPortAngelesAllMilitary; D13-SG-M-CGCNellonAllUser; D13-SG-M-CGCNellonStar-AllUsers; D13-SG-M-MFPLAllMilitary; 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-NMLBSAAllMilitary; D13-SG-SectorPugetSoundMilitary; D13-SG-STAGraysHarborAllMilitary; D13-SG-STANeahBayAllMilitary; D13-SG-STAPortAngelesAllMilitary; D13-SG-StaPortlandUsers; D13-SG-STACullayuteRiverAllUsers; D13-SG-STASeattleAllEnlisted; D13-SG-STASeattleAllOfficers; D13-SG-STATillamookBayAllMilitary; D13-SG-SectorPugetSoundMilitary; D13-SG-CGCBlueSharkAllUsers; D13-SG-StaChicoRiverAllUsers; D13-SG-StaCoesBayAllUsers; D13-SG-StaDuPontBayAllUsers; D13-SG-StaSuslawRiverAllUsers; D13-SG-StaUmpquaRiverAllUsers; D13-SG-StaYaquinaBayAllUsers; D13-SG-M-MSUPortland_All_Military; Tessler, Jason.D.BSN2; D13-SG-StaBallinghamUsers; D13-SG-StaCapeDisappointment

Subject: March Health Safety and Work-Life News Bullets
Date: Friday, March 2, 2018 5:57:36 AM

Please switch to HTML:

Good morning,

Welcome to the March edition of the Base Seattle Work-Life Monthly "News Bullets". See a topic and click on the link or contact the POC to learn more!

Do you need help with TRICARE? Eligibility, enrollment, referrals/authorizations and/or claims processing? To contact the HSWL SC Beneficiary Counseling and Assistance Coordinator call 1-800-9HBA-HBA (1-800-942-2422)

https://cg.portal.uscg.mil/units/hswlsc/medical_administration/SitePages/Health%20Customer%20Support.aspx

Do you know what to do if you suspect (or see) child abuse? If you see it, call 911. If you are not sure, call the National Child Abuse Hotline; 1-800-4-A-CHILD. Providing the Who, What, When and Where can help advocate for the victim. For more information contact Mr. Troy Olson at (206) 217-6612 or <https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Family%20Advocacy.aspx>

Have you done your taxes yet? File them for FREE through the CG SUPRT website! Go to www.cgsuprt.com, select "My CG SUPRT Site" and enter the password "USCG." Select "Financial" then select "Tax Filing" click the link provided to create a "Secure Tax Filing Account" on the H&R Block web page. Note: You **must** go through the CG SUPRT website in order for your online tax filing to be free.

Did you make a Healthy New Year's Resolution? Get an accurate metabolic rating, biometric screening and more to help attain your personal goals!
<http://www.mamc.amedd.army.mil/services/armed-forces-wellness-center/default.aspx>

Is your spouse looking for work? Do you live in Coast Guard Housing? For more information, contact Ms. Kelly Smitherman (503)861-6242
<http://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Child-Care/Family-Child-Care-FCC/>

Have you seen the NEW Work Life web site? Check it out and share your feedback at BaseSeattle-WorkLife@uscg.mil
<https://cg.portal.uscg.mil/units/dol/dol-3/BS/H/SitePages/Work%20Life%20Home%20Page.aspx>

V/r
Your Work Life Staff

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>