

# New Normal To Do List

Legal Considerations			
	<b>Wills</b>		<b>DEERS</b>
	<b>Powers of Attorney</b>		<b>ID Cards</b>
	<b>Family Care Plan</b>		
Military One Source <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> Coast Guard Support: <a href="http://www.CGSUPRT.com">www.CGSUPRT.com</a> DEERS/ID Cards: <a href="http://www.cac.mil/uniformed-services-id-card/">www.cac.mil/uniformed-services-id-card/</a>			

Medical and Dental Considerations			
	<b>PDHRA</b>		<b>Employer Health Plan</b>
	<b>TAMP (180 days) – Enroll if required</b>		<b>Choose Health Care option after TAMP</b>
	<b>LOD/NOE</b>		<b>TRICARE Dental (TDP)</b>
	<b>Contact Transition Assistance Advisor (TAA)</b>		<b>Apply for VA Health Benefits</b>
PDHRA Sample form: <a href="http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2900.pdf">http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2900.pdf</a> TRICARE: <a href="http://tricare.mil/LifeEvents/Deactivating.aspx">http://tricare.mil/LifeEvents/Deactivating.aspx</a> TAMP: <a href="http://tricare.mil/Welcome/SpecialPrograms/TAMP.aspx">http://tricare.mil/Welcome/SpecialPrograms/TAMP.aspx</a> LOD/NOE: <a href="http://tricare.mil/Welcome/SpecialPrograms/LODCare.aspx">http://tricare.mil/Welcome/SpecialPrograms/LODCare.aspx</a> USERRA info: <a href="http://www.esgr.mil/USERRA/What-is-USERRA.aspx">http://www.esgr.mil/USERRA/What-is-USERRA.aspx</a> ; <a href="http://www.esgr.org/employers2/thelaw.asp">http://www.esgr.org/employers2/thelaw.asp</a> TRICARE DENTAL : <a href="http://tricare.mil/Dental/NGRDental.aspx">http://tricare.mil/Dental/NGRDental.aspx</a> VA health benefits : <a href="http://www.va.gov/healthbenefits/apply/">http://www.va.gov/healthbenefits/apply/</a> State TAA contacts: <a href="http://www.taapmo.com/Docs/about/April%20TAA%20Maze%20Roster.pdf">http://www.taapmo.com/Docs/about/April%20TAA%20Maze%20Roster.pdf</a>			

Financial Considerations			
	<b>SCRA</b>		<b>Checking Accounts</b>
	<b>LES</b>		<b>Allotments</b>
	<b>Spending Plan</b>		<b>SDP</b>
	<b>Direct Deposit</b>		<b>Taxes</b>
			<b>Financial Counseling</b>
Benefits: Air Force Benefits: <a href="http://www.airforce.com/benefits/">www.airforce.com/benefits/</a> Army Benefits: <a href="http://myarmybenefits.us.army.mil/">myarmybenefits.us.army.mil/</a> Coast Guard Benefits: <a href="http://www.uscg.mil/reserve/pay_benefits.asp">www.uscg.mil/reserve/pay_benefits.asp</a> Navy Benefits: <a href="http://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx">www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx</a> SCRA: <a href="http://www.hud.gov/offices/cpd/about/hudvet/library/scra.cfm">www.hud.gov/offices/cpd/about/hudvet/library/scra.cfm</a> SDP: <a href="http://www.dfas.mil/militarymembers/payentitlements/sdp.html">www.dfas.mil/militarymembers/payentitlements/sdp.html</a> Taxes: <a href="http://www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538">www.irs.gov/publications/p17/ch01.html#en_US_2011_publink1000170538</a> Military Relief Aid Societies: Air Force Aid Society – <a href="http://www.afas.org">www.afas.org</a> Army Emergency Relief – <a href="http://www.aerhq.org">www.aerhq.org</a> , Coast Guard Mutual Assistance – <a href="http://www.cgmahq.org">www.cgmahq.org</a> Navy-Marine Corps Relief Society – <a href="http://www.nmcrs.org">www.nmcrs.org</a>			

<b>Job Considerations</b>			
	<b>USERRA</b>		<b>Nominate Employer for Award</b>
	<b>ESGR</b>		<b>H2H.jobs</b>
ESGR: <a href="http://www.esgr.mil">www.esgr.mil</a> USERRA: <a href="http://www.esgr.mil/USERRA/What-is-USERRA.aspx">http://www.esgr.mil/USERRA/What-is-USERRA.aspx</a> Department of Labor: <a href="http://www.dol.gov/VETS/index.htm">www.dol.gov/VETS/index.htm</a> Small Business Administration <a href="http://archive.sba.gov/services/disasterassistance/militaryreservistsloans/index.html">archive.sba.gov/services/disasterassistance/militaryreservistsloans/index.html</a>			

<b>Daily Life</b>			
	<b>Schedule “alone” time</b>		<b>Practice Communication Skills</b>
	<b>Schedule time to reconnect with _____</b>		<b>Discuss roles and responsibilities</b>
	<b>Schedule time to reconnect with _____</b>		<b>Discuss how I’m feeling</b>
	<b>Schedule time to reconnect with _____</b>		
Military OneSource: <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a> After Deployment: <a href="http://afterdeployment.t2.health.mil/">http://afterdeployment.t2.health.mil/</a> Transition Assistance: <a href="http://www.taonline.com/TAPOffice/">http://www.taonline.com/TAPOffice/</a>		CG Support: <a href="http://www.cgsuprt.com">www.cgsuprt.com</a> NGOs: <a href="http://www.fas.org/irp/doddir/dod/ngo-guide.pdf">www.fas.org/irp/doddir/dod/ngo-guide.pdf</a> (pg. 335-346) VSO info: <a href="http://www.nrd.gov/other">www.nrd.gov/other</a>	

<b>Co-parenting</b>			
	<b>Sit back and watch</b>		<b>Practice patience</b>
	<b>Discuss changes and make a plan</b>		<b>Schedule time with _____</b>
	<b>Schedule time with _____</b>		
After Deployment: <a href="http://www.afterdeployment.org/topics-families-kids">www.afterdeployment.org/topics-families-kids</a> Military OneSource: <a href="http://www.militaryonesource.mil/MOS/f?p=MOS2:SEARCH:0::::P10_SEARCH:reintegration kids">www.militaryonesource.mil/MOS/f?p=MOS2:SEARCH:0::::P10_SEARCH:reintegration kids</a>			

**NOTES:**

***PRIORITIES for a New Normal***

What has changed during the deployment?

Of the things that have changed, what are your top 3 priorities for renegotiation?

What will you do to adapt to the changes?