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What is the TOL Service Separation module? How can it help me?

The TOL Service Separation module provides consolidated Department of Defense (DoD) information and services to support you when separating from active duty. Content includes contact and website access for the Transition Assistance Program (TAP), Frequently Asked Questions about the Separation History and Physical Examination (SHPE), and how to file a Department of Veterans Affairs (VA) disability claim.

*What steps should I take to begin my Service Separation?

Step 1: If you are going to file a pre-discharge service disability claim, file early!

If you feel you may have a service-related disability, it is to your advantage to submit a disability compensation claim prior to your discharge. Processing times tend to be much shorter for pre-discharge claims. Once you have your discharge date, you can apply for disability compensation (character of discharge must be under conditions other than dishonorable). When possible, the VA will perform your separation exam to support your claim.

Step 2: Make your SHPE appointment

All separating Service members, to include Reserve and National Guard members who have served a minimum of 180 days of active service, or 30 days in a contingency operation, must undergo the SHPE. The purpose of the SHPE is to make certain that any medical condition(s) for which you may be eligible to claim disability are documented in your military Service Treatment Record (STR) and/or made known to the VA.

Step 3: Complete Report of Medical History form (DD 2807-1)

Regardless of where your SHPE appointment is going to take place, you need to complete the Report of Medical History form (DD 2807-1) prior to your DoD SHPE or VA appointment.

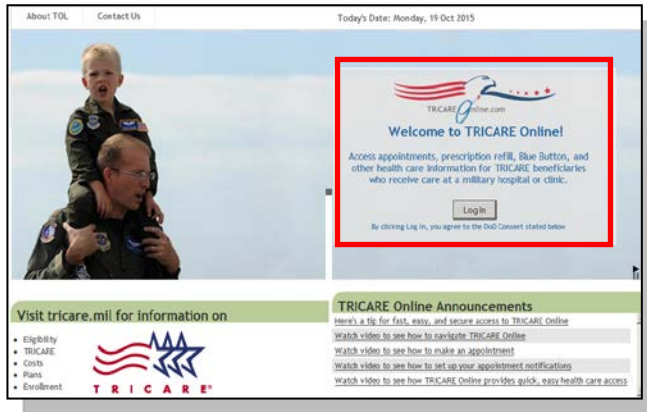
Your DoD Blue Button information, which will help you complete your Report of Medical History form (DD 2807-1) and your VA claim, can be accessed via TOL at www.tricareonline.com

Step 4: Go to your SHPE appointment

Regardless of whether DoD or VA is administering your separation exam, please remember to:

- Bring your completed Report of Medical History form (DD 2807-1),
- If your exam is at the VA or with another non-MTF provider, bring a copy of your Problem Lists and any other information recommended by the exam site,
- Notify your Primary Care Manager (PCM) or MTF SHPE POC when your exam has been completed, and make and retain a copy of your Report of Medical History form and other materials you provided at the SHPE appointment.

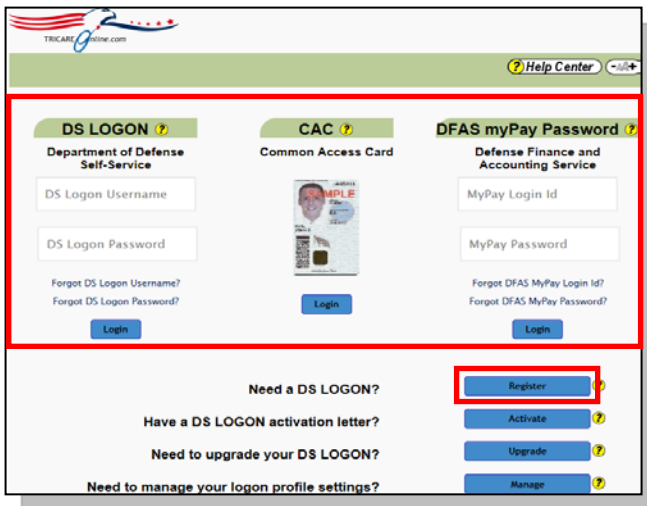
How do I access TOL Service Separation information and services?



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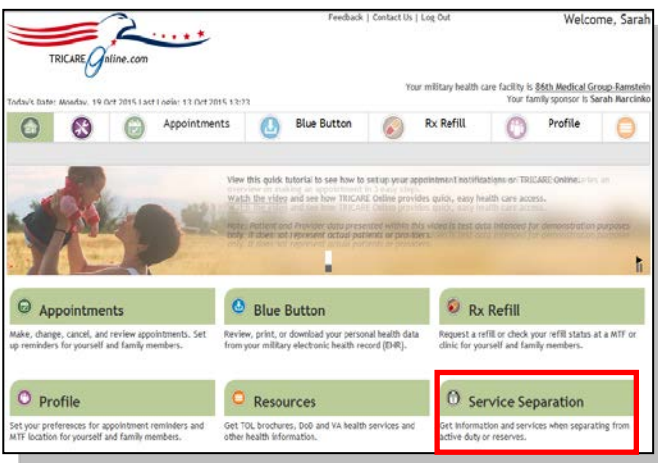
Go to www.tricareonline.com and click “Log In”



2

2

Log in with your **Premium DS Logon**, **DoD CAC** or **DFAS myPay** account. If you do not have an account, click “**Register.**”



3

3

Access TOL Service Separation information and services by clicking on **Service Separation** on the TOL homepage

Visit TOL at www.tricareonline.com