

North Carolina Air National Guard

TGIF News

The Guard is Family

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TRICARE - How To Navigate and Access the Different Types

Having received many calls asking what site do I go to when trying to sign up for TRICARE Reserve Select, TRICARE Prime Remote or access your EOBs. See below information.

TRICARE Reserve Select (TRS): is a premium-based, worldwide health plan that qualified National Guard and Reserve members may purchase. If you qualify, you may purchase TRS coverage by logging on to the Guard-Reserve TRICARE Reserve Select (TRS) Program Web site at <https://www.dmdc.osd.mil/appj/trs/index.jsp>. This is the only site you can use to fill in the DD Form 2896-1, TRS Enrollment form, print the form, sign it and mail to the TRICARE Regional Office for your region, along with your first month premium.

TRICARE Beneficiary Web Enrollment Site (BWE): allows eligible service members and their family members to manage their enrollment in TRICARE Prime programs (TRICARE Prime, TRICARE Prime Remote, and TRICARE Prime Remote for Active Duty Family Members) without visiting a TRICARE Service Center or mailing a paper enrollment form. Log onto <https://www.dmdc.osd.mil/appj/bwe/> either with your CAC Card or with your DFAS myPay PIN. This is the only site you can use to complete the web enrollment process. **NOTE:** Your active duty orders must have been updated in DEERS. If you can not access this web enrollment site, then you will have to enroll by using a paper copy and mailing that form to the TRICARE Regional Office for your region.

MyTRICARE.com: If you use TRICARE Program (Prime Remote, TRS, Standard) and want access to your EOB, Explanation of Benefits, this site is there to help. Become a member of MyTRICARE.com so you can verify DEERS eligibility, Update Other Health Insurance, Confirm PCM name, Print Explanation of Benefits, and monitor deductible/out-of-pocket expenses. Make sure when you sign up, you use the secure login box.

For enrollment assistance, call the TRICARE regional contractor for your area:

TRICARE North Region
Health Net Federal Services
1-877-TRICARE (1-877-874-2273)
www.healthnetfederalservices.com

TRICARE South Region
Humana Military Healthcare Services
1-800-444-5445
www.humana-military.com

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Legal Assistance Tour/Free Tax Preparation

1. The Family Programs Legal Assistance team will be traveling across the state in January to assist Soldiers and family member with legal services and/or free income tax preparation.

2. Legal assistance services include: family law, estate planning, real property, personal property, debt collection, credit issues, civilian criminal matters, and tax matters.

3. Appointments are being accepted for the dates/locations below:

January 20 – Greensboro, NC

January 27 – Charlotte, NC

The Legal Assistance team also provides legal assistance and free tax preparation services at their Raleigh office, 130 Penmarc Drive, Suite 110, by appointment only on Mondays, Tuesdays, Thursdays, and Fridays.

4. To schedule an appointment for assistance with your taxes, contact Reita Smolka at (919) 485-9565 or reita.smolka@us.army.mil. Appointments for legal assistance can be directed to Reita Smolka or Chris Alderson at (919) 485-9564 or ncnlegalassistance@hotmail.com.

TAX TIME - FREE SERVICE - STARTING 18 JAN

Military OneSource is pleased to announce that beginning Monday, January 18, 2010, we will once again provide free tax consultation and free on-line tax filing services to military service members and their families during the tax season. As in the three previous years, participants will have free

online access to the H&R Block At Home (formerly TaxCut) Basic tax product.

A brief overview of the program:

Participants must register for Military OneSource and log on to the site for access to the H&R Block At Home (formerly TaxCut) Basic product. A separate logon for the H&R Block At Home (formerly TaxCut) site is required. Those eligible for the program are active duty, Guard and Reserve

(regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, and severely injured service members or family members handling their affairs. Participants will have free access to the H&R Block At Home (formerly TaxCut) Basic product. Those with more complicated returns may incur charges if they upgrade to the H&R Block At Home (formerly TaxCut) Premium product. Participants can file up to three state resident returns for each federal return that they file with the H&R Block At Home (formerly TaxCut) Basic product. Participants can speak with a Military OneSource Tax Consultant if they have tax related questions, or need assistance using the H&R Block At Home (formerly TaxCut) Basic product.

Find out more about the program by visiting the Military OneSource Tax page and our FAQs.

www.militaryonesource.com Call 1-800-342-9647

You name it.....We can help!

USAF FitFamily Launch 30 Jan 10

This forwards information about FitFamily which will launch on 30 Jan.

The FitFamily website www.USAFFitFamily.com will go live on 30 Jan and will include resources, ideas, and goal setting tools to help families be active together. Families can register as a team, earn points and achieve levels for participating in Family Fun Activities, Family Sports and Fitness and Family Nutrition. Recognition is provided at each level to encourage families to continue on the path of wellness.

FitFamily encourages family fun and will follow the ABC's of wellness:

- A is to plan Activities that include all family members
- B is to Build healthy habits that will last a lifetime
- C is to Count progress; small steps each day make a huge difference
- D is to schedule Day trips, game nights and fun time to foster togetherness
- E is to Encourage healthy Eating and cooking as a family
- F is to have Fun as a Family while creating healthy habits

FitFamily will be a visible part of the Year of the Air Force Family and is open to all active duty, Air Force Reserve and Air National Guard families. Forward pictures and articles of what your installation did to celebrate the FitFamily Launch so they can be shared on the website.



www.fatherhood.org

Nominate A Dad for the 2010 National Fatherhood Initiative Military

We will be accepting nominations for the 2010 Military Fatherhood Award, presented by Lockheed Martin, starting on Tuesday, January 19th at 12 pm, but we'll only be accepting the first six hundred nominations. Go to www.fatherhood.org for more information.

National Fatherhood Initiative offers a variety of tools and resources for supporting fathers in many diverse settings. Our father solutions include products that are flexible, easy to use, and relevant to facilitator's needs.

Outward Bound Offering FREE Wilderness Expeditions For OEF/OIF Veterans

Seeking veterans nationwide for all expenses paid expeditions To Enroll: Please call 1-866-669-2362 ext 8387 (VETS)

<http://www.outwardbound.org/index.cfm/do/cp.veterans><<http://www.outwardbound.org/index.cfm/do/cp.veterans>>

Outward Bound, a 45-year old non-profit outdoor, adventure-education organization, is looking for OEF and OIF Veterans, interested in participating in fully-funded reintegration wilderness expeditions.

Adventures are physically, mentally and emotionally stimulating and work to build the self-confidence, trust, and communication skills necessary to successfully return to their families and communities following war time service.

Goals of the program are to provide a positive outdoor experience for military veterans that will enable them to experience the healing benefits of the natural world and benefit from quality environmental education.

Who: Available to all OEF or OIF Veterans who were deployed to Iraq and/or Afghanistan, pending medical screening

What: A 5-7 day Wilderness Expedition: may include backpacking, rock climbing, canoeing, dogsledding, sailing, sea kayaking and white water rafting

When: Dates available year-round

Where: Wilderness locations include: California, Colorado, Maine, Maryland, Minnesota, New Jersey, Pennsylvania, Utah, Oregon, Washington, Alabama, and Florida

How: What sets Outward Bound apart is that the goal is personal growth. The wilderness and the skills learned to deal with it are simply a vehicle for growth.

Cost: All expenses paid! Veterans will not be responsible for cost of expedition including round-trip stateside transportation to course site. Funding provided by the Military Family Outdoor Initiative Project, a joint project of the Sierra Club and The Sierra Club Foundation.

To Enroll: Please call 1-866-669-2362 ext 8387 (VETS)

Website: <http://www.outwardbound.org/index.cfm/do/cp.veterans> <<http://www.outwardbound.org/index.cfm/do/cp.veterans>><<http://www.outwardbound.org>>

Walt Disney World Resort Celebrates U.S. Military in 2010 With Special Ticket, Lodging Offers

LAKE BUENA VISTA, Fla., Jan. 5 /PRNewswire/ — As Disney Parks ask “*What Will You Celebrate?*” and invite guests to turn their personal milestones into magical family vacations in 2010, America’s military personnel will have more reasons to celebrate: Special offers on theme park tickets and accommodations.

With Disney’s Armed Forces Salute, from Jan. 3 to July 31, 2010, active and retired U.S. military personnel (including active and retired members of the United States Coast Guard and active members of the National Guard or Reservists) or their spouses can purchase Disney’s 4-Day Military Promotional Base Tickets for \$99, plus tax, for themselves and up to five additional family members or friends for use at Walt Disney World Resort. The Park Hopper and Water Park Fun & More options can be added for an additional \$26, plus tax, per option, per ticket. No more than six Disney’s 4-Day Military Promotional Tickets (with or without options) may be purchased by any eligible member of the U.S. military (and/or spouse) pursuant to this offer.

All tickets and options are non-transferable and must be used by Sept. 30, 2010. However, the tickets and options are not valid for use on the following blockout dates: March 27, 2010, to April 9, 2010, for all Walt Disney World theme parks and other gated attractions; and July 3 to July 4, 2010, for the Magic Kingdom park.

Active and retired U.S. military personnel also can save up to 40 percent on rooms at select Disney resorts! This offer is good for stays most nights Jan. 3-Sept. 30, 2010, except not available 3/28-4/10/10 and 7/1-7/5/10, and can be booked through July 31, 2010. (The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Savings based on non-discounted price for the same room. Valid Military ID will be required upon check-in. No group rates or other discounts apply. Advance reservations required. Additional per-adult charges apply if more than two adults per room.)

For information regarding Disney’s 4-Day Military Promotional Tickets, or to make room reservations, military personnel may call 407/939-7830 or participating U.S. military base ticket offices. Information is also available at www.disneyworld.com/military.

Offer Details:

- During the period from January 3 to July 31, 2010 (the “Offer Period”), Disney’s 4-Day Military Promotional Tickets may be purchased at participating U.S. military base ticket offices **ONLY** by Eligible Service Members (defined below) or their spouses (but not both), for themselves and other family members and friends, as provided herein. These Tickets may not be otherwise transferred, distributed or resold.

- Eligible Service Members” are active or retired members of the U.S. military, including active members of the National Guard or Reservists and active or retired members of the U.S. Coast Guard.

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- The actual prices charged at U.S. military base ticket offices for Disney's 4-Day Military Promotional Tickets may be less than the prices set forth above.
- Eligible Service Members (or their spouses) will be required to present valid military identification to purchase Disney's 4-Day Military Promotional Tickets.
- Eligible Service Members (or their spouses) who purchase Disney's 4-Day Military Promotional Tickets for themselves and their family members and friends will be required to activate those Tickets at Walt Disney World® theme park ticket windows, no later than September 26, 2010, in order for those Tickets to be used. Valid military identification will be required.
- No more than six (6) Disney's 4-Day Military Promotional Tickets may be purchased and activated by any Eligible Service Member and/or spouse (regardless of the place of purchase and whether purchased by that person or that person's spouse), and all six (6) must be purchased at the same time. Accordingly, no Eligible Service Member (or spouse) may purchase Disney's 4-Day Military Promotional Tickets at any military base ticket office if that person (or that person's spouse) previously purchased Disney's 4-Day Military Promotional Tickets (whether at that same military base ticket office or at any other military base ticket office or at any other place). In addition, one of the six (6) Tickets purchased must be for use by the Eligible Service Member or his/her spouse.
- Disney's 4-Day Military Promotional Tickets will not be valid unless and until activated (no later than September 26, 2010).
- Each Disney's 4-Day Military Promotional Ticket must be used by the same person on any and all days. Disney's 4-Day Military Promotional Tickets may be used ONLY by the Eligible Service Members, spouses, other family members or friends for whom they are purchased. In addition, a valid military ID may be required for admission.
- Disney's 4-Day Military Promotional Tickets (including any options) expire and may not be used after September 30, 2010. In addition, these Tickets (including any options) may not be used on the following blackout dates: March 27, 2010 to April 9, 2010 at all Walt Disney World Theme Parks and other gated attractions; and July 3, 2010 to July 4, 2010 at Magic Kingdom Park.
- This offer may not be combined with any other ticket offer.

SOURCE Walt Disney World Resort **RELATED LINKS**
<http://www.disneyworld.com/military>

Operation Purple Camp



When you hear “**Operation Purple Camp**” you should think: **Kids Serve Too!** The National Military Family Association’s Operation Purple camps are a time for having fun, making friends, and reminding military kids that they are the Nation’s youngest heroes. Camp registration is not open yet. Below are the selections to participate in 2010 Operation Purple Camp - just wanted to give a heads-up for camp/s in North Carolina. You can go to the website to sign up for email alert - then you will be notified when camp registration officially opens <http://www.militaryfamily.org/publications/enewsletters/enewsletter-sign-up-1.html>

NC-Columbia Eastern 6/13/2010 - 6/18/2010	4H Center - NC OMK and 4-H Youth Development (100) Age: 8;9;10;11;12;13;14
NC-Columbia Eastern 6/20/2010 - 6/25/2010	4H Center - NC OMK and 4-H Youth Development (100) Age;8;9;10;11;12;13;14
NC-Halifax 8/1/2010 - 8/7/2010	4-H Rural Life Center (60) Age;10;11;12;13;14;15
NC-Hendersonville-Bob 6/27/2010 7/2/2010	Camp Bob at The Kanuga Episcopal Conference Center (100) Age;8;9;10;11;12;13;14;15
NC-Hendersonville-Bob 8/1/2010 - 8/6/2010	Camp Bob at The Kanuga Episcopal Conference Center (100) Age;8;9;10;11;12;13;14;15
NC-Hendersonville-Tekoa 6/6/2010 - 6/12/2010	Camp Tekoa, The Western North carolin Conference Camp of the United Methodist Church (200) Age;7;8;9;10;11;12;13;14;15;16;17
NC - Parkton 7/11/2010 - 7/17/2010	Rockfish Camp and Retreat Center (200) Age;7;8;9;10;11;12;13;14;15;16
NC - Parkton 7/18/2010 - 7/24/2010	Rockfish Camp and Retreat Center (200) Age;7;8;9;10;11;12;13;14;15;16
NC-Swannanoa 7/11/2010 - 7/16/2010	Swannanoa 4-H , NC OMK and 4-H Youth Development (80) Age;8;9;10;11;12;13;14;15;16;17

2010 AFR/ANG Teen Leadership Summits

We are thrilled to announce the AFR/ANG has received funding for three Air Force Reserve/ Air National Guard Teen Leadership Summits this year! The application deadline is 16 Apr 2010. Applications and instructions as well as applications for adult volunteers are located at the following

website: www.georgia4h.org/AFRANGTeenSummit<<http://www.georgia4h.org/AFRANGTeenSummit>>.

There will be 2 ways for you can support the program. **One**- you can read the qualifications for teens to participate and register your teens to attend. **Second**, each camp needs 'adult leaders' to chaperone the teens at each camp. Guidelines are on the website listed above. In addition, there will be an advertisement in the February edition of Citizen Airman as well as article on the ANG Portal.

These camps were a tremendous success last year and we hope that **ANG** participation is even greater this year!

General Information:

The AFR/ANG Teen Leadership Summits are open to all 14-18 year old dependent teens of current Air Force Reserve or Air National Guard members. Applicants will be required to complete the 2010 AFR/ANG Teen Leadership Summit application for the session they wish to attend to include essay questions, Code of Conduct and transportation form.

Classic Summit, 13-18 June 2010 - Wahsega 4-H Center, Dahlonega, GA

Attendees will be flown into Atlanta-Hartsfield International Airport. This Summit will focus on developing an awareness of programs and services available to AF Reserve and Air National Guard dependents. Activities include high/low ropes course, rock climbing, white water rafting, hiking, environmental education and leadership classes.

Survival Summit, 20-25 July 2010 - Colorado Youth Programs, Boulder, CO

Teens must have attended a previous AFR/ANG Teen Leadership Summit to apply for this camp- attendance is limited to 36 teens. Attendees will fly into the Denver International Airport. This Summit begins at base camp where teens will have a day to prepare for the expert-led three day, two night survival experience.

Adventure Summit, 10-15 August 2010 - Cheley Camps, Estes Park, CO

Attendees will be flown into Denver International Airport. In this beautiful and majestic setting, teens will have the opportunity to choose from daily activities such as Rocky Mountain hiking, horseback riding (western), colts (where campers learn what is involved in training horses)

backpacking, mountain biking, technical climbing, archery and low ropes challenge course.

Anheuser-Busch Offers Free Theme Park Admission By Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas - A tribute program that has provided free admission to SeaWorld and Busch Gardens for more than 4 million members of U.S. and coalition armed forces and their families has been extended through 2010.

“Here’s to the Heroes,” a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families.

“It’s gratifying to all of us that so many members of our armed forces have taken advantage of this program and honored us with a visit,” said Jim Atchison, president and chief executive officer of SeaWorld parks and entertainment. “This is a difficult time for our men and women in uniform - and their families - and we are honored to give them something back.”

Free admission is for any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches and as many as three of his or her direct dependents.

All servicemembers need do is register online at <http://www.herosalute.com> or in the entrance plaza of a participating park, and show a Department of Defense photo identification.

Each pass is valid for a one-day admission per person per year to five of Anheuser-Busch’s seven theme park brands. Visitors may choose Sea World Orlando, San Diego or San Antonio; Busch Gardens Tampa or Williamsburg; Pennsylvania’s Sesame Place; Florida’s Adventure Island; or Virginia’s Water Country USA. Discovery Cove and Aquatica parks are not included in this offer.

SeaWorld Orlando, Busch Gardens Tampa and SeaWorld San Diego operate year round. The company’s remaining parks are seasonal, with varying opening dates this spring. Each park’s operating schedule is available online.

Anheuser-Busch is a corporate supporter of America Supports You, a Defense Department program connecting citizens and corporations with servicemembers and their families serving at home and abroad.

TRICARE

Important
Telephone Numbers

TRICARE FOR LIFE
1-866-773-0404
www.tricare4u.com

RETAIL PHARMACY
1-866-DoD-TRRX
1-866-363-8779

**NATIONAL MAIL
ORDER PHARMACY**
1-866-DoD-TMOP
1-866-363-8667
www.express-scripts.com/

TRICARE

**TRICARE PRIME
REMOTE**
1-877-TRICARE
1-877-874-2273

TRICARE DENTAL
1-888-622-2256 (Enrollment)
1-800-866-8499 (Information)

NORTH REGION
Health Net Federal
Services
1-877-TRICARE
(1-877-874-2273)
www.healthnetfederalservices.com

WEST REGION
TriWest Healthcare
Alliance
1-888-TRIWEST
(1-888-874-9378)
www.triwest.com

SOUTH REGION
Humana Military Health-
care Services
1-800-444-5445
www.humana-military.com

**TRICARE Information
Service**
1-888-DoD-CARE
1-888-363-2273

West
San Diego, CA
TriWest
Healthcare
Alliance Corp
www.triwest.com

North
Washington, D.C.
Health Net Federal Services
www.healthnetfederalservices.com

South
San Antonio, TX
Humana Military Healthcare
Services
www.humana-military.com

**Early TRICARE for Mobilizing Air National
Guard Members (Note: The implementation of
this program has been delayed for the Air
Guard waiting on required system changes)**

The Fiscal Year 2010, National Defense Authorization Act (NDAA), amended 10 U.S.C. 1074 to increase the amount of time a Reserve Component (RC) member is eligible for TRICARE coverage prior to mobilization from 90 to 180 days. RC members activated (volunteers and Mobilized) in support of a contingency operation as defined in 10 U.S.C. 101(a)(13)(B) for more than 30 days are entitled to enhanced health care/TRICARE, which also extends to eligible family members.

The eligibility for these benefits is defined by the statute and Under Secretary of Defense, Personnel and Readiness memorandum, dated 7 January 2004.

To be eligible, an Air National Guard (ANG) member must be issued a delayed-effective-date active duty order, meaning individual mobilization orders, or a unit alert order. A unit alert order is an annex approved by a senior authorized individual for the unit or higher headquarters that contains the identification of all individuals to whom individual mobilization orders will be issued.

For ANG members, the latter means matching a notification message that contains a gaining Major Command's (MAJCOM) validated requirement with a list of personnel to support a contingency operation, as defined in 10 U.S.C. 101 (a) (13) (B), approved by a unit commander or senior authorized individual in the unit.

TRICARE University Provides Online Benefit Education

January 15, 2010 No. 10-07

FALLS CHURCH, Va. – If you're new to the military and eager to learn about your health care benefits or an old hand who wants to know the latest changes, TRICARE University is the place to go. TRICARE University offers free online courses 24 hours a day, seven days a week, 365 days a year at www.tricare.mil/tricareu.

“The courses can be taken anytime and you can learn at your own pace,” said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. “It’s the simplest way to learn about your TRICARE benefit.”

Three different online courses are available. Of these, the TRICARE Public Course provides the quickest and easiest way to get a general overview and basic knowledge of TRICARE programs. There is no registration for this course and it’s accessible to anyone who wants to know more about TRICARE.

The TRICARE Fundamentals Course is much more in-depth as it is primarily designed for TRICARE benefit counselors and family support staff who provide counseling and assistance to TRICARE beneficiaries. Topics covered include TRICARE eligibility, TRICARE programs and plans and on-line resources. Registration is needed to take the course and “graduates” who pass the test at the end of the course receive a certificate from TRICARE.

Members of the Selected Reserve who want to know more about TRICARE Reserve Select (TRS) can hone their understanding through a TRICARE University course devoted to this premium-based health care plan. Newly activated Guard and Reserve members might also find the TRICARE public course helpful as it provides a convenient way to learn about their health care benefits while on active duty. To take one of the offered courses, go to www.tricare.mil/tricareu and click “online training” for a list of options. The TRICARE Public Course is also available through a separate tab on the TRICAREU page.

About TRICARE Management Activity and the Military Health System TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.5 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to www.health.mil.

Family Readiness Air Guard Expanded Executive Council

Family Readiness office
telephone numbers

1-800-354-6943 Ext 4949
704-398- 4949

Cell Phone: 980-721-4019

DSN: 231-4949

kathleen.flaherty@ang.af.mil

The fastest way to get in touch with FR is now through the cell phone or e-mail , someone will answer or get back in touch with you as quickly as possible

The Role of the Executive council is to assist the commanders in the administration and management of the Family Readiness Program. The council is responsible for developing and disseminating policy, plans, and program guidance. These duties include, but not limited to develop a plan to provide the best possible tools for management to insure the all resources are available for our members and their families; develop a line a communication between senior management and the unit family readiness groups.

If you are interested in joining our TEAM please contact the Family Readiness office at 704-398-4949.

Family Readiness

Charter

Develop a program to provide information, on-going education, and assistance to families, members, and leadership aimed at preparing military members and their families for National Guard Military Life

Mission

Educate, Support, Assist, Communicate, Collaborate, and Sustain