



# FORT GEORGE G. MEADE MARYLAND



## RETIREMENT SERVICES BULLETIN “STILL SERVING”

Fall 2014

### *MESSAGE FROM THE FORT GEORGE G. MEADE GARRISON COMMANDER*

This is my second column for the Retiree Newsletter, since assuming command of the Fort Meade Garrison last August. I take great pride in hosting our Retired heroes and their Families as we celebrate our 39<sup>th</sup> Annual Retiree Appreciation Day (RAD) on September 26, 2014.

Former Garrison Commanders and I recognize that our Retirees and their Family members are an important part of the Fort Meade community. The legacy of our Retired military is a proud and honorable one. Acknowledging the men and women who have worn this nation's prominent military uniforms and offering a small token of my appreciation for your service is a great privilege. Each of you encourage and set the example for those of us still on Active Duty. We strive for the wisdom to selflessly follow in your footsteps. I highly respect and look forward to the chance to meet you personally.

Since 1776, more than 48 million Americans have served in the military during war and peace. In 1818, Congress passed legislation identifying requirements to qualify as a military Retiree. Abraham Lincoln made a promise to Retirees in his Second Inaugural Address in 1865, stating that America would "...Care for him who shall have borne the battle and for his widow and his orphan." Currently, that promise applies to more than two million military Retirees, Widows and Widowers.

The Directorate of Human Resources, Retirement Services Office, has worked diligently to design an outstanding day of activities for you and your Family members. Your faithful service has earned you many benefits and entitlements. RAD is designed to help you stay abreast of these rights and advantages. RAD is an occasion, set aside just for you, to renew acquaintances and hear from distinguished guest speakers. Presenters will discuss developments in today's military that may affect your lives. Representatives will provide sessions to share information and answer questions about your Retiree benefits and any changes. Additionally, RAD offers you the opportunity to explore your wellness issues and participate in no-cost medical screening. I sincerely hope you are able to join us and spend the day participating in these activities.

Also, I'd like to mention that, regardless of your time and location of service, I value your individual efforts to assist whenever help is needed. Your willingness to share your experiences, through volunteer activities at Fort Meade, is truly remarkable. Your contributions and tireless service is an important component that contributes to Fort Meade's goal of maintaining a community of excellence.

There are many exciting things happening on Post. New tenant units are re-locating to Fort Meade, construction is booming, and services are expanding. New housing units were developed, roadways are improving, an additional shoppette /gas station and Arby's restaurant recently opened for business, and the new Post Exchange is slated to open this fall. I invite you to take time to visit and experience Fort Meade's changing campus and I look forward to seeing you at this year's RAD special event.

Again, I extend to you my deepest appreciation for your sacrifices and thank you for your sense of duty and for your military service. Our nation salutes you and we have set aside this year's Retiree Appreciation Day to show our heartfelt gratitude.

Sincerely,  
**BRIAN P. FOLEY**  
Colonel, Signal Corps  
Commanding



**COLONEL  
BRIAN P. FOLEY**



**COMMAND SERGEANT MAJOR  
RODWELL L. FORBES**

Director of Human Resources  
**Ms. Wendy C. Messick**



**“Soldier for Life”**

Let me take this opportunity to professionally and personally thank each of my fellow Retirees for your relentless military contributions. As a Retiree myself, I reflect upon my days as a young Soldier with fondness and wonder how my 30 years of service went so quickly!

The Army echoes the phrase, “Once a Soldier, Always a Soldier” with the implementation of its new “Soldier for Life” initiative effective 1 May 2014. The Deputy Chief of the Army’s Retirement Services, Mark E. Overberg said, “Retired Soldiers are a part of the whole Soldier lifecycle”. As Soldiers we are always in a state of transition. The four life stages of being a Soldier are “Starting Strong”, “Serving Strong”, “Re-integrating Strong” and, as Retirees, “Remaining Strong”. The Retirement Services Office mission includes preparing Soldiers and their Family members for retirement, providing assistance to survivors of Soldiers who die on Active Duty, and serving Retired Soldiers, Surviving spouses and their Families.

Take a moment to access the new website for Retirees on <http://soldierforlife.army.mil/retirement/>. While still in its developmental phase, the site is a more secure enterprise network and more user friendly than the former [www.army1.army.mil/retirees.asp](http://www.army1.army.mil/retirees.asp) site.

Paying tribute to Retirees is an enormous honor; whether it’s in the form of a new website to better communications and customer services, or the Annual Retiree Appreciation Day. I want you to know that my enthusiastic staff and I are here to assist you. Remain strong!

Sincerely,  
*Wendy Messick*  
(Colonel, USA Retired)

Installation Adjutant General  
**Mr. Richard Lee**



**“Retired and Still Serving.”**

The end of a career and the beginning of retirement prompts significant life changes. Adjustments to retirement include accepting the end of an exciting fast paced era, reflection, self evaluation, re-connecting with family and friends, assessing your finances, and devising new goals.

Retirement happens sometimes when you are ready and sometimes not by choice. The stress of transitioning is often overwhelming and the end of a career can create an enormous hole in your sense of purpose and self worth. Our society tends to define us by what we do for a living, not who we are as individuals. “What do you do” is usually the first question people ask when you meet someone new. Remember answering, “I’m retired” is a description of your work status, not how you fit into society. Retiree’s have much to offer. As you look back over the many years you defended this great country recall those important contributions and challenges along the way. I think we can all remember that first Basic Training formation until the last day we stood as mature, accomplished individuals on the parade field receiving our Certificate of Release or Discharge from Active Duty, DD Form 214. Great things happened along the way. Hardships happened while defending and serving. Now is the time to hold your head proud and acknowledge your many achievements. Now is the time to take some much deserved time for you and turn your dreams and goals into realities. I personally know and understand the path that you embark upon transitioning to retirement.

As the Installation Adjutant General, I want you to know that I’m here to assist. Both your time and your military personnel needs are important to me. If you ever need any Retiree related personnel support or services from my foxhole, I’m here to support you and ensure my staff members do the same. Note the updated information in this publication on replacing your Identification Card should the need arise. I am committed to providing you quality customer service!

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Together, as we look back over the many years of answering the call of duty, I want to say thanks for your service and my best wishes upon retirement. Whenever you are in the building, please stop by as there is nothing like taking a few moments in conversation with a fellow Soldier. Quality First, Soldier Always.

Hooah!  
*Richard Lee*  
(1SG, USA Retired)



## Installation Retirement Services Officer **Mrs. Anna M. Taylor**

### **Greetings Retired Soldiers and Families,**

I would like to thank you for your many years of service and commitment. You, the Retiree, are an integral asset to the total Military community! Without the sacrifices made by men and women like you, our country would not have remained strong or preserved the liberties we all embrace. I am enthused at helping with your Retirement services needs. I hope this year's newsletter finds everyone doing well and having enjoyed their summer.

I am pleased to announce the 39<sup>th</sup> Annual Retiree Appreciation Day (RAD). My office, along with the Retiree Council, are honored to put together a day just for you. If you have not attended a RAD at Fort Meade, I highly encourage you to come out and attend this wonderful event. If you usually attend each year, we are excited for the opportunity to see you again! You must attend to see what new booths we've added this year along with the benefits symposium added in the afternoon. As well as keeping yourself abreast of important and changing information, I hope this event will afford you the chance to make new acquaintances and renew friendships. This year's RAD is scheduled to kick off at 8:00am, on September 26, 2014, located at the McGill Training Center, 8452 Zimborski Avenue, Fort Meade, Maryland 20755.

I look forward to seeing you all at the 39<sup>th</sup> Annual Retiree Appreciation Day. Please fill out the enclosed form and make your reservation as soon as possible. If you should have any questions, please do not hesitate to call the Retirement Services Office, telephone (301) 677-9603/9434/9600.



## Retiree Council Chairperson **MG (USA Retired) Roderick J. Isler**

**Greetings!** I trust all had a wonderful Fourth of July Holiday – safe and enjoyable.

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I regret to announce that this newsletter is my last as your Co-Chairperson. My Family and I plan on leaving the area over the summer; therefore, I must resign from my duties as Co-Chairman.

These past four plus years serving as Co-Chairman resonate as an honor and privilege for me. I want to thank my Co-Chairperson, CSM Matlock-Williams, (USA, Retired) and wish her all the best in the future. Also, a special thanks to Ms. Anna Taylor, your Retirement Services Officer and her staff for their continued support to our Retiree Council – your Council could not function without their dedication.

Your Retiree Council has been busy working with the Retirement Services office in preparation for our Annual Appreciation Day and, by all indications, I expect a great and informative RAD for all. This year's RAD combines the "Surviving Spouse Symposium" with RAD activities. Our Surviving Spouses and Families should especially find this day informative.

As our Army downsizes, after two wars over the past 10 years, a lot has and will happen to some of our benefits – at this juncture most benefits are safe, however, it is still important to have a complete understanding of how the downturn will affect each and every individual Retiree.

I hope everyone can support the RAD event in September. Again, thank you for your continued service – Still Serving!



## Retiree Co-Council Chairperson **CSM (USA Retired) Sandra Matlock-Williams**

### **"Changing Times – Staying Strong!"**

As MG Roderick Isler steps down as the Retiree Co-Council Chairperson, I know you join me in thanking him for his leadership and guidance serving on the Ft. Meade Retiree Council. On behalf of the Retirees and their Family members, we wish the Isler Family much success, joy, and happiness in all their future endeavors.

With the change in Council leadership follows changes to the Council itself. Have you thought about joining the Retiree Council? Well now is the time to join! As a group, we represent the Retiree concerns and issues in the community. You can make the Council relevant to you and make a difference by helping strengthen the concerns we are addressing and improve upon areas needing attention.



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I once heard, "The only constant is change". I don't recall who said this to me, however, it appears once again to hold true. The Military, Army, and Ft. Meade are changing and change always presents new concerns, both big and small. Whether you are a mainstay to the Ft. Meade Community or a newcomer, change is visual and vibrant.

While some changes are definitely visual, like the new Subway Restaurant located inside the Kimbrough Ambulatory Care Center (KACC), other changes are felt by the impact they have on you only after the experience. For example, have you noticed the changes in making appointments, and picking up prescription refills at the convenient refill window at KACC? Have you experienced changes with the onset of the Affordable Care Act? The Affordable Care Act requires you to maintain basic health care coverage; in 2014 without this minimum essential coverage, you will need to pay a fee for each month you are not covered. Have you logged into your Army Knowledge On-line (AKO) account to find there is no mail there? There is a reason for that. As AKO moves to next-generation enterprise services, Army Retirees and Family members will have access to their personal information from the more secure website via the Department of Defense Self-Service (DS) Logon system. To obtain a DS Logon you must register for access on <https://www.dmdc.osd.mil/appj/dsaccess>. Did you notice that when you were last in the Commissary they scanned your ID? The purpose is to fulfill requirements under DoD Instruction 1330.17 to positively identify authorized customers comparing the barcode information on your ID Card to the Defense Enrollment Eligibility System (DEERS). And now "Soldier for Life" is no longer just a statement but a new outreach to all. These are just a few of the many changes that impact Retirees and their Family members along with everyone else. Yes, more change is coming in Fiscal Year 2016.

As the Army and Ft. Meade celebrates you, know that even the Annual Retiree Appreciation Day (RAD) in September is changing. Ms. Taylor the RSO, her team, and the Retiree Council are working to make sure this day is a success by adding some positive changes to the RAD program. Notice the agenda within this publication. Representatives from across the Installation will help you prepare, for "just in case". Come and discover the difference. All we need is your participation and presence. Again, this year lunch will take place at the Freedom Inn Dining Facility (it is not the old unit mess hall ☺) I'd say that's a change for the better.

Once again, please offer your time, talents, energy, and effort in helping to keep Ft. Meade vital and strong. Consider a more active role in the community through volunteering with the Retiree Council or volunteering at any number of activities around the Installation. Continue utilizing the services offered on

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the Installation and take time to complete the satisfaction surveys around the community and offer your suggestions.

I will see you all at the Retiree Appreciation Day in September. Enjoy the rest of the summer, have a great year, and look for an opportunity to support the Ft. Meade military community. Become a part of the change!

Best wishes and thank you for your continued service.



## Transition Assistance Program Manager **Mr. George Matthews**

Soldier for Life - Transition Assistance Program (TAP), formerly Army Career and Alumni Program (ACAP), was created by the Army to provide world-class transition and job assistance services to the Soldiers and DoD Civilian employees and their eligible Family members who have selflessly served this nation. Although the TAP primarily serves Active Duty and Reserve Component Soldiers, Army Retirees may also utilize the program for the rest of their lives with the following assistance/services:

- One-on-one Employment Assistance
- Counseling
- Resume writing and editing
- Cover Letter writing and editing
- Interview practice and tips
- Reference to numerous job search websites
- Employment Assistance Workshop
- Veterans Administration Benefits Briefing
- Finding Federal Employment Seminar
- Starting a Business or Starting a Business/Franchise
- Referral Information to Numerous Agencies

The Fort Meade Soldier for Life TAP Center is located at 4216 Roberts Avenue. For more information please feel free to contact the staff via telephone (301) 677-9871 and/or email us at [acap.meade@serco-na.com](mailto:acap.meade@serco-na.com). (A new TAP e-mail address is forthcoming).



## Fort Meade Retiree Member Services

### Retirement Services Office

The Fort Meade Retirement Services Office is located in the basement of building 2234 Huber Road, Room 009A/B. We provide numerous pre and post-



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retirement services. For all the services we provide and current newsletter, please visit our website at [http://www.ftmeade.army.mil/pages/rso/rso\\_svcs.html](http://www.ftmeade.army.mil/pages/rso/rso_svcs.html) Should you have any questions or concerns, feel free to contact us at (301) 677-9603/9600/9434. We look forward to serving you.

### **Casualty Assistance Center**

The Fort Meade Casualty Assistance Center is located on the 2<sup>nd</sup> Floor of 2234 Huber Road, Room 202.

In most Families, the subject of death is rarely discussed before a death occurs. Think about this: when going on vacation, you may make a list of things to remember; airline tickets, identification, passports, traveler's checks, etc. You do this to prepare yourself and Family for the pending departure. With that in mind, it is also appropriate to prepare yourself and your Family for your departure from this life... You might wonder; where do we begin? What are the steps to prepare my Family members? More specifically, you may wonder; when should my wife/husband/child begin the survivor benefits process? Where do they go? Who should my Family contact first?

The Casualty Assistance Center (CAC) is here to help with all these questions and more. Our office will start by completing a detailed Casualty Report notifying the Department of the Army that we have lost a Retired Soldier. We will provide personal assistance to your Family members ensuring application(s) for benefits are completed. We will provide your loved one contact information for outside agencies that can assist as well. Please help us help you... call the Casualty Assistance Center.

Casualty Assistance Center Information:  
Open Monday – Friday / 7:30 am – 4:00 pm  
(301) 677-2206 Office  
(301) 677-6495 Fax

### **Survivor Outreach Services**

Survivor Outreach Services (SOS) is the official "one" Army program designed to provide long term support to Surviving Families of Fallen Soldiers. Regardless of your loved one's Army component, duty status, location, or manner of death, SOS support staff are available to help. For additional information, contact Ms. Farmer, telephone (301) 677-4116/6930, or e-mail [voncile.c.farmer2.civ@mail.mil](mailto:voncile.c.farmer2.civ@mail.mil).

### **Identification Card Services**

The Fort Meade Identification (ID) Card Facility is located on the main level of building 2234 Huber Road. The Installation ID Card Section operates mainly by an appointment system. Walk-ins are limited and will be seen on a first come, first served basis. All Military ID cards, including those for Family Members, are renewable 90 days prior to their

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expiration date. Please schedule an appointment to renew your card soon after you've reached that 90-day point. This will ensure your card will not expire prior to renewal.

- ID Card Section hours of operations – 7:30am -3:45pm.
- Military in Uniform without dependents have priority Monday – Friday, 7:30 – 9:00am.
- Walk-ins service is provided 7:30am – 3:00pm, however scheduled appointments will take priority.
- ID Card Section Phone Number (301) 677-3342 or (301) 677-9601.
- ID Card Section is closed the last Wednesday of the month from 7:30am - 1:00pm, for system maintenance.
- Lost ID Card, you must bring without you  
(1) Driver License or Passport (not expired)  
(2) Birth Certificate or Social Security Card or Voters Registration Card

Please use our on-line appointment system at <https://rapids-appointments.dmdc.osd.mil> . You can easily view all future appointment dates and times that are available and select the appointment that best meets your needs. An appointment is required for each Family member that you plan to bring. If you do not have access to the Internet, you can make an appointment via phone by calling (301) 677-3342.

In preparation to receive your new ID card, you will need to ensure you have the required documentation. Only original or certified true copies of documents are accepted into the Defense Enrollment Eligibility Reporting System (DEERS) system. The most common documents you might need are listed below.

- a. Identification: Must have two forms of identification and at least one must be a picture ID from a local, state or government agency (i.e. military ID, driver's license, or passport). The second form can be another of the above, or a Social Security card, original or certified birth certificate or school ID. If you're unsure about having the proper ID, call us on (301) 677-3342.
- b. Social Security card or a letter from the Social Security Administration office which includes your Social Security Number.
- c. Divorce decree signed by the judge with legible file numbers.
- d. Marriage and birth certificate: Must be original document with seal intact.
- e. Adding Stepchildren: In order to add a stepchild into DEERS, we must have the original marriage certificate (even if the mother is enrolled in DEERS);

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original birth certificate, original social security card or letter from Social Security Administration Office.

f. Power of Attorneys (POA) (if sponsor is not available): Only accepted is the original POA bearing the raised seal. A special POA must specify the purpose is for DEERS enrollment/update and ID card issuance.

g. For Common Access Card (CAC), DoD Civilians, Contract employees, and Military personnel must have valid AKO accounts. In order to issue CAC's to contract employees, entry into the Contractor Verification System (CVS) is required.

h. Students over 21 years of age: Must provide proof from an accredited university, or college registrar office or national student clearinghouse at <http://www.studentclearinghouse.org>, verifying they are enrolled full time in a degree program and must include the anticipated graduation date. i. Sponsor must accompany the eligible recipient unless they have a Power of Attorney.

i. Tricare Young Adult. TRICARE Young Adult is a plan that qualified adult children can purchase after eligibility for "regular" TRICARE coverage ends at age 21 (or 23 if enrolled in college). If purchased, TRICARE Young Adult is minimum essential coverage under the Affordable Care Act. You can purchase and participate in TRICARE Young Adult if you are an unmarried, adult child of an eligible sponsor. Eligible sponsors include: Active Duty Service members, Retired Service members, Activated Guard or Reserve members, Non-activated Guard or Reserve members using TRICARE Reserve Select and Retired Guard or Reserve members using TRICARE Retired Reserve and are:

- At least 21 years old, but not yet 26 years old.
- Not eligible to enroll in an employer-sponsored health plan based on your own employment.
- Not otherwise eligible for TRICARE coverage.
- If enrolled in a full course of study at an approved institution of higher learning and your sponsor provides more than 50 percent of your financial support, your eligibility may not begin until age 23 or upon graduation; whichever comes first.

### **Fort Meade Tax Center**

Tax time generally comes before you know it and the Fort Meade Tax Assistance Center is available to help. The Tax Center is located at 4217 Roberts Avenue. Hours are from 8:00 am. - 3:00 pm. with some evening and weekend hours in March and April to be announced.

Free tax preparation services and electronic filing of returns are provided for all Active Duty, Retired Service members, as well as eligible dependent Family

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members. Tax preparers will assist with both federal and state returns.

Please bring the following information with you:

- Last year's federal tax return.
- Your W-2 (wages and earnings statement).
- Form 1099 (interest statements from bank).
- Social Security Number for all dependents you are claiming.
- Information on child care expenses you paid last year.
- Mortgage interest statement.
- Alimony information (copy of divorce or separation agreement). Original power of attorney appointing spouse (or other Family member) the authority to file.
- A voided check with routing number for direct deposit.
- Any other financial information from the tax year.

For more information, or to make an appointment call the Fort Meade Tax Assistance Center at (301) 677-9762.

### **Army Community Services**

Our mission is to provide comprehensive, coordinated and responsive services that support the readiness of Soldiers, DoD Civilian employees; both appropriated and non-appropriated funded, and their Families. All Active Duty and Retired personnel and their Families are eligible to utilize our services along with the Army National Guard and Reserve and their Families; however some services such as Army Emergency Relief require that National Guard and Reserve Soldiers must be on Title 10 orders for 30 consecutive days or longer.

We offer a wide variety of programs and service to assist you in meeting your needs. To discover further information on our services visit us online at <http://www.ftmeademwr.com/acs.php>, if you need further information on our programs contact us at (301) 677-5590 or visit us at 830 Chisholm Avenue, Fort Meade, MD 20755.

### **Club Meade**

Club Meade is located at 6600 Mapes Road, Fort Meade, MD 20755. This facility host meetings, conferences, reunions, birthday parties, awards ceremonies, expositions, and wedding receptions. Club Meade can accommodate a wide range of group sizes; from intimate parties of 25 to large groups up to 400. The club offers everything from casual buffet style to elegant, formal dining. Call them today at (301) 677-4333.





## TRICARE offers several coverage options after retiring from Active Duty

When you retire from active duty, you will have several TRICARE coverage options. Understanding these options will help you and your Family make the best health care decisions. It is also essential that you keep your Defense Enrollment Eligibility Reporting System (DEERS) information up to date when you retire. For details, visit [www.tricare.mil/deers](http://www.tricare.mil/deers).

### TRICARE COVERAGE OPTIONS:

#### **TRICARE Prime®**

To continue TRICARE Prime coverage when you retire, **you must enroll as a Retiree, enroll eligible Family members as retiree dependents, and pay the appropriate single or family enrollment fee.** If your retirement date is on the first of the month, you must submit your enrollment application to your regional contractor before that date. If you retire on another day of the month, you must submit your enrollment application within 30 days after that date. Otherwise, you and your family will have a break in TRICARE Prime coverage and must reenroll by the 20th of the current month for coverage to resume on the first day of the following month. If you have a break in TRICARE Prime coverage, you and your eligible Family members are covered by TRICARE Standard and TRICARE Extra (*if your status is accurately reflected in DEERS*) until your TRICARE Prime coverage resumes.

**Note:** TRICARE Prime is not available everywhere. Contact your regional contractor for TRICARE Prime availability details.

TRICARE Prime Remote and TRICARE Prime Remote for Active Duty Family Members coverage options are not available after retirement. If you are enrolled in either of these options, you will be covered by TRICARE Standard and TRICARE Extra after retirement. In most cases, you can continue seeing your current health care providers. Cost-shares and annual deductibles will apply.

TRICARE Overseas Program (TOP) Prime and TOP Prime Remote are not available to retirees. For more information, see the *TRICARE Overseas Program Standard* section of this fact sheet.

#### **Receiving Care**

If enrolled in TRICARE Prime, your Primary Care Manager (PCM) will handle routine care and provide specialty care referrals. You may select a PCM at a Military Treatment Facility (MTF) when space permits (*Active Duty Service Members [ADSMs] and their families have priority at MTFs*). If there is no space for Retirees and Retiree dependents to enroll in TRICARE Prime at a MTF, you may need to change from an MTF PCM to a civilian TRICARE network PCM. Enrollees in the TRICARE Prime civilian network may be referred to an MTF for specialty care based on the MTF's "right of first refusal" to deliver TRICARE Prime specialty care within the Prime Service Area.

#### **Costs**

There is an annual TRICARE Prime enrollment fee, and copayments will apply for civilian TRICARE network provider care. Point-of-service (POS) fees will apply if you receive care from a network or non-network TRICARE-authorized provider without a referral from your PCM.\* If you have other health insurance (OHI), it is considered your primary insurance and pays before TRICARE. Visit [www.tricare.mil/costs](http://www.tricare.mil/costs) for cost details.\*

*POS fees do not apply to ADSMs, children for the first 60 days following birth or adoption, emergency care, beneficiaries with OHI, or the first eight behavioral health outpatient visits per fiscal year (October 1–September 30) to a network provider for a medically diagnosed and covered condition.<sup>2</sup>*

#### **Enrollment Portability**

TRICARE Prime enrollment is portable, meaning you can transfer your coverage to another region if TRICARE Prime is available in your new location. You should transfer your TRICARE Prime enrollment when you move or if you will be out of the area for more than 60 days. Your regional contractor can help you make this transition. You should not disenroll from TRICARE before you move. Retirees and their dependents are limited to two enrollment transfers each enrollment year. If Family members live in different regions, you may enroll them in multiple regions and pay only one family enrollment fee under the split enrollment option.

#### **US Family Health Plan**

The US Family Health Plan (USFHP) is a TRICARE Prime option available through networks of community-based, not-for-profit health care systems in six areas of the United States. When you enroll in the USFHP, you receive care through the health care systems offering the program, and you may not use services within the Military Health System (*including MTF care*), except in emergencies. Additionally, your prescription drug coverage is offered through your USFHP provider, not the TRICARE Pharmacy Program. For USFHP details and service areas, visit [www.usfhp.com](http://www.usfhp.com).

#### **TRICARE Standard and TRICARE Extra**

When not enrolled in TRICARE Prime, you are automatically covered in the United States by TRICARE Standard and TRICARE Extra, if DEERS shows you as eligible. Enrollment and referrals are not required, but some services may require prior authorization. MTF care is on a space-available basis only. You may see any TRICARE-authorized provider, but the provider's TRICARE network status determines your out-of-pocket costs. With TRICARE Extra, you use a TRICARE network provider, which reduces your costs. Under TRICARE Standard, you may see any non-network TRICARE-authorized provider, but your costs will be higher. For more details on costs under TRICARE Standard and TRICARE Extra, visit [www.tricare.mil/costs](http://www.tricare.mil/costs).

#### **TRICARE Overseas Program Standard**

If living overseas, you may be eligible to use TOP Standard and receive MTF care on a space-available basis. TOP Standard is available to Retired Service members, their families, and others living or traveling overseas, and is similar to TRICARE Standard, including cost-shares and annual deductibles. TOP Prime and TOP Prime Remote are not available after retirement. **Note:** TRICARE Extra is not available overseas. If you live or travel in the Philippines, you are required to use certified providers and pharmacies. Additionally, TOP Standard beneficiaries who reside in the Philippines and who seek care within designated Philippine Demonstration areas must see approved demonstration providers to ensure TRICARE cost-shares their claims, unless they request and receive waivers from Global 24 Network Services. For more information, visit [www.tricare-overseas.com/philippines.htm](http://www.tricare-overseas.com/philippines.htm).

#### **TRICARE For Life**

TRICARE For Life (TFL) serves as Medicare-wraparound coverage for TRICARE beneficiaries who are entitled to Medicare Part A and have Medicare Part B coverage. If you or a Family member has only Medicare Part A, enroll in Medicare Part B before you retire to avoid a lapse in coverage. You must enroll within eight months of your retirement date to avoid a Medicare

Part B surcharge. The surcharge is a 10 percent premium increase for each 12-month period that you could have enrolled but did not. In the United States and U.S. territories (*American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands*), TRICARE pays last for services covered by both TRICARE and Medicare. Medicare does not pay for services received overseas. For overseas care, TRICARE pays first and you pay the applicable TRICARE Standard cost-shares and annual deductible. For Medicare details, visit [www.medicare.gov](http://www.medicare.gov). For Medicare enrollment information, visit [www.ssa.gov](http://www.ssa.gov). For TFL details, visit [www.tricare.mil/tfl](http://www.tricare.mil/tfl).

**TRICARE Plus**

TRICARE Plus is a program that allows beneficiaries who normally are only able to get MTF care on a space-available basis (*e.g., TRICARE Standard and TRICARE Extra, TOP Standard, TFL, and dependent parents and parents-in-law*) to enroll and receive primary care appointments at the MTF within the same primary care access standards as beneficiaries enrolled in a TRICARE Prime option. Beneficiaries should contact their local MTFs to determine if they may participate in TRICARE Plus. Enrollment in TRICARE Plus at one MTF does not automatically extend TRICARE Plus enrollment to another MTF. The MTF is not responsible for any costs when a TRICARE Plus enrollee is referred outside the MTF for additional civilian care.

**TRICARE Retired Reserve®**

TRICARE Retired Reserve (TRR) is a premium-based health plan that members of the Retired Reserve may qualify to purchase until reaching age 60. TRR provides comprehensive health care coverage and patient cost-shares and deductibles similar to TRICARE Standard and TRICARE Extra, but TRR beneficiaries must pay monthly premiums. TRR beneficiaries may access care from any TRICARE-authorized providers, unless overseas restrictions apply. Retiree cost-shares and deductibles apply. For TRR details, visit [www.tricare.mil/trr](http://www.tricare.mil/trr).



For more than 30 years, Johns Hopkins US Family Health Plan has been proud to provide health care to those who served or the families of those who currently serve. We're continuing to enhance the Plan's ability to provide outstanding health care to our members, and we're proud to have been recognized for the quality of care we provide.

**Growing to Serve**

Johns Hopkins USFHP is always striving to provide convenient care choices to our members by adding new primary care provider locations throughout our service area.

Since May we've added more than 25 new primary care practices across Maryland in communities like Waldorf, Annapolis, Bethesda and many others.

For a complete list of all providers in our extensive network, visit our website at [www.hopkinsmedicine.org/usfhp](http://www.hopkinsmedicine.org/usfhp) and click on "Find A Doctor" in the upper right corner. You can search for primary care providers, specialists, labs and more using a zip code and state or type of provider.

**The Seal of Excellence**

As a Department of Defense designated TRICARE Prime provider, the Johns Hopkins USFHP is committed to the health and wellbeing of each member. This includes participating in annual review by the National Committee for Quality Assurance (NCQA).

In June, the Johns Hopkins US Family Health Plan received a NCQA rating of Excellent as a Commercial HMO, its highest rating.

Health care providers must pass a rigorous, comprehensive review and must annually report on their performance. For consumers, the seal is a reliable indicator that an organization is well-managed and delivers high quality care and service.

The National Committee for Quality Assurance is a private, 501(c)(3) not-for-profit organization dedicated to improving health care quality. Since its founding in 1990, NCQA has been a central figure in driving improvement throughout health care, helping to elevate the issue of health care quality to the top of the national agenda.

Health plans in every state, the District of Columbia and Puerto Rico are NCQA Accredited. These plans cover 109 million Americans or 70.5 percent of all Americans enrolled in health plans.

You can learn more about the NCQA, their rating system and the final evaluations by visiting [www.ncqa.org](http://www.ncqa.org).

The Johns Hopkins USFHP is a TRICARE Prime option for military families and retirees throughout Maryland, Pennsylvania, Delaware, West Virginia and Washington, D.C. Learn more about the Plan by visiting [www.hopkinsmedicine.org/usfhp](http://www.hopkinsmedicine.org/usfhp) or calling 1-800-801-9322.

**HANDY PHONE NUMBERS**

**FORT MEADE**

POST LOCATOR	(301) 677-6261
ARMY COMMUNITY SERVICES/	(301) 677-5590
ARMY EMERGENCY RELIEF	
CAMP MEADE RV PARK	(301) 677-6196
CASUALTY REPORTING	(301) 677-2206
COMMISSARY	(301) 677-7463
GUEST HOUSE	(301) 677-5660
HEALTH BENEFITS ADVISOR	(301) 677-8982
IDENTIFICATION (ID) CARDS	(301) 677-3342
ITT (TOURS AND TRAVEL)	(301) 677-7354
LEGAL ASSISTANCE	(301) 677-9536
KIMBROUGH HEALTH CLINIC	(301) 677-8392
POST EXCHANGE	(301) 677-7695
RSO (MS. TAYLOR)	(301) 677-9603
VISITOR'S CONTROL CENTER	(301) 677-1064

**ABERDEEN PROVING GROUND**

POST LOCATOR	(410) 278-5201
ARMY COMMUNITY SERVICES	(410) 278-7572
CASUALTY REPORTING	(301) 677-2206
COMMISSARY	(410) 278-3101
IDENTIFICATION (ID) CARDS	(410) 306-2389
LEGAL ASSISTANCE	(410) 278-1583
KIRK HEALTH CLINIC	(410) 278-1719
POST EXCHANGE	(410) 272-6829
RSO (LOCAL)	(410) 306-2322

**FORT DETRICK**

ARMY COMMUNITY SERVICES	(301) 619-2197
CASUALTY REPORTING	(301) 677-2206
COMMISSARY	(301) 619-2616
IDENTIFICATION (ID) CARDS	(301) 619-6635
LEGAL ASSISTANCE	(301) 619-2643
MEDICAL CLINIC	(301) 619-7175



**RETIREE APPRECIATION DAY**  
**September 26, 2014**  
**Reservation Form**

Mail to: Retirement Services Office  
ATTN: IMME-HR  
2234 Huber Road  
Fort George G. Meade, Maryland 20755-5073

or Fax to: (301) 677-2142  
or Scan and Email to: armyrsomeade@mail.mil

Registration Questions:	Answer
Number of individuals planning to attend.	# _____
Is Kimbrough Ambulatory Care Clinic your primary medical treatment facility?	YES/NO
Do you plan on participating in no-cost medical screening during RAD Day?	YES/NO
Are you planning on staying for lunch at the Freedom Inn Dining Facility?	YES/NO

(Bring with you \$4.60 **cash only** per person for lunch – **do not send in**)

**Registration Information:**

NAME (S): \_\_\_\_\_  
\_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_

E-MAIL ADDRESS (OPTIONAL): \_\_\_\_\_  
\_\_\_\_\_

\*\*If you miss advanced registration, you may sign in on the day of the event\*\*

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# Retiree Appreciation Day Schedule of Events

## Friday – September 26, 2014

### Morning Session

Welcome & Registration 0800-1100  
Information Booths/Medical Screening  
0800-1145  
Flu Shots 0800-1200  
Lunch at Freedom Inn Dining 1200-1300  
Facility (\$4.60)  
A shuttle is provided starting at 1130.

### Afternoon Session 1300-1500

#### **Posting of the Colors**

#### **National Anthem**

*US Army Field Band*

#### **Invocation**

*Religious Support Office, Fort Meade*

#### **Retiring the Colors**

#### **Welcome**

COL Bert Rice (USA Retired)

*Acting Chairman, Fort Meade Retiree Council*

#### **Introductory Remarks**

COL Brian P. Foley

*Garrison Commander*

#### **Remarks and Introduction of Symposium**

COL Bert Rice (USA Retired)

*Acting Chairman, Fort Meade Retiree Council*

#### **Benefits Symposium Speakers**

- \*Department of Veteran Affairs
- \*Social Security Administration
- \*Medical
- \*Legal
- \*Fort Meade Update

#### **\*\*Raffle Prizes\*\***

### Directions to Fort Meade Entrance Gates

**From North** – Travel south on Route 295 to the Jessup/Odenton exit (Rte 175). Exit east on Route 175 towards Odenton. Turn right onto Reece Road (3rd light).

**From West** – Travel east on Route 175, turn right on Reece Road.

**From the East** – Travel Route 175. Either enter at the gate on Llewellyn Road (this will not permit you on to the main post) or the gates at Reece (Open) or Mapes Road (Currently Closed).

**From South** – Travel North on Route 295 (Baltimore Washington Parkway) and then east on Route 198. Take the circles at Rte 32 and come through Mapes Road entrance or drive North on 95 then east on Route 32 to Mapes Road.

### \*Notes

- For your convenience, the Installation will post directional signs guiding you to the RAD event.
- Be prepared for possible traffic delays.
- Please fill out the registration form included in this publication and return it as soon as possible.
- Breakfast refreshments are provided; however, if you want to participate in medical screenings, some screenings require fasting.

### Reflections

#### Retiree Appreciation Day 2013



You'll be glad you joined us!

FALL 2014

# FORT GEORGE G. MEADE RETIREMENT SERVICES BULLETIN

**39TH ANNUAL  
FORT GEORGE G. MEADE  
RETIREE APPRECIATION DAY  
McGILL TRAINING CENTER  
26 September 2014  
0800-1500**

**INFORMATION BOOTHS, MEDICAL SCREENINGS, LUNCH AT ONE  
OF THE ARMY'S BEST DINING FACILITIES (FREEDOM INN),  
BENEFITS SYMPOSIUM, AND GREAT DOOR PRIZES.  
WE LOOK FORWARD TO SEEING YOU!**

**DEPARTMENT OF THE ARMY  
DIRECTORATE OF HUMAN RESOURCES  
RETIREMENT SERVICES OFFICE  
2234 HUBER ROAD (IMME-HR)  
FORT GEORGE G. MEADE, MD 20755-5073  
OFFICIAL BUSINESS**



**RETIRED SOLDIERS  
MOTTO:  
"STILL SERVING"**

**PRESORTED  
STANDARD  
US POSTAGE  
PAID  
FORT MEADE MD  
PERMIT 10022**

