



4th Marine Corps District Family Readiness

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Readiness Matters

Key Points

- TRICARE for Families [Marines(-)]
- Unit, Personal & Family Readiness Program
- New Joins & What's needed

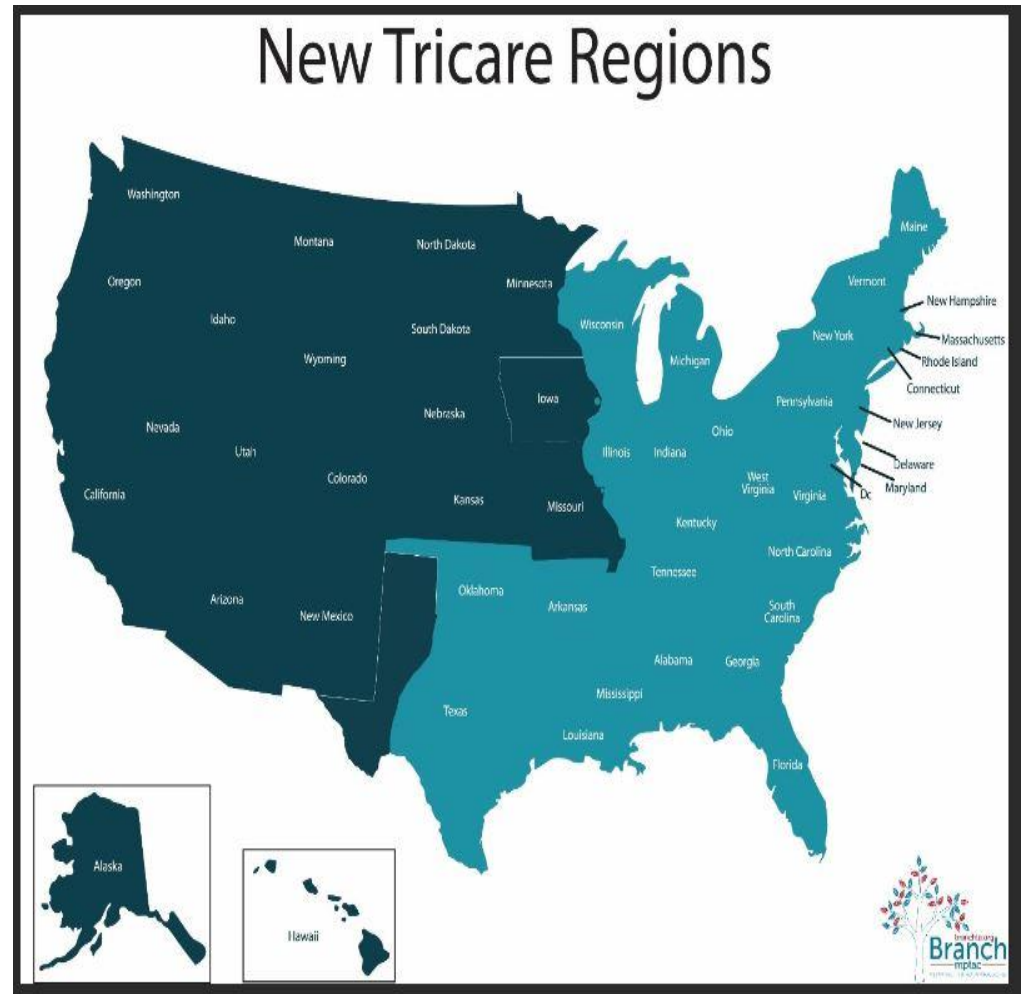


New

- Two Regions [East & West]
- Two plans
PRIME/Remote & SELECT
- Open Enrollment Season
(second week in Nov –
second week in Dec)
- Qualifying Life Event
- Humana – mobile app

www.HumanaMilitary.com

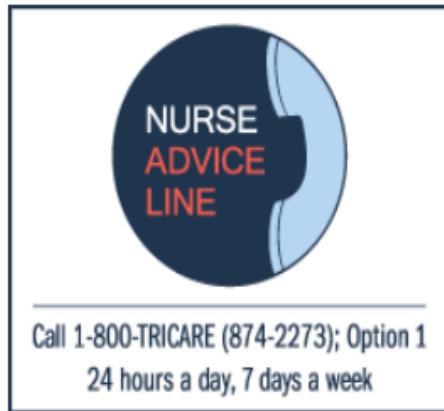
www.Tricare.mil



TRICARE

Urgent Care

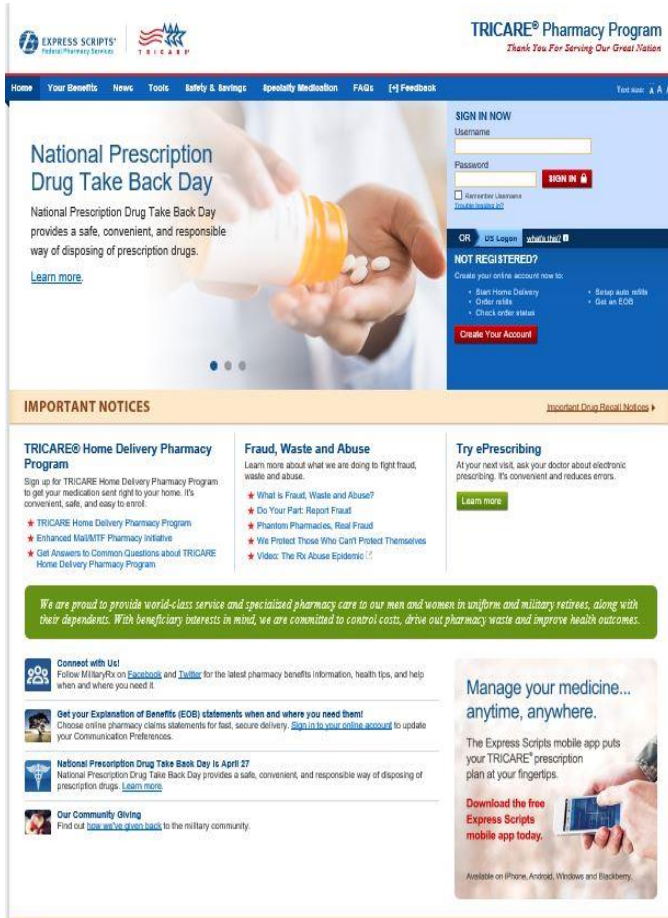
- Unlimited Visits per Fiscal Year
- TP/TPR - Active Duty, Family Members
- Notify & follow-up with PCM within 24 hours of Care
- Call NAL: possible referred to Urgent Care, ER or to PCM



Nurse Advice Line (NAL)

- 800.TRICARE (800.874.2273) Opt 1
- Answer urgent care questions / Help find Doc / Transit
- Provide health care advice

TRICARE

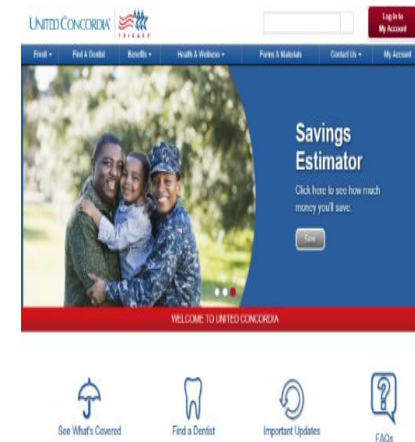


- Express Scripts – App / Home Delivery
 - Mobile App available
- Newly Married or New Born
 - Enrollment Two Step Process (DEERS/possible TC)
 - Do within 90 Days
- Moving Made Easy Program
 - Don't dis-enroll
 - You're covered with current plan
 - Update DEERS address upon arrival thru MilConnent
 - You have 90 days to change plans

TRICARE

Dental Program

- **Active Duty – United Concordia** www.addp-ucci.com 866.984.2337
 - **Marines near military installation** – you must go there
 - **Marines remotely assigned**
 - Coordinate routine care with **Appointment Control Number**
 - You can obtain ACN via online Request Form or call them
 - ACN in-hand, schedule appointment w/United Concordia network Dentist
 - Online United Concordia's [Find a Dentist](#)
- **Family Members**
 - Go to any United Concordia Network Civilian Provider
 - www.tricare.mil/tdp or www.uccitdp.com 844.653.4061
 - Cost Shares rank dependent



Vision

- **Federal Employees Dental and Vision Insurance Program (FEDVIP)**
 - BENEFEDS
 - Family members only
 - <https://www.benefeds.com/programs>
 - Must be enrolled in a TRICARE health plan.
 - Plans vary in coverage and cost.
 - May include routine eye exams, eyeglasses, and contact lenses.
 - Dependent children are covered until age 21 (non-students) or 23 (full-time students)
 - Only good for Vision plans NOT dental or dental/Vision combinations



Unit, Personal & Family Readiness Program

Child Care – Child Care Aware

<https://usa.childcareaware.org/fee-assistancerespite/military-families/marines/>

- Provides up to \$250/month from OSD
- Spouse works full time or full time college student

EFMP

www.mccs-sc.org/mil-fam/emfp

- Case Worker, MCCS Parris Island
- Update every three years



Unit, Personal & Family Readiness Program

YMCA/Local Gym memberships

- Request from RS Admin / family can join free

Information Assistance:

- Military One Source - Relocation www.militaryonesource.mil
- 211 local area information www.211.org



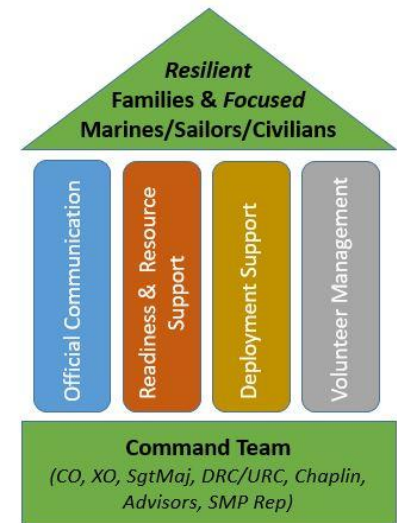
Unit, Personal & Family Readiness Program

URC's Welcome

- Will contact spouse within 60 days of joining
- Provide welcome aboard Information

Family Readiness Training/Events

- Receive Training & personal development
- Learn more about recruiting & communications
- Spouses become an integral part of the RS providing needed communications & being mentors to new spouses



Unit, Personal & Family Readiness Program

Spouse Good To Know Info:



- *Facebook:*

Search 4th Marine Corps District Spouses and Families

– <https://www.facebook.com/groups/66277703960/>

Please ensure you answer the question when requesting to join!

- *PAR Training:* **Spouses are highly encouraged to attend**
 - Spouse learns what your job entails
 - Hear Command's recruiting intent & expectations
 - Receive information concerning family readiness

Unit, Personal & Family Readiness Program

Spouse Good To Know Info *(cont)*

- **District Spouse Orientation Course (DSOC)**
 - Date and location information is in Welcome Email and on Facebook
 - District HQ Funds Spouse attendance
 - Spouses discover “what it means to be on recruiting duty” & more!



New Joins



New Join & What's Needed

- Change DEERS Address via MilConnect
- Change TRICARE - PCM or Region / Remote or Not?
 - Marine can change self & family
 - Spouse can only change self & children **NOT** Marine (HIPPA)
- Marines Check-In - Admin & Uniform Readiness Coordinator (URC)
- Update MOL Family Care Plan & Family Readiness Module
- PAR training – Encourage your spouse to attend!

[Home](#)
[Q & A](#)

milConnect is a web application provided by the DMDC that offers sponsors, spouses, and their children (18 years and older) access to their personal information, health care eligibility, personnel records, and other information from a centralized location. In most cases sponsors can see benefit information for their dependents, such as eCorrespondence, and health care and dental program enrollments.

Breaking News:

If you received an email or postcard directing you to milConnect, retrieve your correspondence, please visit Sign In

To retrieve enrollment cards and letters: Select the Read Correspondence option of the eCorrespondence menu tab. The correspondence displayed on the eCorrespondence page will be related to the person signed into milConnect. Sponsors can locate correspondence for family members by clicking on each individual's name from the list of family members. Enrollment cards can be located on the second page of each enrollment letter.

To view PCM information: Select the Medical/Dental/Pharmacy option of the Health Care menu tab. The data displayed on the Medical tab will be related to the person signed into milConnect. Sponsors can locate details for family members by clicking on each individual's name from the list of family members.

Some additional notes about accessing correspondence: 1) Under most circumstances, a sponsor can view correspondence and PCM information for himself/herself and for family members of any age. 2) Dependents age 18 and older can Sign In to milConnect with their own DS Logon and view their own correspondence. 3) A surviving spouse can view correspondence and PCM information for their minor children.

If you have received an email or postcard regarding "Medicare and TRICARE" or "Dependent Eligibility Changes based on Age," please access one of the following links for benefits and contact information. This information can also be found within the milConnect Q&A section or at <http://www.tricare.mil>:

- Medicare Under Age 65
- Medicare At or Over Age 65
- TRICARE Young Adult (age 21/23 age out)

The Pension Protection Act of 2001

The IRS will collect fees from most individuals who do not maintain minimum essential coverage. The TRICARE program is considered minimum essential coverage. For more information, visit <http://www.tricare.mil/ACA>.

TRICARE must be able to verify your coverage status based on what is listed in the Defense Enrollment Eligibility Reporting System (DEERS). Your Social Security number (SSN) and the SSN for each of your covered family members must be included in DEERS for your TRICARE coverage to be reflected accurately. You must keep your DEERS information up to date—including adding family members after marriage, birth, or adoption—in order for TRICARE to verify that all of your family members maintained minimum essential coverage.

You may update family member information to your DEERS record at the nearest military ID card issuing facility. Please contact the facility to determine what documentation you will need to take with you, such as Social Security Card, Birth Certificate, Marriage Certificate, Divorce Decree, etc. To locate the nearest military ID card facility, please visit the RAPIDS site locator Web site.

Life Events that Impact Your Benefits	Military Transitions	Education Benefits	DEERS	ID Cards
<ul style="list-style-type: none"> • Medicare • Marriage • Children • Divorce • Death of a Family Member 	<ul style="list-style-type: none"> • Deployment • Active Duty to Transitional Assistance • Active Duty to Guard / Reserve • Active Duty to Retirement • Reserve Retiree Recalled to Active Duty 	<ul style="list-style-type: none"> • Transferring Your Education Benefits • Submitting a Transfer Request 	<ul style="list-style-type: none"> • General Information • Updating/Correcting DEERS Data • DEERS and TRICARE Eligibility • Veterans 	<ul style="list-style-type: none"> • General Information

2nd Way To Change Info
Call 800.538.9552
Defense Manpower Data
Center Support Office

Sign In

If you have a Common Access Card (CAC) DoD Self-Service (DS) Logon, click the

Sign Up

Sponsors can create a DS Logon by clicking here. Have your CAC or DFAS Account ready.

Quick Links

- [Transfer Education Benefits \(TEB\)](#)
- [Update Address](#)
- [Update Global Address List \(GAL\)](#)

☐ Confidential help for Service members and their families

☐ Confidential victim assistance

« 1 2 3 4 5 6 7 8 9 10 11 12 »

AAFP
 Accessibility/Section 508
 Air Force
 Air Force National Guard
 Army
 Army National Guard

Beneficiary Web Enrollment (BWE)
 Coast Guard
 Department of Defense
 Department of Reserve Affairs
 Department of Veterans Affairs
 DFAS/myPay

DMDC
 FVAP.gov
 Marines
 Military One Source
 Navy
 No Fear Act Notice

NOAA
 Public Health Service
 Social Security Administration
 TRICARE for Guard and Reserve (TRS)
 TRICARE Online
 TRICARE.mil

TRICARE.mil/ACA
 USA.gov
 VA Forms
 Warrant Officer Net (Join)
 Warrant Officer Net (Member)
 Wounded Warrior



Account Access Information

- Last Successful Logon was at Thu Sep 23 14:09:37 CDT 2010
- Last Unsuccessful Logon was at Thu Jul 15 11:38:32 CDT 2010

Information Last Updated: 23 Sep 2010

You have 17 new messages.

Notifications for CAPT SAMUEL A. BENEFIEL

Collapse List

Read	Date and Time	System	Subject
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- A Marine can update their contact data via the Personal Info Tab.



The following links provide the capability to **view**, but not to **update**, Personal Information.

Personal Reports:

- [Aviation Career Incentive Pay \(ACIP\)](#)
- [Awards](#)
- [Basic Individual Record \(BIR\)](#)
- [Basic Training Record \(BTR\)](#)
- [Career Status Bonus \(CSB\)](#)
- [Chronological Record](#)
- [Education](#)
- [Individual Medical Record](#)
- [Operational Cultural Information](#)
- [Pay and Leave Summary](#)
- [PersTempo](#)
- [Personal Statement of Military Compensation \(PSMC\)](#)
- [Record of Emergency Data \(RED\)](#)
- [Rank/MOS](#)
- [Thrift Savings Plan \(TSP\)](#)

The following links provide the capability to **update**, as well as **view**, Personal Information. Not all information can be updated online.

Personal Updates:

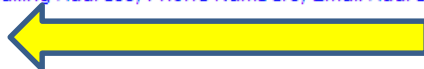
- [Contact Information \(Mailing Address, Phone Numbers, Email Address\)](#)
- [Duty Preference Code](#)
- [Family Readiness](#)
- [Foreign Travel](#)
- [Gas Mask and Helmet](#)
- [Planned Location Information](#)
- [Race/Ethnic](#)
- [Religion](#)
- [Self-professed Language Skills](#)

RED Updates:

- [Update Record of Emergency Data](#)

Update History:

- [Current Requests](#)
- [Previous Requests](#)



- Select the Family Readiness link to view/update contacts.



[Send Notification »](#)

[Member Search »](#)

View Contact Information

Personal Information

FIRST NAME: TEST
MIDDLE INITIAL: T
LAST NAME: TEST
RELATIONSHIP: Spouse

Contact Information

WORK EMAIL ADDRESS: christopher.blais@usmc.mil
HOME EMAIL ADDRESS:
ALTERNATE EMAIL ADDRESS:
PHONE NUMBER 1: 8085897914
PHONE NUMBER 2:

Address

ADDRESS 1: 2434 TEST ST
ADDRESS 2:
CITY: YUMA
STATE: ARIZONA
COUNTRY:
ZIPCODE: 85365

Notifications

DISABLE NOTIFICATIONS: ☐

[Back To Contacts](#)

- [This is what the Family Readiness Contact information looks like.](#)

So now what?

What you can expect from us

1. You and your Contact #1 from the NAVMC will receive an email from the DRC early next week with a Welcome guide attached.
2. Your information will be shared with the URC for your RS.
3. A member of the RS Personal and Family Readiness Group will reach out to you and/or your Contact #1 to assist with the transition to Recruiting Duty.
4. You and your Authorized contacts will receive communication from District periodically, and from your RS at least once a month.

What we need from you

1. Give us accurate information so that we can reach out and assist—make it readable.
2. Share this information with your family so they know to look for our contact.
3. Ask questions! We cannot fix everything, but we can help with nothing that we don't know about!
4. Encourage your family to do the same.

Who's Your RS URC Contact?

RS Cleveland	GySgt Derel Carpenter	330-310-4844
RS Columbus	SSgt Cristina Young	304-550-6950
RS Frederick	GySgt James Blake	301-688-2025
RS Lansing	GySgt Jeremy Gilkerson	517-351-5515
RS Louisville	GySgt David Metzner	304-523-1717
RS Nashville	MSgt Adam Kenner	843-441-3006
RS Raleigh	GySgt Emmanuel Soto	980-439-2637
RS Richmond	GySgt Christopher Bangert	804-272-0442

Social Media Connections

All of our Facebook groups are Private, your family member must request access and be approved prior to seeing any information. This is to protect you. Please remind them to answer questions (if applicable) when requesting to join. Search by exact name below.

- RS Cleveland Families
- RS Columbus Families, USMC
- RS Frederick Families
- Recruiting Station Lansing Spouses
- Marine RS Louisville Families
- RS Nashville Spouses and Families
- Marine RS Raleigh Families
- RS Richmond Spouses

4th Marine Corps District Spouses and Families

For all spouses and family members within the District—NO MARINES

Questions?

Billets

CO - Commanding Officer
XO - Executive Officer
SgtMaj - Sergeant Major
OPSO - Operation's Officer
OSO - Officer Selection Officer
OSA - Officer Selection Assistant
RI - Recruiting Instructor
ARI - Assistant Recruiting Instructor
DRC - District Readiness Coordinator
FRA - Family Readiness Assistants
URC - Uniform Readiness Coordinator

Units/Locations

ERR - Eastern Recruiting Region, MCRD Parris Island SC
MCRC - Marine Corps Recruiting Command
MCRD - Marine Corps Recruit Depot
MCD - Marine Corps District
RS - Recruiting Station
RSS - Recruiting Sub-Station
PCS - Permanent Contact Station
PSR - Prior Service Recruiting

Programs

EFMP - Exceptional Family Member Program
FCP - Family Care Plan
UPFRP - Unit & Personal Family Readiness Program

Recruiting Acronyms

AC - Area Canvassing
AHT - All Hands Training
ARI - Assistant Recruiting Instructor
DEP - Delayed Entry Program
IST - Initial Strength Test
MEPS - Military Entrance Processing Station
SDA Pay - Special Duty Assignment Pay
SRI - Systematic Recruiting Inspection
TC - Telephone Calls

Recruiting Terminology

On Deck - Poolee at MEPS awaiting approval to ship
Mission - Number of new contracts (enlistments) to be written monthly
& Number of Enlistees to be shipped monthly
Poolee - Enlistee in the Delayed Entry Program (DEP)
Poolee Validation - conducting IST
Recruit - Enlistee reported to MCRD Parris Island
Shipping - Enlistee awaiting transport to boot camp
"A" Billet - Support Marine
"B" Billet - Marines serving as recruiters
PCA Orders - Permanent Change of Assignment Orders
PCS Orders - Permanent Change of Station Orders



Recruiting Terminology & Acronyms