

# **MyArmyBenefits**

The official military benefits website of the U.S. Army



★ Benefit Library ▼

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See the links below for up-to-date resources and news regarding COVID-19. For military benefit questions, contact the MyArmyBenefits Help Desk at 888-721-ARMY.



Estimate your survivor benefit annuity stream to help plan your family's financial future. Use the "what if" feature to see how life events change the income stream.

MyArmyBenefits--the Official Benefits Website for Soldiers, Veterans, Retirees & Families Finding Your Benefits is as Easy as 1 - 2 - 3!

#### PLANNING AND ASSISTANCE



Transition and Retirement Planning



**Survivor Benefits Planning** 



Blended Retirement Calculator



Casualty and Survivor Assistance

Army Benefits Center--Civilian

#### FEATURED VIDEOS



#### **MAB Introduction**





Army Benefits Library Army Benefits Calculator



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Federal Benefits > State/Territory Benefits

Resource Locator

- ► By Component
- ► By Life Event
- ► A to Z

State/Territory Benefits

Resource Locator

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### **Benefit Library**



#### **Federal Benefits**

View fact sheets for all Federal Benefits available to Soldiers and Families sorted by Category, by Component, by Life Event, and listed alphabetically. Eligibility for any benefit or service is based on current Army, DoD and/or VA regulation. Therefore, additional categories of non-Army personnel (from sister services or other federal agencies, for example) may be eligible for such benefits. As such, personnel may wish to review applicable AR and DoD regulations, and VA policies.

#### State/Territory Benefits

View fact sheets that contain benefit information for each U.S. State and Territory.

#### Resource Locator

Use the Resource Locator to find locations where benefits services are provided in each

**BENEFITS FACTS** 

ACS

MORE



Army Community Service helps Soldiers and Families by providing vital services and information during war and peace.

1 2 3 4 5 6 7 8 9 10

#### FEATURED: REUNION



The return home from combat can often leave servicemembers feeling out of place

with the most important people in their lives - their families.

"In deployment, Soldiers grow accustomed to a new lifestyle and a new 'family' - those buddies that bond together to defend each other," said Maj. Ken Williams, 14th Military Police Brigade chaplain. "This lifestyle change is prolonged and becomes familiar, i.e., the new normal."

### **Federal Fact Sheets**





The official military benefits website of the U.S. Army

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\* Media Kit

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**★**Help •

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Federal Benefits

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- ► By Component
- ► By Life Event
- ► A to Z

State/Territory Benefits

Resource Locator

#### DoD Disability Retired Pay

The Department of Defense (DoD) compensates Soldiers who are retired for physical disability (Title 10 USC Ch. 61). The Secretary of the Army (SA) may retire a regular component Soldier who is deemed physically unfit to perform their duties as the result of an injury incurred in the line of duty. To qualify for disability retirement, the Soldier must have completed at least 20 years of creditable service, in accordance with 10 USC 1208, or have service-connected disabilities that caused the Soldier to be unfit for duty and amount to a combined disability rating of 30 percent or more. The 20-year threshold established by 10 USC 1208 includes Reserve "equivalent duty service" (the product of the Soldier's membership and Inactive Duty Training (IDT) points divided by 360). This service is applicable to Regular Soldiers with former Reserve Service.

- ► Regular Army: Active Duty
- ► Regular Army: Retired
- Army National Guard: Active Duty Under Title 10 USC or Title 32 USC (Full-Time National Guard Duty)
- Army National Guard: State Active Duty
- Army National Guard: Drilling
- Army National Guard: Retired
- ► Army Reserve: Active Duty
- ► Army Reserve: Drilling
- ► Army Reserve: Retired

### BENEFITS FACTS

ACS



Army Community Service helps Soldiers and Families by providing vital services and information during war and peace.

1 2 3 4 5 6 7 8 9 10

#### FEATURED: REUNION

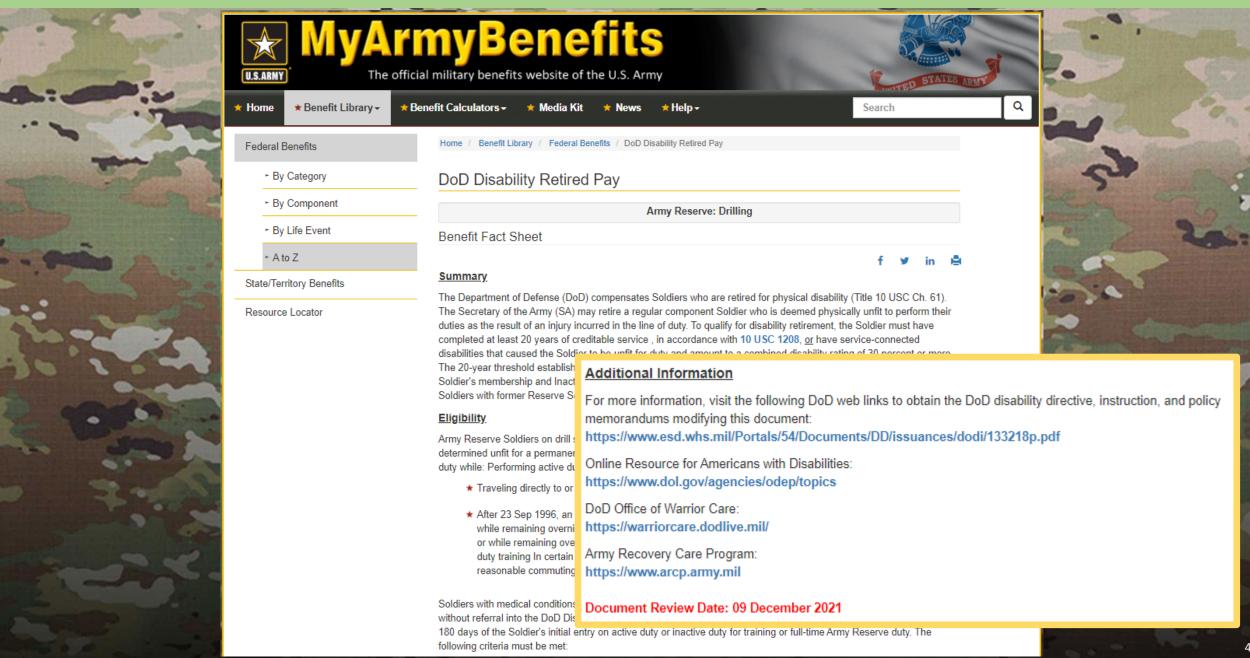


The return home from combat can often leave servicemembers feeling out of place

with the most important people in their lives - their families.

"In deployment, Soldiers grow accustomed to a new lifestyle and a new 'family' - those buddies that bond together to defend each other," said Maj. Ken Williams, 14th Military Police Brigade chaplain. "This lifestyle change is prolonged and becomes familiar i.e. the new normal "

## Federal Fact Sheets—Army Reserve Drilling View



### State Fact Sheets





The Department of Defense Transition Assistance Program (DoD-TAP) provides information, access to important documents, and training to ensure Service members

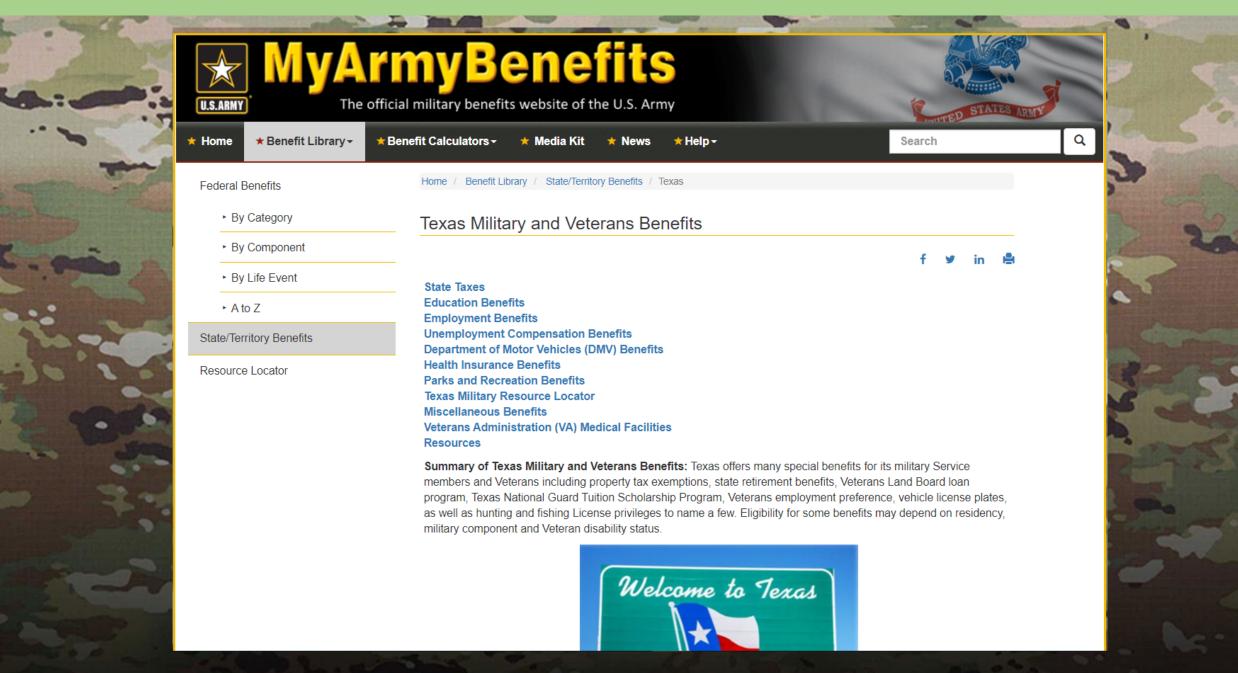
1 2 3 4 5 6 7 8 9

The return home from combat can often leave servicemembers feeling out of place

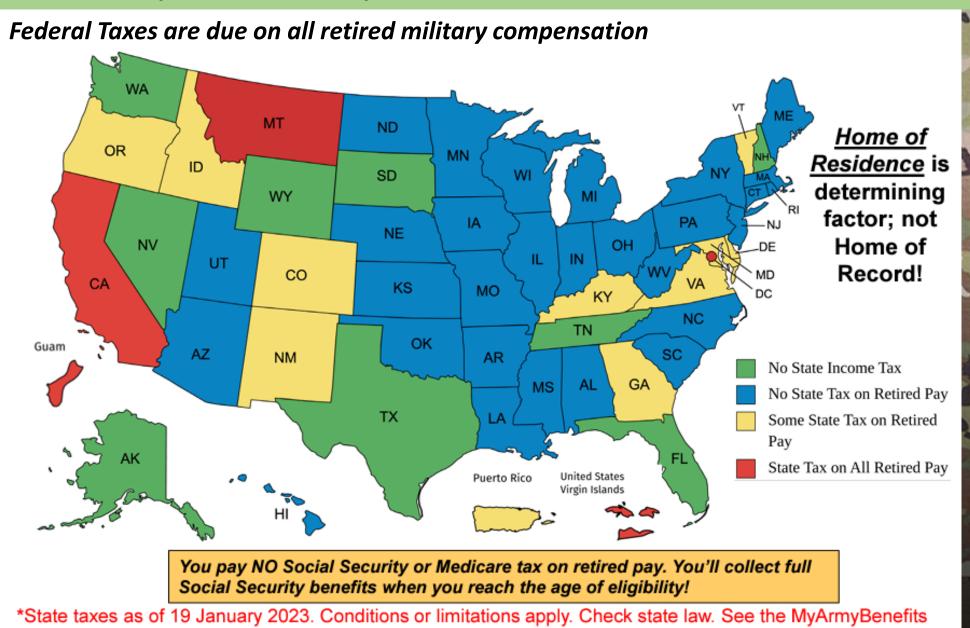
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### State Fact Sheets—State View



## Taxes & Military Retired Pay



state fact sheets at https://myarmybenefits.us.army.mil/Benefit-Library/State/Territory-Benefits for details.

### **Resource Locator**



### Resource Locator—State View



#### Federal Benefits

- ► By Category
- ► By Component
- ► By Life Event
- A to Z

State/Territory Benefits

Resource Locator

Home / Benefit Library / Resource Locator / Virginia

#### Virginia Military Installations - Contact Information







Listed below are Virginia military installations and military support centers, with full contact information, that can assist you with your benefits. This applies to the entire military community including Active duty, National Guard and Reserve Service Members serving in any branch of the Armed Services in Virginia or who claim this state as their home of record. Contact information is also available to Veterans, Families, Retired Service members and Survivors. For additional state benefits go to the MyArmyBenefits - Virginia Military and Veteran Benefits Fact Sheet.

#### Common Resources

Fort Belvoir

Joint Base Langley-Eustis

Joint Expeditionary Base Little Creek - Fort Story

Fort Lee

Joint Base Myer-Henderson Hall

Fort A.P. Hill

Pentagon

Virginia Army National Guard

U.S. Army Reserve

#### **Common Resources**

#### DEERS / ID Card / CAC Office

Site Locator & Appointments: https://idco.dmdc.osd.mil/idco/locator

Website: https://idco.dmdc.osd.mil/idco/

#### Finance DFAS

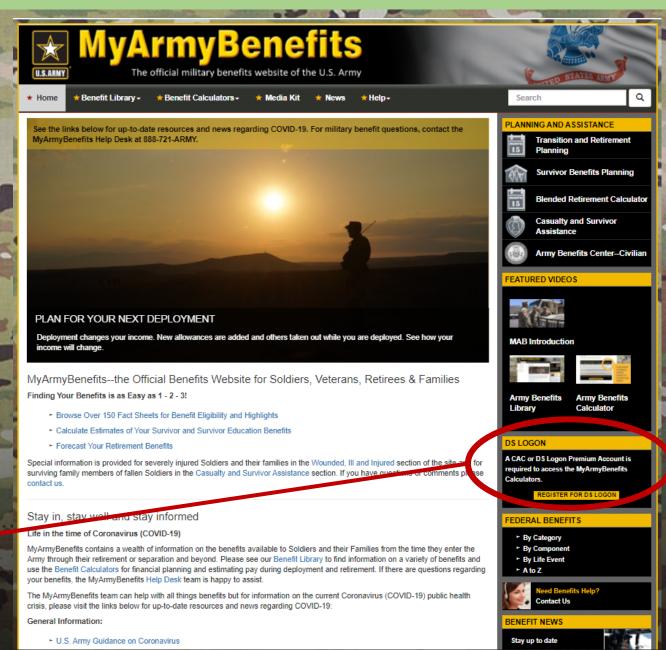


Phone: 888-332-7411 *Customer Service* Self Service – Press 1



## **DS Logon Premium Account**

- Important to get for use as a Gray Area Retiree
- Use to access many DoD systems in lieu of CAC
  - MyArmyBenefits
  - Tricare
  - > VA
  - MyHealtheVet
  - MilConnect
  - Army TAP
  - ► I.D. Card Office Online
  - ....and many more
- Easily obtained with CAC but still obtainable without
- Once you enter Gray Area, you no longer have a CAC
- MyArmyBenefits offers a link to apply for a DS Logon Premium Account on the right side of the homepage



### **Benefit Calculators**

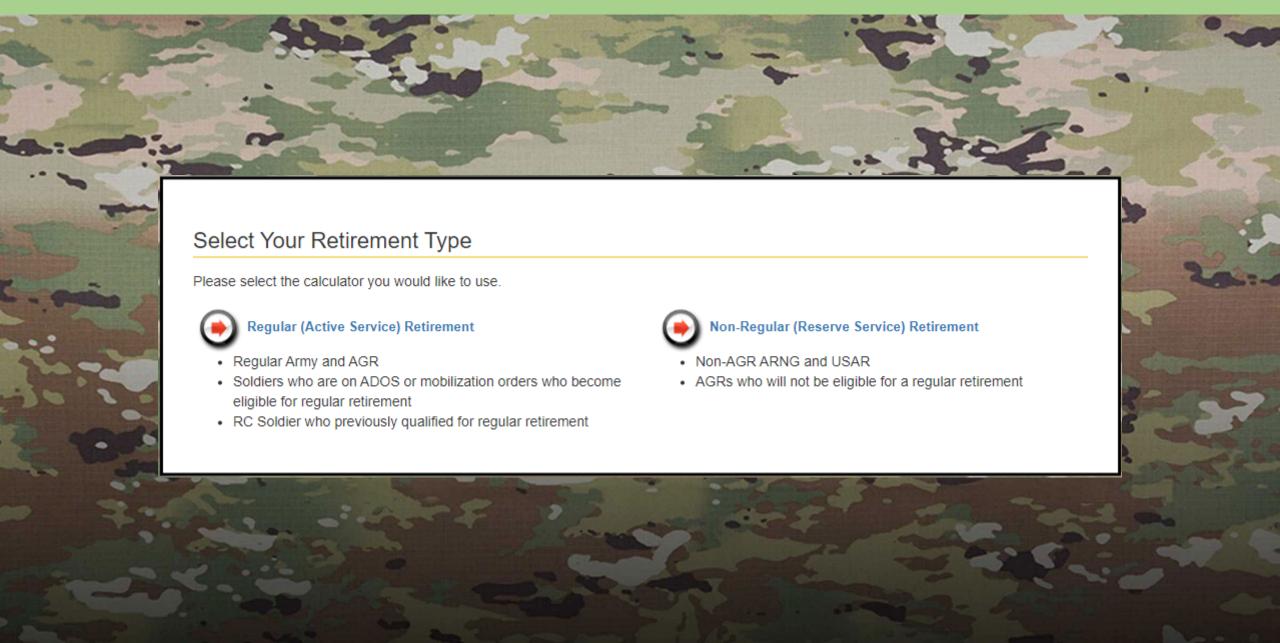


### Benefit Calculators—Retirement Calculator

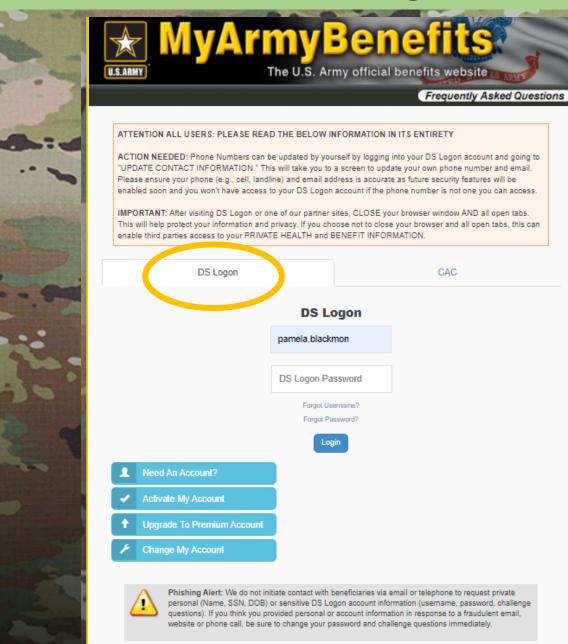


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### Benefit Calculators—Calculator Choice



## Benefit Calculators—Login





## **MyArmyBenefits**

The U.S. Army official benefits website

Frequently Asked Questions

#### ATTENTION ALL USERS: PLEASE READ THE BELOW INFORMATION IN ITS ENTIRETY

ACTION NEEDED: Phone Numbers can be updated by yourself by logging into your DS Logon account and going to "UPDATE CONTACT INFORMATION." This will take you to a screen to update your own phone number and email. Please ensure your phone (e.g., cell, landline) and email address is accurate as future security features will be enabled soon and you won't have access to your DS Logon account if the phone number is not one you can access.

IMPORTANT: After visiting DS Logon or one of our partner sites. CLOSE your browser window AND all open tabs. This will help protect your information and privacy. If you choose not to close your browser and all open tabs, this can enable third parties access to your PRIVATE HEALTH and BENEFIT INFORMATION.

DS Logon

CAC

CAC

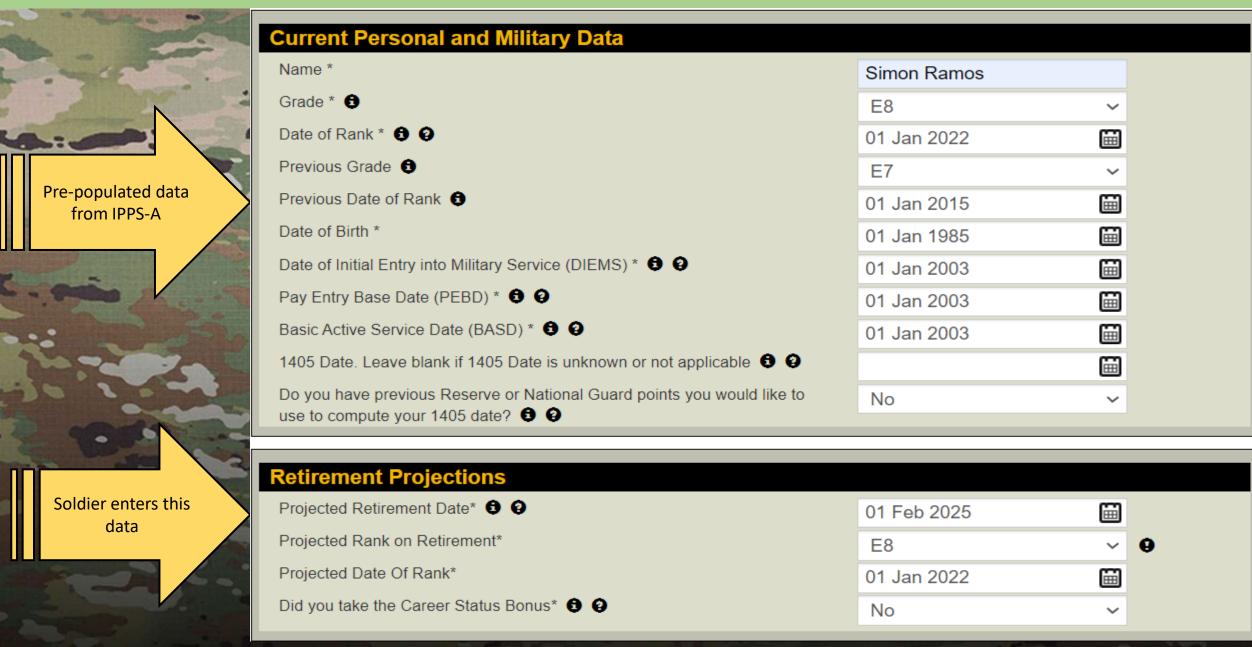


- Activate My Account
- ↑ Upgrade To Premium Account
- Change My Account

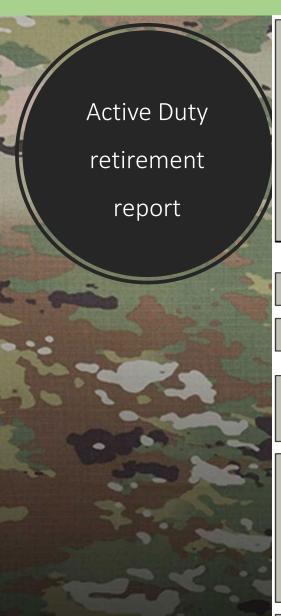


Phishing Alert: We do not initiate contact with beneficiaries via email or telephone to request private personal (Name, SSN, DOB) or sensitive DS Logon account information (username, password, challenge questions). If you think you provided personal or account information in response to a fraudulent email, website or phone call, be sure to change your password and challenge questions immediately.

## Benefit Calculators—Active Duty Retirement-My Information



## Benefit Calculators—Estimated Retired Pay



Estimated Retired Pay (High 3 Legacy Retirement System)							
Grade 🕢	Yrs - Mths of Svc	High-3 Monthly Average 3		Multiplier		Monthly Retired Pay	
E8	22-01	6,008.29	x	0.5520	=	\$3,316	
All calculations are made in today's dollars and do not account for annual pay table increases.							

Show the Previous 36 Months of Pay used to determine your High-3 monthly average

Show the Personal and Military Data used to determine your Retirement Benefits Estimate

If you would like to compare this report with others, please download and/or print.

If you require assistance in interpreting your report or have any other questions, please Contact Us.

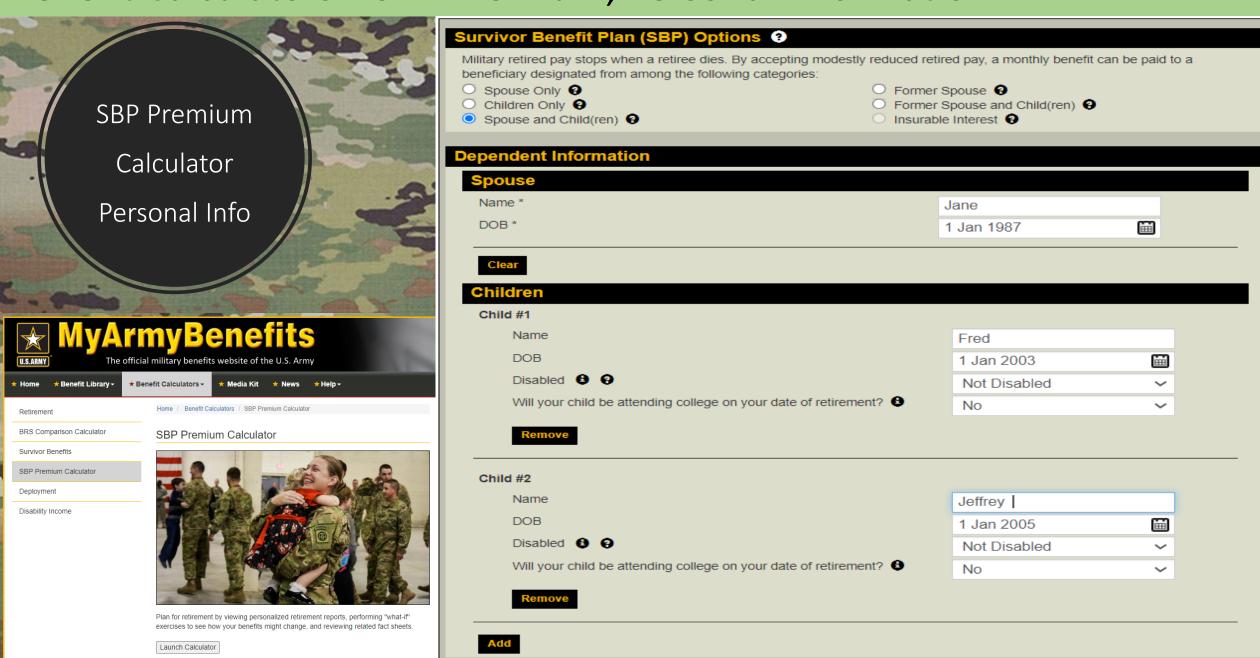
Your retired pay stops when you die. You may enroll in the Survivor Benefit Plan (SBP) when you retire and designate a portion of your retired pay that you wish to be paid to your eligible survivors. A premium will be deducted from your retired pay depending on your beneficiary designation.

CALCULATE SBP PREMIUM ESTIMATE

Back to My Information

**Estimate Survivor Benefits** 

## Benefit Calculators—SBP Premium, Personal Information



## Benefit Calculators—SBP Premium Report

### **SBP Base and Annuity Amounts**

Selected Base Amount: \$3,316

Monthly Survivor Annuity: \$1,823.80

### **SBP Premiums and Net Monthly Retired Pay**

		Spouse Only	Spouse and Child(ren)	Child(ren)
SBP Premiums	=	\$215.54	\$215.54	\$0.00
Monthly Retired Pay Before Taxes (After SBP Premium Deduction)	=	\$3,100	\$3,100	\$3,316

You may choose to participate in SBP at less than the maximum level by selecting a reduced "Base Amount". Your survivor(s) would receive 55% of whatever Base Amount you elect. You can select a Base Amount as low as \$300.

If you would like to see the cost to participate in SBP with a reduced Base Amount , enter the reduced Base Amount here:

Reduced Base Amount (e.g. 300 or 1000):

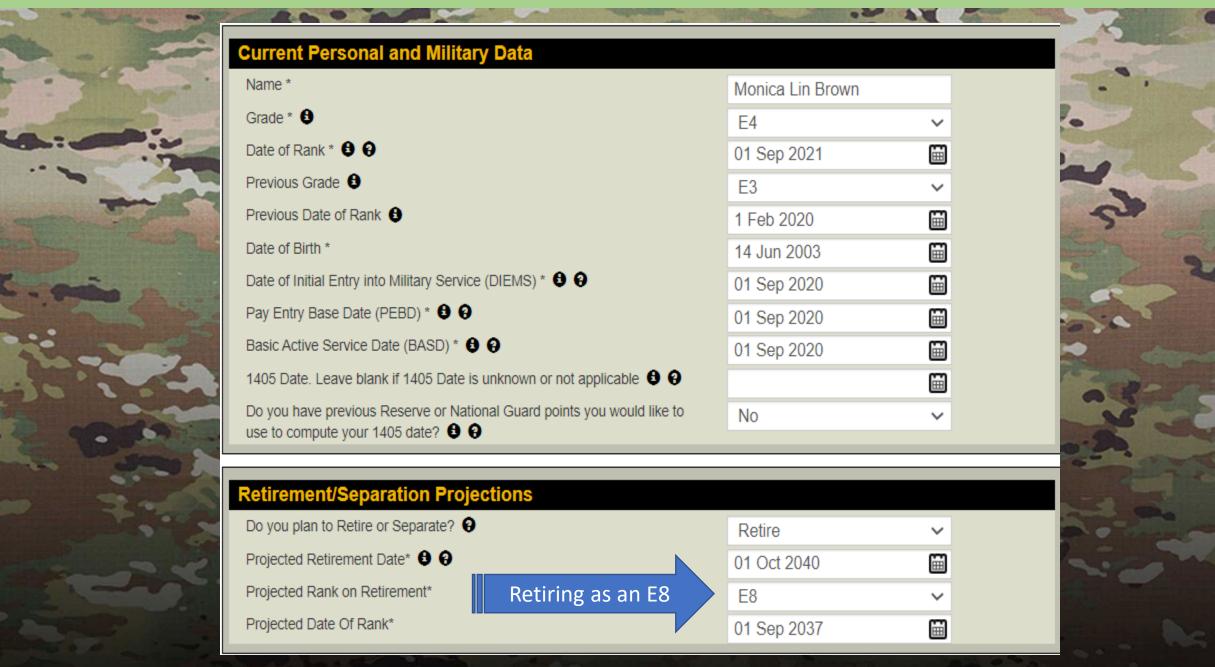
\$ 3316

Calculate

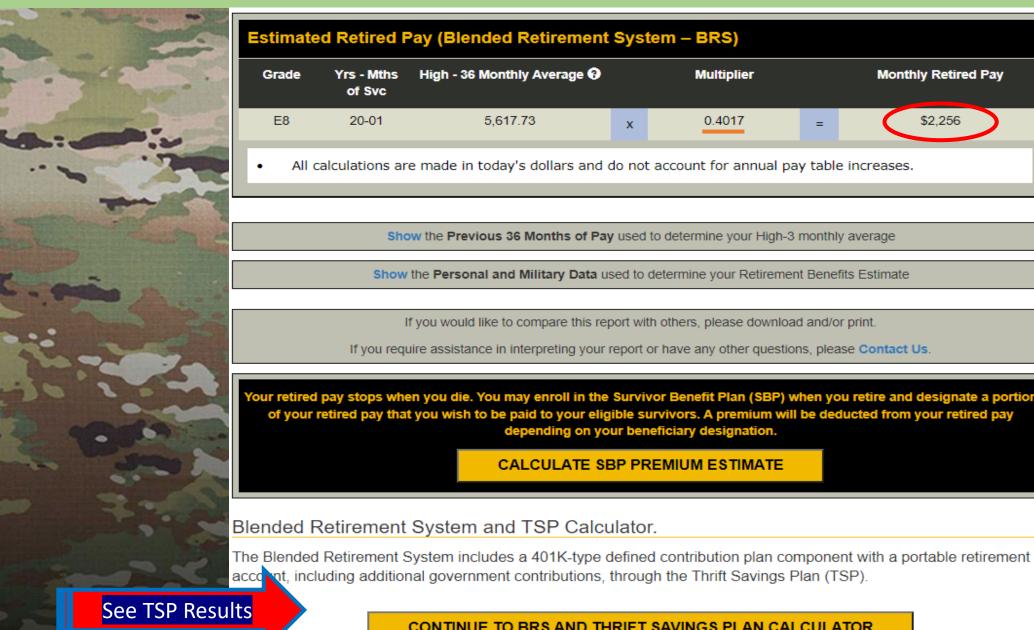
Return to Beneficiary Selection

Return to Retirement Selection

## Benefit Calculators-Blended Retirement System (BRS)-My Information



## Benefit Calculators-Blended Retirement System (BRS)





**Monthly Retired Pay** 

\$2,256

CONTINUE TO BRS AND THRIFT SAVINGS PLAN CALCULATOR

## Benefit Calculators-Assumptions for TSP & Continuation Pay

Default Assumptions		
Career Progression Based on Minimum Time in Grade:	E4 To E5 - 9/1/2022	
	E5 To E6 - 9/1/2023	
	E6 To E7 - 9/1/2026	
	E7 To E8 - 9/1/2029	
	E8 To E8 - 9/1/2032	
	E8 To Retire - 10/1/2040	
Average Cost-of-Living Adjustments (COLAs) to Retired Pay:	2023,2024, and 2025 - 2.3%; 2026 and beyond - 2.75%	
Percent of Active Duty Pay contributed to Thrift Savings Plan (TSP):	3%	
Rate of Return on Thrift Savings Plan (TSP) Investments:	7%	
Age to Begin TSP Withdrawals:	67	
Lump Sum Option Chosen at Retirement under BRS:	0%	
Percent of Lump Sum Invested Privately:	0%	
Rate of Return on Private Lump Sum Investment:	7%	
Age to Begin Withdrawals from Lump Sum Investment:	67	
Continuation Pay Multiple of Monthly Basic Pay:	2.5x	
Percent of Continuation Pay Invested in Thrift Savings Plan (TSP):	0%	
Marginal Income Tax Bracket during Working Years:	0%	

#### 2

### Your Report: Comparison of Retired Pay and Lump Sum Options

This table contains the monthly Retired Pay amounts you would receive under the Blended Retirement System, including Continuation Pay and the Lump Sum options you will have under the Blended Retirement System.

Amounts are based upon future Active Duty Pay Tables projected by DOD to increase by 2.1% for years 2023 and 2024, 3.25% for years 2025, and 2.1% for 2026 and beyond. Actual annual increases are likely to be different.

#### Your Comparison Table: (Future Dollars - Based on Your Financial Assumptions)

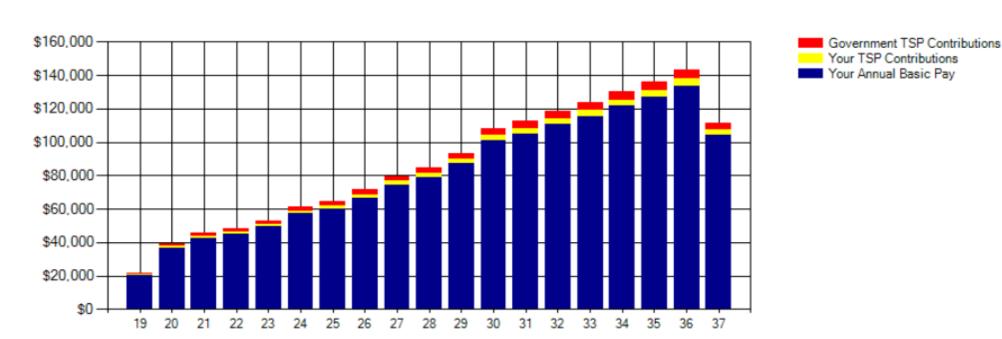
Retired Pay and Lump Sum Your Monthly Retired Options Pay At Retirement		Your Monthly Retired Pay Beginning At Age 67*	Your Continuation Pay at Year 12	Your Lump Sum at Retirement**	Your Automatic Govt TSP Contributions***	Your Govt TSP Matching Contributions
Blended Retirement System – Receive 100% of Monthly Retired Pay and No Lump Sum	\$5,895	\$5,895	\$17,034	\$0	\$15,383	\$45,862
Blended Retirement System  – Receive 75% of Monthly Retired Pay and 25% Lump Sum	\$4,421	\$5,895	\$17,034	\$121,803	\$15,383	\$45,862
Blended Retirement System  – Receive 50% of Monthly Retired Pay and 50% Lump Sum	\$2,947	\$5,895	\$17,034	\$243,606	\$15,383	\$45,862

### Your Report: Basic Pay and TSP Contributions

This report shows your monthly and annual basic pay projections over your military career, based upon the promotion schedule you entered together with your and the government's projected annual contributions to the Thrift Savings Plan. Increases in basic pay due to longevity and annual pay table increases (at the default rate or the rate you selected) are included. (Note that Basic Pay amounts will sometimes combine partial years into one annual amount that is not a multiple of 12 because of increases that occur between birthdays. Also note that your TSP contribution may be higher in your 11th year of service if you indicated that you will invest all or part of your Continuation Pay in TSP.) You can hover your cursor over any bar in the graph to show values for that year. You can also click here to see a full table.

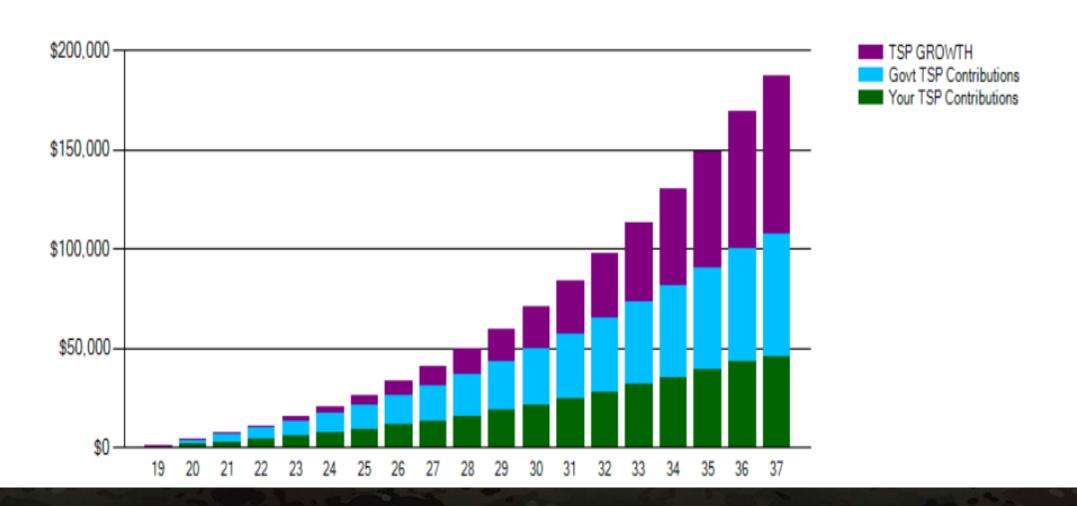
#### Basic Pay and TSP Contributions During Your Military Career:

The totals of the stacked blue and yellow bars illustrate your total basic pay for the year shown. The red bars above them illustrate the additional compensation you will receive with the government's contributions.



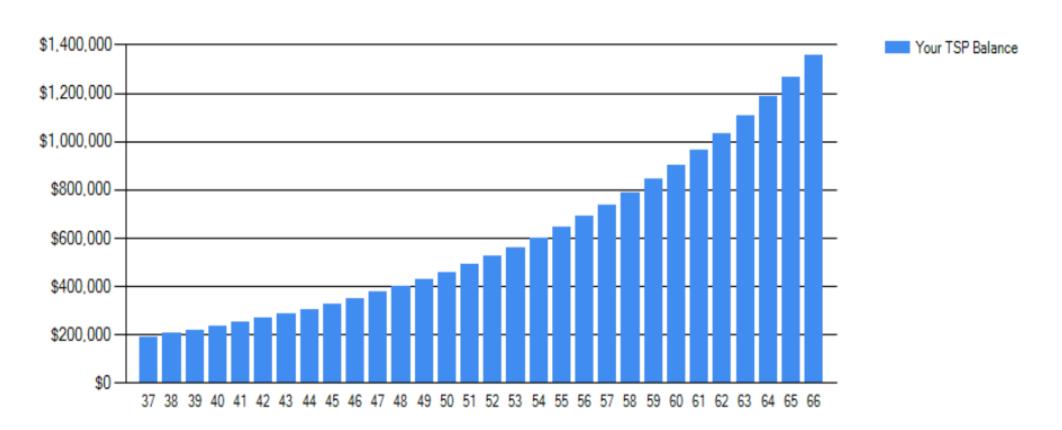
### TSP Contributions During Your Military Career:

Note that the totals of the stacked bars depict your total TSP account balances during your career (blue and green bars) and the growth of your and the Government's contributions to your TSP account (purple bars).



### TSP Account Growth in Retirement:

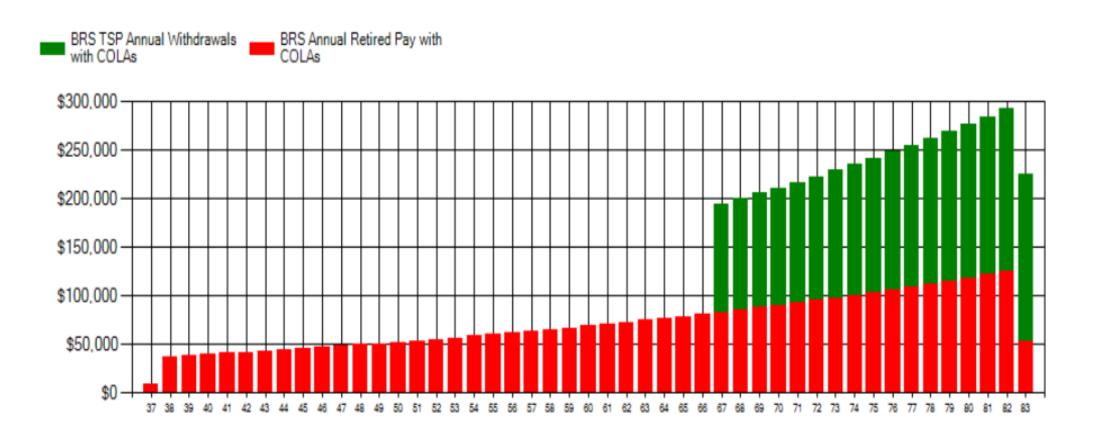
The real value for you by investing in the TSP is that future growth compounds tax-deferred (meaning that you pay taxes on withdrawals as you make them, but your account balance is not taxable as it grows). At the growth rate you selected, your TSP account balance until the age you selected to begin withdrawals is projected to grow to the amounts depicted in the graph below.



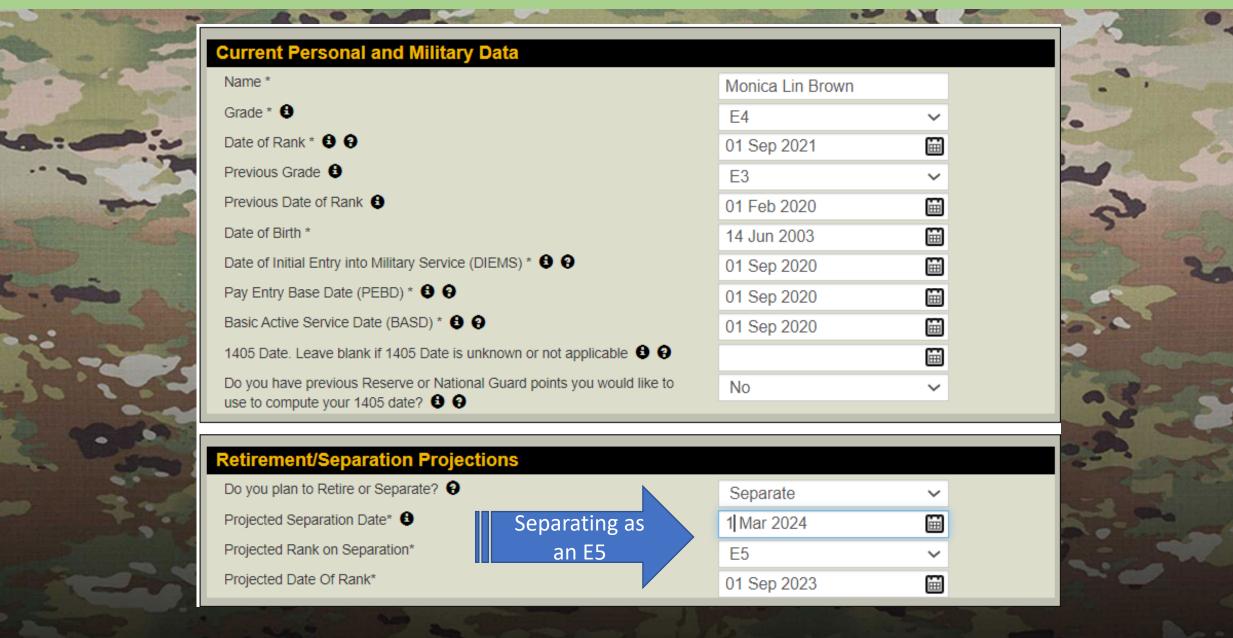
### Projected Retired Pay Components with Cost-of-Living Adjustments (Uses Financial Assumptions Previously Selected):

This graph depicts the same income streams as the Today's Dollars graph above, but it includes cost-of-living adjustments (COLAs) to the Blended Retirement System retired pay amounts in future dollars and reflects cost-of-living adjustments at the inflation rate you selected.

The income streams depicted for your TSP and Lump Sum investments were calculated so that maximum amounts possible are withdrawn to deplete your TSP and Lump Sum investments between the age you selected for them to begin and your life expectancy (or alternative age you selected).



## Benefit Calculators- BRS SeparationPay



### Benefit Calculators- BRS Separation Pay & Contributions

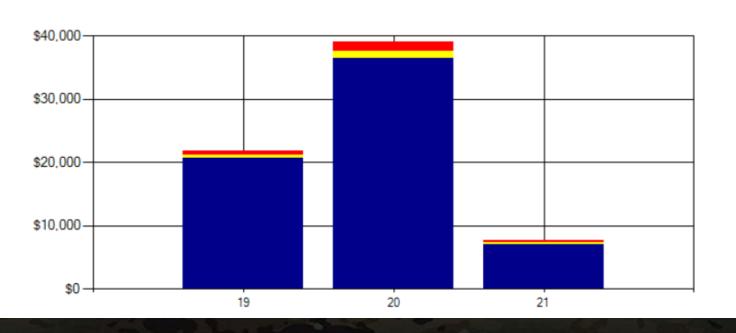
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#### Basic Pay and TSP Contributions During Your Military Career:

The totals of the stacked blue and yellow bars illustrate your total basic pay for the year shown. The red bars above them illustrate the additional compensation you will receive with the government's contributions.

Click your cursor along the graph to see annual values.



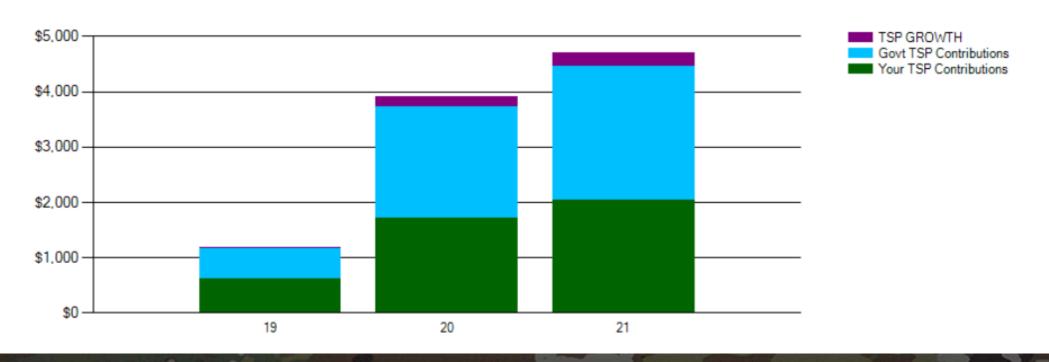
Government TSP Contributions
Your TSP Contributions
Your Annual Basic Pay

## Benefit Calculators- BRS Separation Pay-TSP Contributions

### TSP Contributions During Your Military Career:

This graph illustrates the values displayed in the preceding table.

Note that the totals of the stacked bars depict your total TSP account balances during your career (blue and green bars) and the growth of your and the Government's contributions to your TSP account (purple bars).



### Benefit Calculators—Survivor Benefits Calculator



## Benefit Calculators—Survivor Benefits Report

E7 Married with
2 Children

Please keep in mind that the benefits provided to your survivors depend on your duty status at the time of death. You must be in a qualifying duty status.

	Lump Sum Payments	
	Source	Amount
	Social Security Death Benefit 6	\$255.00
100 mm	Death Gratuity 8 9	\$100,000.00
SER ALL	Servicemembers' Group Life Insurance (SGLI) 🛭 😧	\$500,000.00
	Thrift Savings Plan (TSP) 6	\$0.00
	Total Commercial Life Insurance 6	\$0.00
T	Total Other Investments / Savings 6	\$0.00
	Total	\$600,255.00

## Benefit Calculators—Survivor Annuity Changes

#### Annuity Payments ('Spouse and Child SBP Option')' View 'Child Only' SBP Option Date 55 DIC SBP Monthly Event **Annual** 8 8 0 0 0 0 0 0 8 8 \$107,712 \$4,233 \$2,669 \$2,074 \$8,976 Feb 2023 Hershel's death \$103,728 Feb 2025 Trans DIC Ends \$4,233 \$2,337 \$2,074 \$8,644 Jeffrey is 16 \$1,755 \$1,950 \$2,074 \$5,779 \$69,348 Jan 2031 \$3,637 \$0 \$2,074 Jan 2033 Jeffrey is 18 \$1,563 \$43,644 Jan 2049 Jane is 62 \$1,563 \$2,074 \$5,501 \$66,012 \$1,864

 SBP = Survivor Benefit Plan. SBP is derived from your retired pay. Click here for SBP Base Amount Report. E7
Married with
2 Children

Annual Income at Soldier's death

Annual Income when youngest child turns 18

### Benefit Calculators—Survivor Education Benefits

### Department of Veterans Affairs (VA) Dependent Education Assistance (DEA) 3

Recipient 6	From 3	Age 6	Until 😉	Age 😉	Amount 3
Jane	28 Feb 2023	36	28 Feb 2043	56	36mos X 1,401 =\$50,436
Fred	01 Jan 2031	18	1 Jan 2039	26	36mos X 1,401 =\$50,436
Jeffrey	01 Jan 2033	18	1 Jan 2041	26	36mos X 1,401 =\$50,436

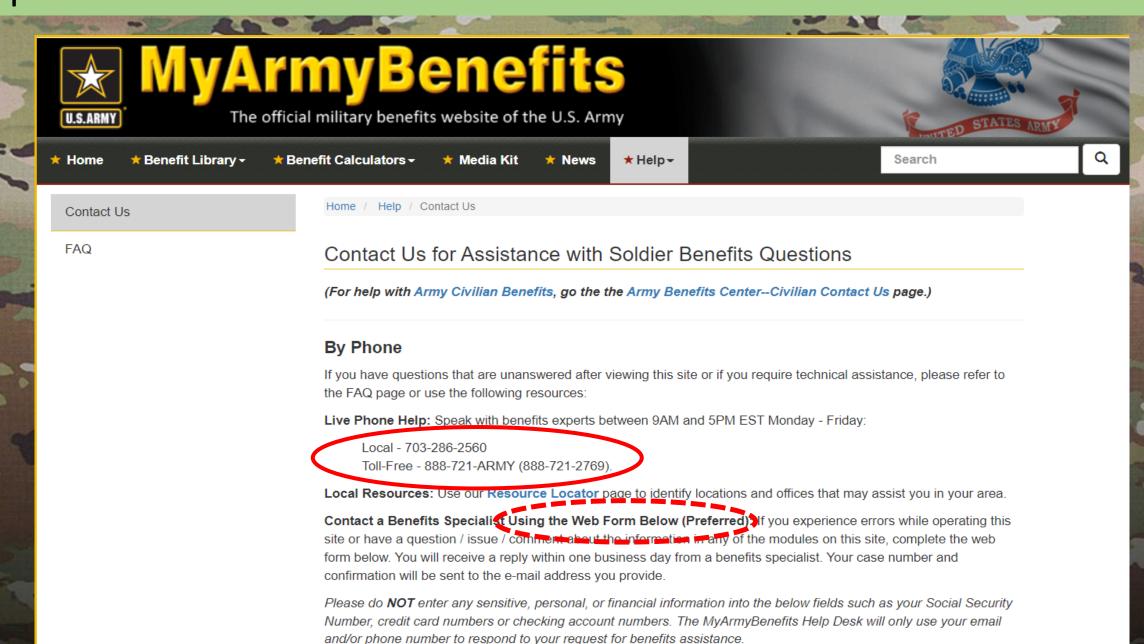
### Fry Scholarship 3

Surviving Spouses and Children of Service members who died on active duty after 9/10/2001 may also be entitled to a Fry Scholarship from VA. In 2021, Fry scholarship was expanded to include Surviving Spouses and Children of Reserve Members who died after 9/10/2001, while a member of the Selected Reserve from a service-connected disability. Fry Scholarships may pay up to full tuition for an in-state public school or up to the National Maximum for private or foreign schools, plus a monthly living stipend and book allowance, for 36 months. Surviving Spouses of Service members who died on active duty after 9/10/2001 and surviving Children of Service members who died on active duty on or after 8/1/2011 must irrevocably elect to receive benefits under either Fry or DEA; they cannot use both. Surviving Children of Service members who died between 9/10/2001 and 8/1/2011 may be eligible for both DEA and Fry, consecutively, but not concurrently, for a combined total of up to 81 months. Surviving Children who become eligible for 36 months of benefits under the Post-9/11 GI Bill based upon their own military service retain eligibility for both DEA and Fry, as well as their own Post-9/11 GI Bill benefits, for a total of up to 81 months of education benefits. Contact VA at 1-888-442-4551 or visit the VA website at

http://www.benefits.va.gov/gibill/survivor\_dependent\_assistance.asp, for more information.



## Help—Contact Us





# MyArmyBenefits

OF STATES ARMY

The U.S. Army official benefits website

### MyArmyBenefits on Facebook:

https://www.facebook.com/myarmybenefits



For more information, visit our website:

https://MyArmyBenefits.us.army.mil

#### For assistance:

MyArmyBenefits Help Desk 1-888-721-ARMY (2769) Hours: M-F, 9am-5pm (EST)

