



Department of the Army ***Preparing for Retirement Seminar***

Soldier for Life Retirement Services Office

9 November 2016



Purpose

To provide an overview of the planning needed to prepare for retirement.



NOTE: This briefing is **not** designed to replace the Army Pre-Retirement Briefing provided by Retirement Services Officers!



The Army Retirement Services Website

<http://soldierforlife.army.mil/retirement>



Army Retirement Services Office

SOLDIER FOR LIFE

Once a Soldier, Always a Soldier ... A Soldier for Life!

- > Retired Soldiers - Home
- > Army Echoes
- > Army Echoes Blog
- > Preparing to Retire
- > After Retiring
- > Survivor Benefit Plan
- > Career Status Bonus
- > Retirement Services Officers
- > RC Retirement Services
- > Survivor Assistance
- > CSA Retired Soldier Council
- > Former Spouse Information
- > Frequently Asked Questions
- > Calculators
- > Active Officer Retirement
- > Active Enlisted Retirement
- > RSO - Mission
- > Helpful External Links
- > Contact Us



Army Specialist wins gold in 1500-meter wheelchair race



[Click here to buy the new U.S. Army Retired Label Button](#)

Read Today's Blog Post

- [Summer Time is Disaster Prep Time](#)

Latest Announcements

- You have until Nov. 24, 2016 to change your SBP/RCSBP election from your former spouse to your current spouse. This open enrollment period only applies when your former spouse's death and the marriage to your current spouse were both prior Nov. 25, 2015. If you meet these criteria, contact your [Retirement Services Officer](#).
- Are you eligible to opt into the new Blended Retirement System? Soldiers with less than 12 years of active or Reserve service on Dec. 31, 2017 may opt into this new military retired pay plan during 2018. Watch this [video](#) to learn more.

Retiree Appreciation Days

Today ← → Tuesday, July 26 🖨

Saturday, August 6

Tobyhanna Army Depot, PA

Thursday, August 18

Des Moines, IA

Friday, August 19

Rosemount, MN (Twin Cities)

Friday, September 9

Fort Leonard Wood, MO

Fort McCoy, WI

Saturday, September 10

[SFL Home](#) [Soldiers \(AD/NG/AR\)](#) [Retired Soldiers](#) [Veterans](#) [Military Families/Gold Star Families](#) [Education](#) [Employment](#) [Health](#) [MyArmyBenefits](#) [About](#) [AR](#)



[SFL Mission](#) [SFL TAP](#) [Army White Pages](#) [Resource Map](#) [SFL Initiatives](#)



U.S. ARMY

Soldier Life Cycle

Serve Strong

- Technical and Leadership experience
- PME supports continued development
- ACT / COOL / JST
- Credentialing, Certifications and Licensing



Start Strong

- Recruit Top 29%
- HS Diploma / College
- PaYS Partner (Partnerships for Youth Success)
- Initial Entry Training (IET)
- Army Values and Warrior Ethos



Re-integrate Strong

- SFL-Transition Assistance Program (TAP)
- Retirement Services
- National Guard / Reserve
- Army Network / Mentors
- Community Action Teams
- Apprenticeships/Internships



Remain Strong

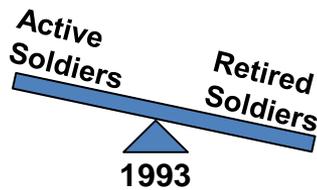
- Community Reception
- National Guard / Reserve
- VSO / MSO
- Retired Soldiers / Veterans
- Mentors
- Community / Civic Leaders





Population Served -- Growing

<u>Year</u>	<u>Active Soldiers</u>	<u>Retired Soldiers</u>
1920	204,000	6,000
1950	593,000	62,000
1960	873,000	122,000
1970	1,323,000	282,000
1980	777,000	425,000
1990	732,000	489,000
2000	482,000	526,000
2010	562,000	847,000



**In FY14, the Army paid \$19.0 Billion
in retired and annuity pay to
Retired Soldiers and surviving spouses**





Army Retirement Services

2016
Population
Served

Active Army	ARNG	USAR	Retired Soldiers	Surviving Spouses	Total
475,333	341,590	198,395	961,721	245,631	2.22M

Pre-Retirement Policy

- 116 Retirement Services Officers
- Pre-Retirement Counseling
- SBP/RCSBP Counseling
- MyArmyBenefits website
- Soldier for Life website

Post-Retirement Policy

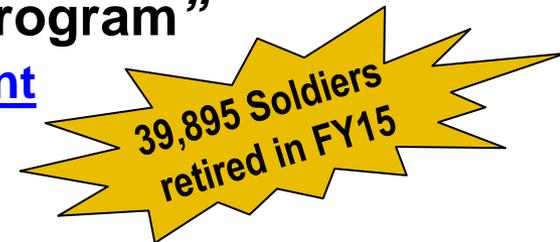
- Lifetime benefits advice & support
- Survivor Benefit Plan (SBP) assistance
- *Army Echoes* Newsletter & Blog
- CSA & Installation Retired Soldier Councils
- Retiree Appreciation Days

**Retirement is a process,
not an event!**

**Not retiree, Retired Soldier:
Just a change of mission**

AR 600-8-7 – “Retirement Services Program”

<http://soldierforlife.army.mil/retirement>





Throughout Your Retirement Planning

- Gather and study information needed to make critical retirement decisions
- Discuss the information with your Family



Some Planning Thoughts

Two Years Prior to Retirement

- Make fundamental life decisions and consider retirement locations
- Confirm when your active duty service obligation ends
- Review the Pre-separation Counseling Checklist with your SFL-TAP Counselor
- Identify Army and other service providers who will assist you

24-12 Months Prior to Retirement

- Attend installation RSO pre-retirement and SBP briefings
- Attend a SFL Transition Assistance Program (SFL-TAP) Employment Workshop
- Evaluate family requirements (education, care, employment, etc.)
- **Develop your Individual Transition Plan with action dates**
- Investigate health and life insurance alternatives
- Consider whether you will take terminal leave or cash in unused leave

12 Months Prior to Retirement

- Receive post-government service employment restriction counseling
- Begin researching the job market and developing a resume

For a full list, visit: https://www.sfl-tap.army.mil/pages/transition/preseparation_timeline.aspx



Retirement Planning Step 1

Contact your Soldier for Life Transition Assistance Program (SFL-TAP) office for assistance in preparing for a career after military service



TRANSITION ASSISTANCE PROGRAM

Start Strong • Serve Strong • Reintegrate Strong • Remain Strong



Soldier For Life Transition Assistance Program

- You may initiate the SFL-TAP process 24 months before retirement.
- You **MUST** complete the mandatory Pre-Separation Counseling at least 12 months prior to your effective retirement date.
- Soldiers need an average of 40 hours, spread over a six-month period of time, to take advantage of SFL-TAP services.
- Consists of:
 - Pre-separation counseling
 - Job assistance workshops
 - Individual counseling
 - Job search resources
- SFL-TAP Home Page: <https://www.sfl-tap.army.mil>





Retirement Planning Step 2

Submit for Retirement



Applying for Active Duty Length of Service Retirement

• *How*

- Officer - Chapter 6, AR 600-8-24
- Enlisted - Chapter 12, AR 635-200

• *When*

- Maximum: 12 months before desired retirement date
- Minimum: All Officers – 9 months before start date of transition leave
Enlisted – 9 months before retirement date

• *Where*

- General Officers: Notify GOMO at (703) 697-7994/9466 (DSN 227)
- COL & LTC (P): Notify Colonels Management Office at (703) 602-8529 (DSN 332)
- JAG Retirements (703) 545-2028
- Chaplain Retirements (571) 256-8764
- Army National Guard: State AGR Office (T32); Human Capital Management (T10)
- All others: Local Military Personnel Office

CG, HRC is the retirement authority for officers with 20-30 years of service and SSG(P) and above not retiring at RCP.



Other Retirement Considerations

- ***Retirement date***
 - 1st day of the month if for length-of-service
 - any date for disability retirement
- ***In lieu of PCS*** – apply within 30 calendar days of alert for a retirement date no more than 6 months from the date of the PCS alert or the first day of the month after the officer attains 20 years AFS, whichever is later.
- ***Active duty service obligations*** due to promotion, PCS, transferring GI Bill



Post 9/11 GI Bill Transferability

- Since 1 August 2013, Soldiers who transfer Post-9/11 GI Bill education benefits to their dependents incur a **4-year service obligation**. Prior to that, the ADSO depended on when the benefits were transferred. Soldiers cannot retire until their service obligations are satisfied, with a few exceptions.
- 165 Soldiers left in FY13-15 w/o completing their ADSO.
Result: AVG \$38K debt

For more information, contact HRC Education Incentives Section
at 1-800-872-8272 or usarmy.knox.hrc.mbx.tagd-post911gibill@mail.mil



U.S. ARMY

TEB Request Page (<http://milconnect.dmdc.mil>)



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You are signed in as a sponsor:

- Home
- My Profile ▾
- eCorrespondence ▾
- Health Care ▾
- Education ▾
- ID Cards ▾
- Help ▾

Transfer of Education Benefits

- TEB
- FAQs
- Contact Us

Sponsor

Name:

Rank:

Status: Request Approved

Status Date: 2010-11-02

Obligation End Date: 2013-10-30

Approval Form

Next Steps

Message from Your Service Component:

Please monitor the status of your transfer request by checking back periodically in TEB on the milConnect website for a status update. Please do not email usarmy.knox.hrc.nbx.tagd-post911gbl@mail.mil regarding the status of your transfer request. This email address is to be used only for eligibility questions or issues with a transfer request.

TEB Obligation End Date (TEB OED) and TEB Approval Form (Adobe Acrobat icon)

Select the educational program from which to transfer benefits:

Post-9/11 GI Bill, Chapter 33

Relation	Name	Birth Date	Months	Begin Date	End Date	Revoke	Revoke Date
Spouse		1976-07-29	1	2010-10-31		<input type="checkbox"/>	
Child (ineligible)		1992-08-25	0			<input type="checkbox"/>	
Child		1998-10-01	35	2010-10-31		<input type="checkbox"/>	

[Submit Request](#) [Cancel Request](#)

* If there are any questions regarding your family members, please contact your service personnel center.

* To determine your remaining months of entitlement, contact The Department of Veterans Affairs at 1-888-GI-BILL-1 (1-888-442-4551) to speak with a Veterans Benefits Counselor or visit their website at <http://www.gbil.va.gov/>

Transferability of Education Benefits Acknowledgements:

- a) I am eligible for the Post-9/11 GI Bill, the program I am applying to transfer.
- b) I understand I may transfer up to 36 months (or my remaining months of eligibility, whichever is less) of my education benefits to spouse and/or children, and can modify or revoke my election at any time.
- c) I understand that my spouse may use the benefit immediately and children (ages 18-26) after I have served 10 years.
- d) I understand and agree to remain in the Armed Forces for the period required. I understand that failure to complete that service may lead to an overpayment by the Department of Veterans Affairs for any payments made. (Service documentation will remain on file with the Service).
- e) I understand that I am responsible for any overpayments due to not completing my additional obligated term of service agreement.
- f) I understand that in order to request this transfer, if I'm eligible for the MGIB (Chapter 30, 38 USC), or the MGIB-SR (Chapter 1606, 10 USC) or REAP (Chapter 1607, 10 USC), I am

Quick Links

- Transfer Education Benefits (TEB)
- Update Address
- Update Global Address List (GAL)
- Beneficiary Web Enrollment
- eBenefits (VA Portal)
- Family Subsistence Supplemental Allowance (FSSA)
- Joint Qualification System (JQS)
- Manage DS Logon Account
- RAPIDS Self Service
- RAPIDS Site Locator
- TRICARE Claims
- TRICARE for Guard and Reserve (TRS)
- TRICARE for Life (TFL)
- TRICARE North
- TRICARE South
- TRICARE West
- TRICARE Online
- TRICARE Overseas
- Verification of Military Experience and Training (VMET)



Privacy Act Statement



Non-Regular Retirement Eligibility & Transfer to Retired Reserve

- ***Acquire the minimum qualifying years***
 - 20 years for length of service retirement; 15 years for a medical retirement
 - To get your 20-Year Letter, the 6 or 8 year rule might apply. If you completed 20 years:
 - Before 5 Oct 94: must serve last 8 years in a Reserve Component (RC)
 - From 5 Oct 94 to 24 Apr 05: must serve the last 6 years in a RC
 - On or after 25 Apr 05: No RC service requirement
- ***Points = Retired Pay:*** verify yours are correct now!
- ***Retired Pay before 60? (Reduced Age Retirement)***
 - Federal law reduces non-regular retirement age 90 days for each 90-day increment for qualifying orders on or after 29 January 2008.
 - CAN cross fiscal year boundaries, but only if served after 1 October 2014.
 - The maximum reduction is to age 50.
- ***When to Apply to HRC:*** Request retirement application or download from HRC's website 12 months prior to eligibility date. Submit to HRC NET 9 months and NLT than 90 days prior to the date retired pay is to start.



Retirement Planning

Step 3

Contact your Retirement Services Officer
and attend a Pre-Retirement Briefing

You may attend the pre-retirement briefing at any time.
We strongly recommend that you attend BEFORE you apply for retirement



Pre-Retirement Briefing Topics

- RSO Program
- Retired Pay & Taxes
- Cost of Living Allowances
- Transition Leave & PTDY
- Uniformed Services Former Spouses' Protection Act
- SGLI ➡ VGLI
- Shipping Household Goods
- Post-Service Employment and Ethics
- Space-A Travel
- ID Cards
- Combat-Related Special Compensation
- Concurrent Retired and Disability Pay
- Retiree Mobilization
- Survivor Benefit Plan
- MyArmyBenefits
- Staying Connected to the Army
- VA Benefits
- TRICARE
- Social Security

The Soldier for Life - Transition Assistance Program is a separate program for all Soldiers leaving the Army



Calculate Your Retired Pay in 3 Steps

Step 1: Determine your DIEMS date (Date of Initial Entry into Military Service)

Step 2: Determine which pay plan you are eligible for based on your DIEMS date

Step 3: Use the appropriate formula to calculate your retired pay

Where to validate your DIEMS

The brigade/installation Personnel Automation Section POC can correct DIEMS dates. The local finance office will correct the Defense Joint Military System. Once a Soldier's DIEMS date can be verified, the changes will be reflected on the ERB/LES.

For a fast, personalized retired pay calculation, go to <http://myarmybenefits.us.army.mil> and click on the retirement calculator



Final Basic Pay Plan

(DIEMS Prior to 8 Sep 80)

$$\text{RETIRED PAY} = (\text{Years of creditable service} \times 2.5\%) \times \text{Final Basic Pay}$$

- Commissioned service requirement
- Time-in-grade requirement
- **Full COLAs**
- Credit for all full months served (22 yrs 4 mos = 55.83%)

Years of service	20	21	22	23	24	25	26	27	28	29	30 thru 40
Final Pay Multiplier %	50	52.5	55	57.5	60	62.6	65	67.5	70	72.5	75 - 100

Or just go to <http://myarmybenefits.us.army.mil>
for your personal retirement calculation



High-3 Pay Plan

(DIEMS between 8 Sep 80 and 31 Jul 86)

**RETIRED PAY = (Years of creditable service x 2.5%) x
average of highest 36 months basic pay**

- Typically an average of the last 36 months
- Commissioned service requirement
- **Full COLAs**
- Credit for all full months served (22 yrs 4 mos = 55.83%)

Years of service	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30 thru 40</u>
High-3 Multiplier %	50	52.5	55	57.5	60	62.5	65	67.5	70	72.5	75 - 100

Or just go to <http://myarmybenefits.us.army.mil>
for your personal retirement calculation



High-3 or REDUX Pay Plan

(DIEMS 1 Aug 86 – 31 Dec 17)

REDUX RETIRED PAY = (Years of creditable service x 2.5%) minus 1% for each year < 30 years x average of highest 36 months of basic pay

- If you took the \$30K Career Status Bonus, you'll receive REDUX
- If you didn't take the CSB, you'll receive High-3 (refer to previous slide)
- REDUX: 2% per yr thru 20 yrs; 3.5% from 20-30 yrs; 2.5% thereafter
- REDUX receives COLA minus 1%; one-time catch-up COLA at age 62; then COLA minus 1% after age 62
- Credit for all full months served (22 yrs 4 mos = 48.17%)

Years of service	20	21	22	23	24	25	26	27	28	29	30 thru 40
REDUX Multiplier %	40	43.5	47	50.5	54	57.5	61	64.5	68	71.5	75 - 100
High-36/Final Mult. %	50	52.5	55	57.5	60	62.5	65	67.5	70	72.5	75 - 100

Or just go to <http://myarmybenefits.us.army.mil>
for your personal retirement calculation



Blended Retirement System

**(DIEMS 1 Jan 18 and later or those with less than 12 YOS
(or 4,320 points-RC) as of 1 Jan 18 who opt-in to the BRS)**

RETIRED PAY = DEFINED BENEFIT + DEFINED CONTRIBUTION

DEFINED BENEFIT = Yrs of service x 2.0% x avg 36 highest months of base pay

DEFINED CONTRIBUTION

- After 60 days, automatic contributions to TSP L Fund account start:
Government 1% & Soldier 3%
- After financial training, Soldier may change amount and TSP allocation
- After 2 years, Gov't matches Soldier's TSP contributions (until 26 YOS)
 - \$ for \$ match up to 3%; if Soldier contributes 4%, then Gov't 3.5%;
if Soldier contributes 5%, then Gov't 4%
 - No matter what Soldier does, Gov't still contributes initial 1%
- Limits: Gov't: 5% (1% + 4%) Soldier: Annual IRS limit (currently \$18K)
- After 2 years, Soldier is vested, may take TSP funds at ETS
- Gov't contributions and matching begin during next pay period for opt-in



Income Taxes*

Federal taxes are due on all retired military compensation

No State Income Tax

Alaska
Florida
Nevada
New Hampshire
South Dakota
Tennessee
Texas
Washington
Wyoming

No State Tax On Retired Pay

Alabama
Hawaii
Illinois
Iowa
Kansas
Louisiana
Maine
Massachusetts
Michigan
Mississippi
New Jersey
New York
Ohio
Pennsylvania
Wisconsin

Some State Tax On Retired Pay

Arizona	Missouri
Arkansas	Nebraska
Colorado	New Mexico
Connecticut	North Carolina
Delaware	North Dakota
Georgia	Oklahoma
Idaho	Oregon
Indiana	South Carolina
Kentucky	Washington DC
Maryland	West Virginia

State Tax on **ALL Retired Pay**

California
Minnesota
Montana
Rhode Island
Utah
Vermont
Virginia



*State taxes as of 24 March 2016. Conditions or limitations apply. Check state law. See the MyArmyBenefits state fact sheets at

http://myarmybenefits.us.army.mil/Home/Benefit_Library/State_Territory_Benefits.html for details.



MyArmyBenefits

Benefit Library

- Federal Fact Sheets
- State and Territory Benefits Fact Sheets
- Resource Locators

Benefit Calculators

- Retirement
- Survivor Benefits
- Deployment Calculator

Benefits Help Desk Operations

Wounded Warrior Special Module

- Wounded Warrior / DRE Calculator
- Sustaining Income Calculator

Casualty Operations Special Module

- Survivor Benefits Report

<http://myarmybenefits.us.army.mil>

Links directly to DEERS information through CAC or DS Logon.



Retirement Planning

Step 4

Schedule your
retirement physical



Retirement Physical



- Army requires a retirement physical
- **NET 6 months** and **NLT 1 month** before retirement/start of transition leave*
- Your last record of active duty health
- Assists with claim for VA service-connected disability

Use the results of your retirement physical to apply for VA disability benefits under the

- Benefits Delivery at Discharge (BDD) Program (60-180 days left)
- Quick Start Program (<60 days left)

VA goal is to start disability payments within 60 -120 days of retirement. Visit the VA web site at <http://www.va.gov> or call 1-800-827-1000

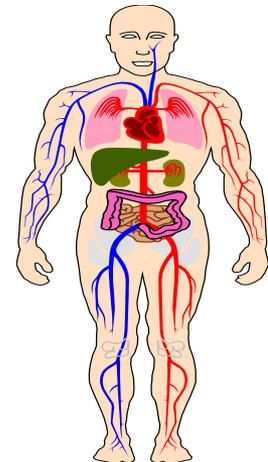
* AR 40-501



VA Compensation for Service-Connected Disability

VA rates disabilities 0% - 100%

- Each % has an assigned dollar amount
- 2015 basic rates: from \$133 (10%) to \$2907 (100%)
(30% & higher = Extra dependent allowance)
- Tax free payments
- *For Retired Soldiers <50% disabled, disability pay offsets military retired pay \$ for \$*
- Free VA medical care for service-connected conditions
- 0% rating means a condition is service related, but is not severe enough to merit disability pay





CRSC & CRDP Comparison

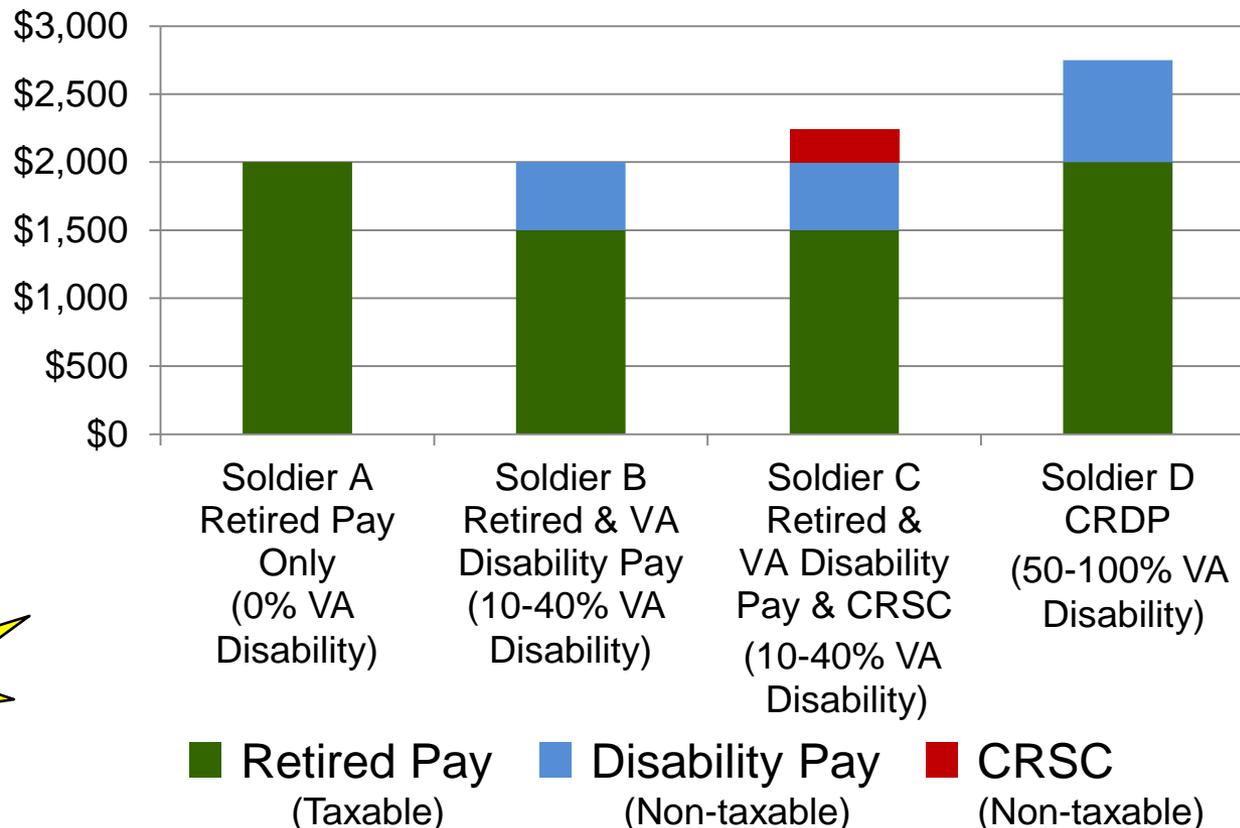
Combat Related Special Compensation	Concurrent Retirement and Disability Pay
<p>Combat related disabilities</p> <ul style="list-style-type: none"> • Armed conflict (e.g. wounds) • Simulated combat (e.g. FTX) • Hazardous service (e.g. parachute duty) • Instrumentalities of war (e.g. combat vehicles) 	<p>Service connected disabilities</p> <p>Retired pay that would have been waived by the Soldier in order to receive disability pay is restored (i.e., no \$ for \$ off-set of retired pay)</p>
10%-100% disability rating (combat related)	50%-100% disability rating (service connected)
Not taxable; not divisible in divorce	Taxable; divisible in divorce
Receiving retired pay	20-year (Active or RC) or TERA retirement
Must apply to HRC	Automatic; no application required
https://www.hrc.army.mil/TAGD/Apply%20for%20CRSC	http://www.dfas.mil/retiredmilitary/disability/crdp.html



Retired and Disability Payments

Tying It All Together

Retired pay is reduced dollar-for-dollar by VA Disability Pay unless the Soldier qualifies for Concurrent Retirement and Disability Pay (CRDP)



Example Only

NOTE: All Soldiers retired at the same pay grade and years of service



- ***When On Active Duty***

- you are enrolled in TRICARE Prime and pay no fees
- your family members pay no enrollment fees, but must choose a TRICARE option and apply for enrollment in TRICARE Prime

- ***When Retired***

- **TRICARE Prime** – MTFs are principal source of health care (100% covered)
 - ❖ Annual fee is \$565.20 per family or \$282.60 per individual plus co-pays for treatment at non-MTF TRICARE network providers
- **TRICARE Extra** – the “preferred provider” option (80% covered/20% co-pay)
 - ❖ No enrollment fee, but \$300 annual deductible and co-payments apply
- **TRICARE Standard** – “fee-for-service” option (75% covered/25% co-pay)
 - ❖ No enrollment fee, but \$300 annual deductible and co-payments apply
- **TRICARE Young Adult** – for children between ages 23 and 26
 - ❖ Not subsidized by the Federal Government
- **TRICARE For Life** – Supplements Medicare when you turn 65

See <http://www.tricare.mil> for more details



Healthcare Decisions . . .

– **US Family Health Plan**

- Began as US Public Health Service hospitals
- TRICARE Prime Option for Retired Soldiers and eligible family members up to age 65.
- <http://www.usfhp.com/> or (800) 748-7347



– **Department of Veterans Affairs**

- Vets separated under any condition other than dishonorable including Army Reserves or Army National Guard called to active duty by a federal order who completed the full period
- Some Vets may be required to pay a co-pay for treatment of their non-service connected conditions. Private health insurance may reduce or eliminate the co-pay.
- Most Vets must complete a financial assessment at time of enrollment
- <http://www.va.gov/health/> or 1-877-222-VETS (8387)



TRICARE Retiree Dental Program



A REGISTERED MARK OF DELTA DENTAL PLANS ASSOCIATION

Who Is Eligible

- Retired Soldiers of any age
- Gray Area Soldiers, not yet age 60
- Spouses, unremarried surviving spouses, and eligible children of both

Where It's Available

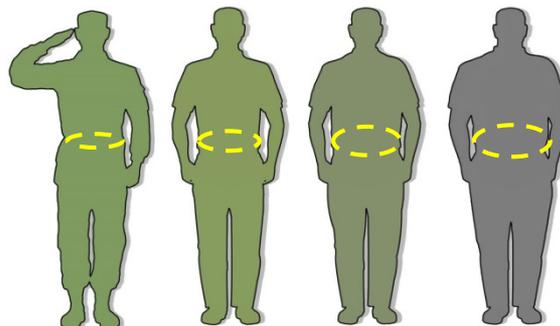
- U.S., Puerto Rico, Canada, U.S. Virgin Islands, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands, and Overseas TRDP

What it Costs

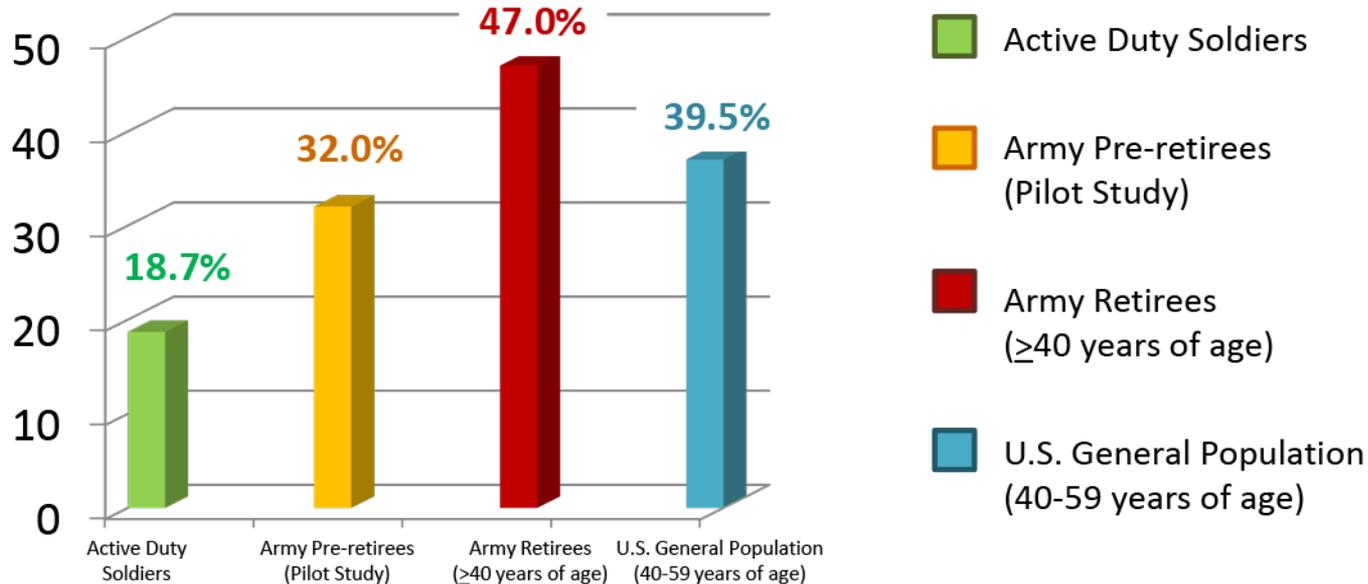
- Dependent on location; monthly rates \$25-\$120
- Costs borne by participant; no government subsidy
- Must enroll within 120 days of retirement to avoid the 12-month waiting period for major care (e.g. crowns, bridges, implants, dentures)

See <http://www.trdp.org> for more details

Avoid Post-Retirement Weight Gain



Percent of Population Obese (BMI ≥ 30)



Source: All Active Duty Soldiers (all ages) and the Army Retirees (≥ 40 years of age): ALTHA/CDM data 31 March 2014, based on last recorded ht./wt.

U.S. General Population: JAMA 2014; 311(8):806-814. (Table 4: Adults aged 40 – 59 for all races/Hispanic origin groups)

Website: <http://jama.jamanetwork.com/article.aspx?articleid=1832542>

Army Pre-Retiree Pilot Study Data: Public Health Assessment Report No. WS.0026997.3, April 2015. 5 Pilot Test Sites (Fort Bragg, Fort Meade, Fort Belvoir, Fort Sill, and Aberdeen Proving Ground). N=547 of Army pre-retirees; Average Age = 44.6



The Survivor Benefit Plan



A **critically important** part of pre-retirement planning for you and your Family!

A **financial foundation** for your retirement

RETIRED PAY **STOPS** WHEN THE RETIRED SOLDIER DIES!

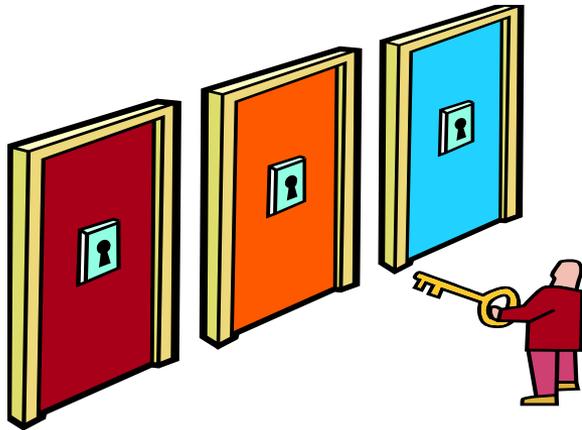


In FY15, 79% of Retiring Soldiers took SBP

<http://soldierforlife.army.mil/retirement/sbp>



SBP Elections . . .



- Must be made **before** retirement
- Are generally irrevocable, but **may** be cancelled with spouse's concurrence between months 25-36 following retirement
- Spouse concurrence is required **by law** if Soldier elects less than maximum SBP coverage for his/her spouse unless the election is for former spouse

Six Election Categories

- Spouse Only
- Spouse & Children
- Children Only
- Former Spouse Only
- Former Spouse & Children
- Insurable Interest



SBP Details

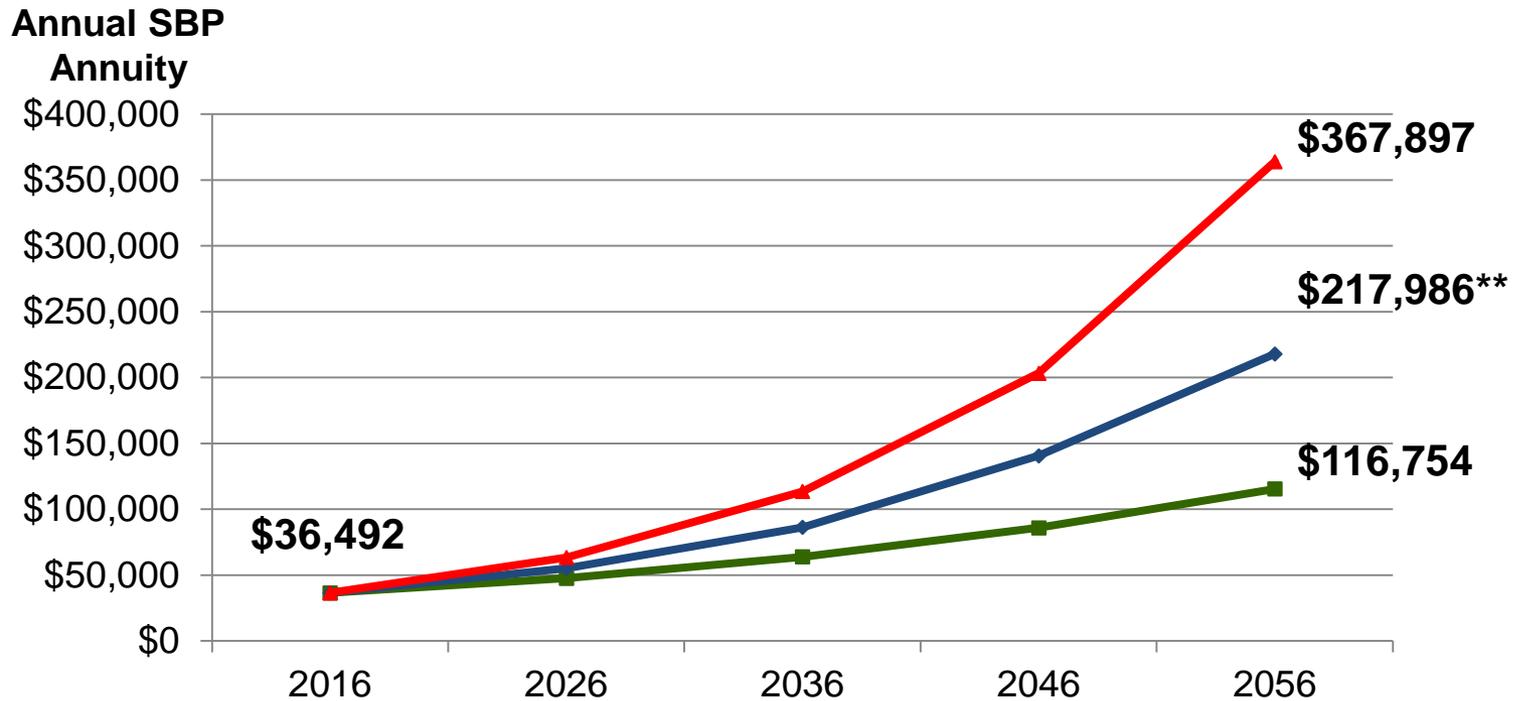
- Monthly annuity is 55% of the “base amount”
- Monthly cost is 6.5% of the “base amount”
- Spouse’s annuity paid forever (unless spouse remarries before age 55; if remarriage ends, annuity is reinstated)
- Child’s annuity is paid to age 18 (or age 22 or forever)
- Annuity is increased by annual COLA
- Premiums are paid only when you have eligible beneficiaries. (Keep DFAS updated when beneficiaries change.)
- Former Spouse provisions
 - May be chosen voluntarily or as a result of divorce decree
 - May convert to current spouse coverage upon the death of the former spouse

From \$300/mo to full retired pay



SBP Cost of Living Adjustments (COLA)

The effects of COLA on SBP over 40 years for a CSM who retires in 2016 with a \$5,529 SBP base amount and then dies on 1 JAN 2017.



You pay in today's dollars for an SBP annuity paid in future dollars

- **3% COLA** represents low inflation
- **4.17% COLA**** represents inflation average over previous 40 years
- **6% COLA** represents moderate inflation

All calculations are before tax dollars made using DOD Office of the Actuary tables
** SOURCE: US Dept. of Labor, Bureau of Labor Statistics



Spouse SBP Premium Payback Period

<u>SBP Premiums Paid</u>	<u>Premium Payback Period</u>
5 Years	8 Months
10 Years	1 Year, 1 Months
15 Years	1 Year, 6 Months
20 Years	1 Year, 10 Months
25 Years	2 Years, 2 Months
*30 Years	2 Years, 5 Months

*No further cost after 360 premium payments (30 years) and age 70

SOURCE: DOD Actuary



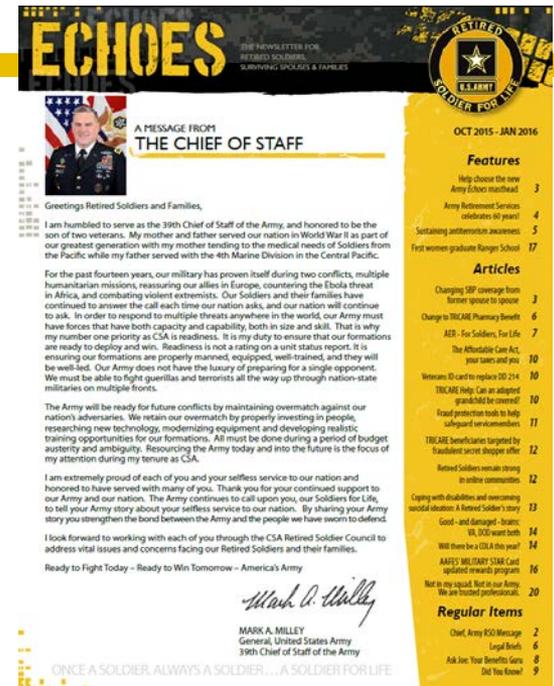
Impact of ID Card Changes at Retirement

- Soldier turns in Common Access Card (CAC)
- Retired ID card is not a CAC, so...
 - No access to DOD Enterprise Email
 - No access to CAC-enabled systems
 - Must change **myPay** account to commercial email
 - Must obtain DS Logon Account to access records and systems

DS Logon: Request an account online at
<https://www.dmdc.osd.mil/identitymanagement>
or visit an ID Card facility or VA Regional Office



Army Echoes



- Official Army publication for communicating with Retired Soldiers/Families
- 3 issues: FEB, JUN, OCT
- New apps for iPhone, iPad, Android phones
- All Retired Soldiers and SBP annuitants with **myPay** accounts now receive *Army Echoes* electronically at their email addresses in **myPay**.

Change your email address in myPay to a commercial email address before you retire!

- Receive *Army Echoes* **BEFORE** you retire! Subscribe at <https://soldierforlife.army.mil/retirement/echoes-subscription>.
- Subscribe to the **Army Echoes Blog** to receive frequent news between editions at <http://soldierforlife.army.mil/retirement/blog>.



Soldier for Life Branding



Soldier for Life logo
and window sticker



TRANSITION ASSISTANCE PROGRAM

Start Strong • Serve Strong • Reintegrate Strong • Remain Strong



US Army
Lapel Button



US Army
Retired
Lapel Button



US Army Retired ID Badge



Retirement Services Officers (RSO)

Every retiring/Retired Soldier and Family **WORLDWIDE** is supported by an RSO who gives pre-retirement briefings and answers questions one on one.

Joint Base Myer-Henderson Hall Pre-Retirement Briefing held the first Tuesday of each month in Town Hall (Bldg 243), 0800-1200. RSO contact information (703) 696-5948, email usarmy.jbmhh.asa.mbx.hrd-rso@mail.mil

Fort Belvoir Pre-Retirement Briefing The briefings are conducted the 1st or 2nd Wednesday of every OTHER month, at the Barden Education Center (Bldg 1017), 0800-1200. RSO contact information (703) 806-4551 or (703) 806-4084, email gwendolyn.s.lott.civ@mail.mil, to verify the date and register.

Fort Meade Pre-Retirement Briefing held the 2nd and 4th Friday each month (check website, reservations required) at McGill Training Center. RSO contact information (301) 677-9600/9434/9603, email MeadeRSO@mail.mil



U.S. ARMY

Where Do You Find Retirement Information?

- Army G-1 Retirement Services Office Homepage
<http://soldierforlife.army.mil/retirement>
 - DA Pre-Retirement Counseling Guide
 - USAR & ARNG Non-Regular Retirement Guides
 - DA Survivor Benefit Plan (SBP) Briefing
- MyArmyBenefits at <http://myarmybenefits.us.army.mil/>
- Army Installation Retirement Services Officers (RSOs)
<http://soldierforlife.army.mil/retirement/rso>
- HRC Reserve Retirements Branch
<https://www.hrc.army.mil/TAGD/Reserve%20Component%20Retirements>
- USAR Regional Support Command RSOs listed at:
<http://soldierforlife.army.mil/retirement/reservecomponent>
- State RSOs can assist National Guard Soldiers
http://myarmybenefits.us.army.mil/Home/Benefit_Library/Resource_Locator.html
- SBP vs. Life Insurance Comparison tool
<http://actuary.defense.gov/>



For more information

Army

<http://soldierforlife.army.mil/retirement>



Air Force

<http://www.retirees.af.mil/>

Navy

http://www.public.navy.mil/bupers-npc/support/retired_activities/Pages/default.aspx

Marine Corps

https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/H_SR

Coast Guard

<http://www.uscg.mil/ppc/ras/>



**Thank you for your
service!!**

QUESTIONS?

