

## Health and Life Insurance

You may apply for temporary, transitional medical coverage under the continued Health Care Benefit Program for up to 18 months after separation. For information call CHCBP at 1-800-444-5445.

## Finances

You may be eligible to receive unemployment compensation. Only the state employment office where you apply for unemployment compensation will be able to verify your eligibility and determine your benefits. You must be separated under honorable conditions, and benefits will vary from state to state. The location and telephone number of your nearest state employment office is listed in your telephone book or on the DoL web site: [www.dol.gov](http://www.dol.gov)

*You will need to bring:*

- DD Form 214
- Social Security card
- Work history (military and civilian)

## Department of Veterans Affairs

If you believe that a current or future illness or disability is a direct result of your time in the service, you may apply to the Department of Veterans Affairs (VA) for evaluation. Your local VA Benefits Counselor can assist you with the application process. To contact the VA, call your VA regional office at 1-800-827-1000 or visit their web site: [www.va.gov](http://www.va.gov)

## DD Form 214

Your DD Form 214 is an important document that you will need if you choose to apply for unemployment compensation; for participation in VA, federal, or state programs; or for future enlistment.

- Keep your original DD Form 214 in a safe, fireproof place.
- When asked for your DD Form 214, provide a copy. Never give the original to anyone.
- Due to an increase in identity theft, it is recommended that you find out from your local courthouse, before you register your document, if state or local laws permit public access to recorded documents. If public access is available, you should take steps to protect your DD Form 214 as you would any other sensitive document by storing it in a safe deposit box or other secure location.



# USMC Reserve

## *Transition Facts*



## Reemployment Rights

Uniformed Services Employment and Reemployment Rights Act (**USERRA**)

If you held a job prior to being called to active duty, it is important you understand your reemployment rights under the Uniformed Services Employment and Reemployment Rights Act (USERRA). For more information about your rights and responsibilities, download a non-technical guide to USERRA at <http://www.dol.gov/vets/#userra>.

## Employment Assistance

Transition Assistance Management Program (TAMP) offices located at most major USMC installations throughout the United States provide a variety of employment assistance services. A complete listing of these offices is available through the TAMP web site at <http://www.tampusmc.com>.

*When can I use TAMP services?*

Transition services are available to all Marines and their family members who are within 12 months of separation or within 24 months of retirement. Marines may use the services of any TAMP Office for 180 days after their date of separation.

*What employment services does TAMP provide?*

- Employment and Training Assistance
- Career Assessments
- Individual Career/Transition Coaching
- Instruction in Resume, Job Applications, and Cover Letter Preparation
- Job Analysis, Search, and Interview Techniques and Preparation
- Access to Career Opportunities and Job Listings
- Internet Access: TAMP Web Page, Transition Bulletin Board (TBB), DoD Job Search, America's Job Bank (AJB), and many others

*The TAMP Homepage (<http://www.tampusmc.com>) provides:*

- TAMP Office and MCCS Information and Upcoming Events
- Information About Job Fairs
- Links to State and Federal Job Search Sites, Military Related Resources (TBB, DoD Job Search), and Skill Specific Sites

## VMET

Obtain your Verification of Military Experience and Training document (DD Form 2586) online at <http://www/dmdc.osd.mil/vmet> or by contacting your transition office. You can use your VMET to create effective resumes and cover letters. Your VMET document, when combined with other documentation, can be useful in helping you create effective resumes and cover letters because it shows a complete picture of your training, experience, and accomplishments.

## DoD Job Search

Is a job search web site developed by DoD and DoL that gives Marines access to job listings and other helpful information. By registering with the DoD Job Search web site, you can post your resume online. You must be sure to complete your resume in one sitting because DoD Job Search will not save partial resumes. DoD Job Search can be accessed at <http://dod.jobsearch.org>.

## Transition Bulletin Board (TBB)

TBB is an online listing and transition support service. TBB is available at your TAMP Office or at the TAMP web site. TBB can be accessed at <http://www.dmdc.osd.mil/ot/>.

## Teaching and Teacher's Aide Opportunities

Information about Teaching and Teacher's Aide programs are available on the TAMP website at Links, Troops to Teachers (<http://www.proudtoserve-again.com>) or DANTEs (<http://www.dantes.doded.mil>). You may also contact the Department of Education in your state for credentialing information.

## Federal Employment Opportunities

Information about federal employment is available at your TAMP Office, TAMP web site, and base Human Resources and Organizational Management (HROM) Office. TAMP personnel are available to assist you with the application process.

## State Employment Agencies, America's Job Bank (AJB)

Information about state employment agencies and the America's Job Bank are available through the TAMP Office and web site. The location and telephone number of your nearest state employment offices are also listed in your telephone book or on the DoL web site at: [www.dol.gov](http://www.dol.gov). Be sure to ask if there is a Local Veterans Employment Representative (LVER) who can provide employment assistance. Remember to take a copy of your DD Form 214 (Certificate of Release or Discharge from Active Duty) with you for your first appointment.

## Education/Training

Contact your state's Department of Veterans Affairs at 1-800-827-1000 or visit the VA online at <http://www.va.gov> for information about federal education programs and your eligibility.

Your state employment office can provide you with information about state-sponsored education and training programs that provide training and other assistance in finding a job. The location and telephone number of your nearest state employment offices are listed in your telephone book. Be sure to take a copy of your DD Form 214 with you for your first appointment.