



# Semper Fidelis

## The Official Newsletter for Retired Marines, Surviving Spouses and Families

### Inside this issue

CMC Holiday Message.....	2
Marines Eagle Eyes Official Suspicious Activity Report.....	3
Virtual Health: Care From Anywhere.....	4
2026 Adjustment to Retired/Retainer Pay Survivor Annuities and Premiums.....	5
2026 Another Tax Season is Right Around the Corner: Are You Prepared?.....	7
Understanding the Redetermination Process for Permanently Incapacitated Dependents - A Sponsor's Guide.....	9
Defense Finance and Accounting Service.....	13
Reunions.....	14
Retiree Appreciation Days .....	15
2026 TRICARE Pharmacy cost.....	16
2026 TRICARE health plan.....	20
Military Funeral Honors (TAPS).....	23
Directory Assistance Page.....	25
MMSR Points of Contact.....	28

A screenshot of the Eagle Eyes website, which is the Official Suspicious Activity Reporting Website of the US Marine Corps. The page features a map of the United States with red dots indicating reporting locations. A sidebar on the left lists various Marine Corps bases and commands, including Marine Corps Recruiting Command, Marine Forces Reserve, and Marine Corps Bases. The top of the page has the Marine Corps logo and the text "MARINES Official Suspicious Activity Reporting Website of the US Marine Corps". The bottom of the page has a welcome message and a disclaimer.

## **Commandant of the Marine Corps Holiday Message**



To our Marines, Sailors, civilians and families, I want to wish each of you a joyful holiday season. This year has been a meaningful one for our Corps. We continued to modernize, stayed ready for every challenge, and lived up to our heritage as we celebrated our 250th birthday. All of these accomplishments reflected your dedication, your discipline, and your steady commitment to our country. I am grateful for everything you do to keep our Corps strong.

As we enter this season, I want to recognize those who will spend the holidays on duty. From Marines operating across the Indo-Pacific, to those supporting missions in the Caribbean and along our southern border, and to every Marine standing watch away from home, you safeguard the peace our fellow citizens enjoy. To all who are deployed, know that your Corps is proud of you and that we are thinking of you. I hope you find moments to celebrate with your Marine Corps family, and I want you to carry the assurance that your country stands firmly behind you. Finally, to our families, thank you for the strength, resilience, and steadfast support that make our service possible.

As many of us travel and gather over the next few weeks, take care of yourselves and look out for one another. Remember to pay attention, step in when needed, and make choices that keep the team safe. Do not let a Marine spend the holidays alone. If you know someone without a place to go, bring them in and make them part of your day. It remains the honor of my life to serve alongside you. I wish you a safe, memorable, and restorative holiday season.

Happy Holidays!

# **The Marines Corps Eagle Eyes Program**

## **What Eagle Eyes Is**

- **Suspicious activity reporting program:** Designed to identify behaviors that may indicate criminal or terrorist activity.
  - **Community involvement:** Encourages Marines, families, and civilians on or near bases to report unusual or concerning actions.
  - **Anti-terrorism awareness:** Trains service members and civilians to recognize potential threats before they escalate.
  - **Reporting channels:** Reports can be made via the Eagle Eyes website, hotline, or local authorities.
- Force protection tool:** Acts as the first line of defense across Marine Corps installations worldwide.

## **Why It Matters**

- **Deterrence:** By making potential adversaries aware that the community is vigilant, it discourages hostile actions.
  - **Detection:** Early reporting helps law enforcement and security forces investigate and stop threats before they occur.
  - **Prevention:** Since its inception, Eagle Eyes has been credited with helping foil numerous terrorist plots.
- Education:** Posters, training sessions, and outreach campaigns ensure everyone knows what suspicious activity looks like.

**<https://report.usmceagleeyes.org/eagleeyes/>**

# **Virtual Health: Care From Anywhere**

By TRICARE

## **Virtual Health: Care From Anywhere**

TRICARE virtual health lets you see a doctor, nurse, or mental health professional without leaving home. You can use secure video calls, phone appointments, or other technology to get care. Virtual health covers many services, including:

- Office visits
- Preventive health screenings
- Mental health care
- Services for end-stage renal disease

All referral requirements for virtual health visits are the same as for in-person care. Referral requirements depend on your plan (for example, TRICARE Prime, TRICARE Select).

**Note:** If you're an active duty service member, you need a referral for all virtual health visits.

Costs for virtual health visits are the same as for in-person care. Your costs depend on who you are (for example, active duty family member, retiree), and your plan (for example, TRICARE Prime, TRICARE Select). Visit TRICARE Costs to see your costs.

## **Using Virtual Health Services**

### **If you live in the East Region or West Region**

#### **East Region:**

- Call Humana Military at 800-444-5445  
Find a virtual health provider: East Region Virtual Health

#### **West Region:**

- Call TriWest Healthcare Alliance at 888-TRIWEST (874-9378)  
Find a virtual health provider: West Region Virtual Health

### **If you have TRICARE For Life**

Medicare covers certain virtual health visits, but coverage depends on where you live and the type of

care you need. For virtual health services that Medicare doesn't cover but TRICARE covers, TRICARE is the first payer. You will have to pay the TRICARE deductible and a cost-share.

### **If you live overseas**

The country where you live must allow virtual health visits. Your provider must be licensed to practice where you live. Contact your TOP Regional Call Center to see if you need a referral and to find a provider who offers virtual visits. U.S.-based providers aren't eligible to provide virtual health visits overseas.

## **Other Virtual Health Resources**

**MHS GENESIS Patient Portal:** The MHS GENESIS Patient Portal is your virtual military health hub. View your Military Health System medical and dental records 24/7 and interact with your military health care team through secure messaging.

**MHS Nurse Advice Line:** Connects you to a registered nurse. Help is available 24/7 by phone, web chat, and video chat.

**Note:** If you're a TRICARE beneficiary age 12 or older, you can get virtual urgent care through the MHS Nurse Advice Line. A registered nurse will decide if your condition can be managed virtually and help schedule a virtual appointment with an urgent care clinic at a participating military hospital or clinic.

**My Military Health: Quick Care Connect:** If you're enrolled at Martin Army Community Hospital, Wright Patterson Medical Center, or Eglin Air Force Base, you have access to Quick Care Connect. Quick Care Connect offers virtual urgent care from your smartphone, tablet or computer. You don't need an appointment. This is a great option when you need care for non-life-threatening conditions that don't require physical examination, such as seasonal allergies, urgent non-controlled prescription refills, and minor gastrointestinal issues.



## 2026 Adjustment to Retired/Retainer Pay, Survivor Annuities and Premiums

The following Cost-of-Living Adjustments (COLAs) are effective December 1, 2025, based on the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) through the third quarter calendar year 2025. The term "retired pay" includes retainer pay and the term "members" includes former members. Where applicable, the appropriate section of United States Code (U.S.C.) is cited.

### COLAs for Retired Pay

1. The retired pay COLA for those who first became members of a Uniformed Service before September 8, 1980, is specified according to the effective date of their retirement, as follows:

<u>Retired Pay Based on Rate of Pay Effective</u>	<u>Percent Increase</u>	<u>10 U.S.C Authority</u>
Before January 1, 2025	2.8 percent	1401a(b)(2)
January 1 - December 31, 2025	2.6 percent	1401a(c)

2. The retired pay COLA for those who first became members of a Uniformed Service on or after September 8, 1980, including those members covered by the High-3 or Blended Retirement System (BRS), is specified according to the effective date of their retirement, as follows:

<u>Retired Pay Based on Rate of Pay Effective</u>	<u>Percent Increase</u>	<u>10 U.S.C Authority</u>
Before January 1, 2025	2.8 percent	1401a(b)(2)
January 1 - March 31, 2025	2.6 percent	1401a(d)
April 1 - June 30, 2025	1.6 percent	1401a(d)
July 1 - September 30, 2025	0.7 percent	1401a(d)
October 1 - December 31, 2025	0.00 percent	1401a(d)

3. The retired pay COLA for those who first became members of a Uniformed Service on or after August 1, 1986, and also elected to receive a career status bonus under the provisions of Sections 322 (as in effect before January 28, 2008) or 354 of Title 37 U.S.C. is specified according to the date of their retirement, as follows:

<u>Retired Pay Based on Rate of Pay Effective</u>	<u>Percent Increase</u>	<u>10 U.S.C Authority</u>
Before January 1, 2025	1.8 percent	1401a(e)
January 1 - March 31, 2025	1.8 percent	1401a(e)
April 1 - June 30, 2025	1.1 percent	1401a(d)
July 1 - September 30, 2025	0.5 percent	1401a(d)
October 1 - December 31, 2025	0.00 percent	1401a(d)

## **2026 Another Tax Season is Right Around the Corner: Are You Prepared?**

**DFAS Retiree Newsletter September 2025**

### **COLAs for Survivor Annuities**

4. Retired Serviceman's Family Protection Plan annuities payable on December 1, 2025, under the provisions of Subchapter I of Chapter 73, Title 10, U.S.C., to the spouse or child of a member who died on or before March 20, 1974, will be increased by 2.8 percent (ref: 10 U.S.C. 1434 (e)).
5. Annuities under the Survivor Benefit Plan (SBP) and Reserve Component Survivor Benefit Plan (RCSBP) under the provisions of Subchapter II of Chapter 73, Title 10, U.S.C., will be increased by the same percentage specified in paragraphs 1, 2, or 3 above by which the retired pay of the person providing the annuity would have been increased at such time if the person were alive and otherwise entitled to such pay. (ref: 10 U.S.C. 1451 (g)).
6. COLAs for supplemental annuities paid to certain low-income widows of members who were deceased Before November 1, 1953, will be increased 2.5 percent (ref: Public Law (P.L.) 100-456, section 653 (c)).
7. Annuities for Certain Military Surviving Spouses (ACMSS) payable monthly under the provisions of section 644, P.L. 105-85, November 18, 1997, will be increased 2.8 percent from \$329.56 to \$338.79 effective December 1, 2025. (ref: P.L. 105-85, sec 644).

### **Increase in the SBP Low-Cost Premium Threshold**

8. Previous amounts with respect to which the 2.5 percent factor of the SBP premium (cost) formula apply will be adjusted effective December 1, 2025, in conjunction with the adjustments in retired pay made under the provisions of Section 1401a of Title 10, U.S.C.(ref: 10 U.S.C. 1452(a)(4)(B)). The Defense Finance and Accounting Service will perform necessary calculations to determine actual premiums based on the individual circumstances of each case.
  9. The amount with respect to which the 2.5 percent factor of the SBP premium (cost) is applied will be increased \*3.8 percent effective January 1, 2025, from \$1,056 to \$1,096. The threshold premium is \$27.40. Therefore, the Low-Cost Threshold premium is \$27.40 plus 10% of the difference between retired pay and the threshold amount. The breakeven base amount is \$2,348.57. (ref: 10 U.S.C. 1452(a)(4)(A))
- \* 3.8 percent is assumed based upon the President's FY2026 budget request.

## **2026 Another Tax Season is Right Around the Corner: Are You Prepared?**

**DFAS Retiree Newsletter September 2025**

The next tax season will be here before you know it, and we want to make sure that you are prepared. Now is the best time to verify everything is correct in your myPay account so you can retrieve your tax documents when you need to file.

### **Start with myPay**

The best tool DFAS offers to ensure a smooth tax season is myPay (<https://mypay.dfas.mil>). The most important step to take is to log in to your myPay account and ensure your mailing address is correct. An easy, online stop for your tax season needs, myPay offers printing or downloading of your tax statements for your retired pay. You can download and print your current year tax statement, as well as prior year 1099Rs (up to four prior years for retirees). If you have them, you can also download and print IRS form 1095B. You will have earlier access to your tax documents through myPay; 1099Rs are generally available in myPay in late December, while paper copies are mailed in mid-to-late January. If you haven't logged in to myPay recently, this is a good time to log in and update your password before the busy tax season.

### **Changing Federal Tax Withholding**

It's easy to review your current federal withholding status in myPay. If needed, you may adjust it through the corresponding menu option or view withholding amounts on your latest Retiree Account Statement (RAS). The form can be found on our website at <https://www.dfas.mil/raforms>.

### **Use the IRS Tax Withholding Estimator**

The Internal Revenue Service (IRS) has an online Tax Withholding Estimator to help you determine how much tax you need to have withheld. The calculator helps taxpayers estimate if the right amount is withheld from their income to cover their tax liability. The estimator uses a simple, six-step question-and-answer format using information like marital or filing status, income, withholding, adjustments, deductions, and credits. You may access the Tax Withholding Estimator here: <https://www.irs.gov/individuals/tax-withholding-estimator>

DFAS cannot provide tax advice. Please consult a tax professional or the IRS.

## **2026 Another Tax Season is Right Around the Corner: Are You Prepared?**

**DFAS Retiree Newsletter September 2025**

### **Pay Schedule**

To help you plan for 2025, below is a list of the days you should expect to receive your pay. Retired and annuitant pay is due on the first of the month. However, if the first falls on a weekend or holiday, retirees are paid on the last business day of the month and annuitants are paid on the first business day of month.

For example, in October 2025, retirees will receive payment on October 31, 2025. However, annuitants are scheduled to receive payment on November 3, 2025. Please see the chart for each month for the remainder of 2025

<u>Entitlement Month</u>	<u>Retired Pay Date</u>	<u>Annuitant Pay Date</u>
December 2025	December 31, 2025	January 2, 2026
January 2026	January 30, 2026	February 2, 2026
February 2026	February 27, 2026	March 2, 2026
March 2026	April 1, 2026	April 1, 2026
April 2026	May 1, 2026	May 1, 2026
May 2026	June 1, 2026	June 1, 2026
June 2026	July 1, 2026	July 1, 2026
July 2026	July 31, 2026	August, 3, 2026
August 2026	September 1, 2026	September 1, 2026
September 2026	October 1, 2026	October 1, 2026
October 2026	October 30, 2026	November 2, 2026
November 2026	December 1, 2026	December 1, 2026
December 2026	December 31, 2026	January 4, 2027

# **Understanding the Redetermination Process for Permanently Incapacitated Dependents - A Sponsor's Guide**

For more information regarding the redetermination process, please visit [www.cac.mil](http://www.cac.mil)

## **1. About the Simplified Redetermination Process Key Features:**

Process for Sponsors Whose Dependent Has Current Financial Dependency Determination in RAPIDS:

- Answer 3 simple questions about your incapacitated dependent.
- Choose how to complete the process:
  - o Online
  - o In-person at an ID card facility
  - o By mail
- You can start up to 90 days before your redetermination is due.

## **2. Process for Financial Dependency Determinations Not Current or Not in RAPIDS**

- Submit documentation of your original dependency determination and/or most recent redeterminations to your Service Project Office.
- Unsure if your dependent's permanently incapacitated status date is recorded? Contact your Service Project Office for help.

## **3. Documentation Requirements Based on Sponsor Responses:**

No Changes in Dependency:

- You're done! No extra paperwork or proof needed.

Changes in Dependency:

- You'll need to submit a full financial dependency redetermination package to your Service Project Office for review to determine eligibility.

## **4. Frequently Asked Questions**

**Who Does this Impact?**

Permanently incapacitated dependents, according to DoDM 1000.13, Volume 2, [https://www.cac.mil/Portals/53/Documents/DOD M-1000.13\\_vol2.pdf](https://www.cac.mil/Portals/53/Documents/DOD M-1000.13_vol2.pdf)

# **Understanding the Redetermination Process for Permanently Incapacitated Dependents - A Sponsor's Guide**

For more information regarding the redetermination process, please visit [www.cac.mil](http://www.cac.mil)

## **What Changes Are Being Made?**

### **Four Year Requirement:**

- Sponsors must complete a redetermination of eligibility for their incapacitated dependents every 4 years.

### **How to Complete Redetermination:**

- Answer a series of questions online, in-person at an ID Card facility or by mail

### **Why It Matters:**

- Your answers will determine if your dependent's financial dependency has changed.
- Failure to complete the redetermination may result in loss of DEERS eligibility and benefits.

### **Will I Be Notified About the Deadline?**

**Yes.** Sponsors who have a current financial dependency determination recorded in RAPIDS an e-mail (preferred) or postcard reminder up to 90 days before the redetermination deadline.

### **Can I Update My Contact Information?**

**Yes.** Update your personal mailing and e-mail addresses, and opt-in to receive benefits notifications by e-mail using ID Card Office Online at: <https://idco.dmdc.osd.mil/idco/>, select "Continue" under the "My Profile" header.

# Understanding the Redetermination Process for Permanently Incapacitated Dependents - A Sponsor's Guide

For more information regarding the redetermination process, please visit [www.cac.mil](http://www.cac.mil)

## How to Use the Simplified Redetermination Process



Use ID Card Office Online (IDCO), at <https://idco.dmdc.osd.mil/idco>. Navigate to “Continue” under the “Dependent Redetermination” header and login using your myAuth digital login or Common Access Card.



Visit a ID card site to answer the financial dependency redetermination questions. To find your nearest ID card site, use the ID Card Office Locator, available at <https://idco.dmdc.osd.mil/idco/locator>.



Please contact your appropriate Service Project Office to inquire about mail in procedures.

### Redetermination Process

#### 1. Complete Financial Dependency Questions

The sponsor will be required to answer a series of questions concerning the current financial dependency of his/her permanently incapacitated dependent.

#### 2. Review and Dependency Determination

Your answers to these questions will help an ID card site or your Service Project Office determine if a change in financial dependency has occurred.

#### 3. Next Steps if Dependency Has Changed

If a change in dependency has occurred, and you wish for your incapacitated dependent to remain eligible for benefits, you may submit a complete dependency redetermination package (DD Form 137, Secondary Dependency Determination) to the appropriate Service Project Office.

## **Uniformed Service Project Office Contact Information**

**Army:** Army Project Office

U.S. Army Human Resources Command

AHRC-PDP-P

1600 Spearhead Division Ave

Fort Knox, KY 40122

1-502-613-8476

**Air Force & Space Force:** AFPC/DPPSA

550 C Street West, Bldg. 499 JBSA

Randolph AFB, TX 78150-4739

1-800-525-0102

**Coast Guard:** Commanding Officer (LGL)

Coast Guard Pay & Personnel Center (PPC)

444 S.E. Quincy Street, Topeka, KS 66683-3591

1-206-815-6821

**Marine Corps:** ATTN: Manpower & Reserve Affairs

Marine Corps Service Project Office (MFP-1)

2008 Elliot Road, Quantico, VA 22134

1-703-784-9190

**Navy:** askmncc@navy.mil

1-833-330-6622

**NOAA:** 1305 East-West Highway, SSMC #4, Room 5308

Silver Spring, MD 20910

1-301-713-0850 x158

**PHS:** Division of Commissioned Corps Personnel and Readiness

1101 Wootton Parkway, PL, Ste. 300 Rockville, MD 20852



**Permanently Incapacitated Dependent  
Redetermination**

For more information regarding the  
redetermination process,  
please contact your  
Service Project Office



## **Defense Finance and Accounting Services**

### **Changes Coming Mid-2025 for Retirees Who Pay SBP Monthly Premiums Directly**



Some retirees need to pay monthly Survivor Benefit Plan (SBP) or Reserve Component Survivor Benefit Plan (RCSBP) premiums directly instead of having them deducted from pay because their Department of Veterans Affairs (VA) disability compensation pay offsets their retired pay. We call that direct remittance. Most of these payments are handled by the U.S. Department of Treasury Centralized Receivables Service (CRS). When CRS receives the payment from the retiree, they report it to DFAS Retired and Annuitant (R&A) Pay to ensure the retiree's account is credited.

#### **What You Need to Know**

In mid- year, R&A Pay will begin issuing all monthly direct remittance SBP premium billing statements and collecting all SBP premium direct remittance payments instead of using Treasury's CRS. This means retirees will need to either: (1) make their payments to a different mailing address or (2) change their electronic payments if they have them set up to pay to CRS or (3) use Pay.gov to pay DFAS. This month, DFAS mailed a letter explaining the changes to all retirees who will be affected. The letter will be followed by an emailed Smart Doc to the retirees who have a valid email address in myPay. Changes like this are one of the reasons it's important for retirees to keep their mailing address and email address updated with DFAS.

#### **What You Need to Do**

It's important that DFAS has your current mailing address so you receive the billing statement with new payment instructions. If your address has changed, DFAS has several convenient options for updating the mailing address on your retired pay account. 1. Use our askDFAS online tool to update your address: find out more on our Quick Tools webpage at <https://www.dfas.mil/raquicktools>. 2. Send a completed and signed DD Form 2866 to request we update your mailing address.(A) Upload your signed form as a PDF using our askDFAS online upload tool. Find out more at <https://www.dfas.mil/retonlinetools>

## USMC Reunions

Organization/POC	Date	Phone	Email
(AT) TOW Co. 8th Tank BN, 4th MARDIV Desert Storm 35-Year Reunion Miami Dade Military Museum & Memorial Miami, FL 33177 Abiud Montes	17 January 2026	954-816-7034	abiud.montes@gmail.com
MCAA Don E. Davis Squadron Embassy Suites Myrtle Beach, SC Kevin McCutcheon	12-March 2026		<a href="https://www.avlogmarines.org/reunion-2/">https://www.avlogmarines.org/reunion-2/</a> <a href="mailto:kevinmccutcheon76@gmail.com">kevinmccutcheon76@gmail.com</a> <a href="mailto:roddgers77oki@yahoo.com">roddgers77oki@yahoo.com</a>
A-6 Intruder Reunion (All Squadrons - All Years) Hyatt Regency, Dallas, TX / Joe Krauss	22-26 April 2026	703-362-4761	hjkrauss2@gmail.com intruderassociation.org
Marine Corps Distinguished Shooters Association Bittersweet Farm, Unionville, VA Leslie Cook	16 May 2026	MGySgt Burke 540-287-3833 Leslie Cook 540-840-2074	<a href="mailto:b12daniel@aol.com">b12daniel@aol.com</a> <a href="mailto:lekilic@msn.com">lekilic@msn.com</a>
USMC Weather Service (METOC) Binghamton, NY Dave Englert/Kathy Donham	14-18 June 2026	812-630-2099 Dave 252-342-8459 Kathy	englertd@psci.net Kathy.dohham@hotmail.com
Marine Corps Motor Transport Association Jacksonville, NC George Hanlin	20-24 September 2026	301-514-1087	secretary@usmcmta.org
Women Marines Association Frankenmuth, MI	21-25 September 2026	816-916-5812	CPC@womenmarines.org
VMFA/VMA-311 Antlers Hotel Colorado Springs, CO Bob Simmons	27 September - 1 October 2026	719-494-7996	blsimmons1@cox.net vmfa.vma.311@gmail.com
VMFA-531 (All Years) Dallas, TX Richard Niedner	12-18 October 2026	703-566-6865	rustysmith1521@gmail.com schorse@verizon.net <a href="https://531grayghostsquadron.org/history">https://531grayghostsquadron.org/history</a>
Marine Fighter Foray Reunion Hyatt Regency, Dallas, TX / Donnie Herrin / William Pratt, / Rick Packard	14-18 October 2026	214- 632-5124 210-441-9889 352-988-0410	dherrin@vmfareadyroom.com prattwf@gmail.com Packard.rick@gmail.com
Force Reconnaissance Association Arlington, TX Dave Darvis	19-22 November	760-716-3713	jarvisda77@gmail.com <a href="http://www.forcerecon.com">http://www.forcerecon.com</a>

## 2026 Military Retiree Appreciation Days



18 April 2026	Fort JB McGuire-Dix-Lakehurst, NJ	609-562-2666
18 April 2026	Fort Stewart, GA	571-801-3333
25 April 2026	Fort Wainwright, AK	907-353-2095
2 May 2026	JBER-Richardson, AK	907-384-3500
2 May 2026	West Virginia NG, Kingwood, WV	304-561-6355
14-16 May 2026	Fort Jackson, SC	803-751-6715
26 June 2026	JB Lewis-McChord, WA	253-966-5884
15 August 2026	TobyHanna Army Depot, PA	570-615-7019
11 September 2026	Fort McCoy, WI	502-898-3716
11-12 September 2026	Fort Leonard Wood, MO	573-596-6637
17 September 2026	Aberdeen Proving Ground, MD	410-306-2322
25 September 2026	Rock Island, IL	563-508-5123
26 September 2026	Fort Lee, VA	804-734-6973/7345
27 September 2026	JB Langley-Eustis, VA	757-878-3648
23 October 2026	Fort Huachuca, AZ	520-533-1120-1383
30 October 2026	Fort Rucker (formerly Novosel)	334-255-9124
31 October 2026	Fort Leavenworth, KS	520-692-6599/6598
7 November 2026	Fort Polk, LA	726-780-0895/0903

## Preview your 2026 TRICARE pharmacy cost

By TRICARE Communications November 13, 2025

FALLS CHURCH, Va. – Do you get prescription drugs through the TRICARE Pharmacy Program? You may have new copayments starting Jan. 1, 2026.

The National Defense Authorization Act for Fiscal Year 2018 established TRICARE prescription drug costs. The costs will be in effect through Dec. 31, 2027.

“Most beneficiaries will pay \$1 to \$9 more per copayment for covered drugs they get through TRICARE Pharmacy Home Delivery and TRICARE retail network pharmacies,” said U.S. Public Health Service Cmdr. Teisha Robertson, chief of the Pharmacy Benefit Integration Branch at the Defense Health Agency. “The cost of generic formulary drugs at retail network pharmacies will stay the same.”

A few things affect your costs, as noted in the *TRICARE Pharmacy Program Overview Fact Sheet*.

**<https://www.tricare.mil/PharmacyOverview>**

This fact sheet provides an overview of the TRICARE Pharmacy Program. It includes information about prescription drug categories, pharmacy options, TRICARE Formulary Search Tool, and costs.

**Audience:** TRICARE-eligible beneficiaries (except those enrolled in the US Family Health Plan)

May be available in print from the TRICARE Pharmacy Program contractor  
Updated February 2025

### 1. Your beneficiary category:

- **Active duty service members:** You'll pay nothing for covered drugs from military pharmacies, home delivery, and retail network pharmacies.
- **Survivors of ADSMs and medically retired service members and their family members:** Your copayments won't change in 2026. Go to [Pharmacy Costs](#) to learn more.
- **All other beneficiaries:** Most copayments will increase in 2026.

### 2. Your drug's category

TRICARE groups prescription drugs into four categories:

- [Generic formulary drugs](#)
- [Brand-name formulary drugs](#)
- [Non-formulary drugs](#)
- [Non-covered drugs](#)

There are a few things you should know about drug categories:

- Generic formulary drugs are the least expensive. This is followed by brand-name formulary drugs and non-formulary drugs.
- You can get a non-formulary drug at the formulary cost if your provider establishes medical necessity and the medical necessity authorization request is approved.
- If you fill a prescription for a non-covered drug, you'll pay the full cost of the drug. Not sure which category your drug is in?

You can search the TRICARE Formulary to check. (Keep in mind that the search tool won't show next year's copayments until Jan. 1.) (Please see page 18 and 19)

# Preview your 2026 TRICARE pharmacy cost

By TRICARE Communications November 13, 2025

## 3. The type of pharmacy you use

Where you get your prescription also affects your costs.

### TRICARE pharmacy costs (2026–2027)

See the new copayments (in **bold**) below.

#### Military pharmacies (up to a 90-day supply)

- You'll pay nothing. (Call the pharmacy to confirm they carry your drug.)

#### Home delivery (up to a 90-day supply)

- Generic formulary drugs will increase from \$13 to **\$14**.
- Brand-name formulary drugs will increase from \$38 to **\$44**.
- Non-formulary drugs will increase from \$76 to \$85.

#### Retail network pharmacies (up to a 30-day supply)

- Generic formulary drugs will still be \$16.
- Brand-name formulary drugs will increase from \$43 to **\$48**.
- Non-formulary drugs will increase from to \$85.

#### Non-network pharmacies (Up to a 30-day supply)

Your TRICARE health plan determines your non-network pharmacy costs in the U.S. and U.S. territories. (**Note:** Go to Pharmacy Costs to find cost-shares for overseas pharmacies.)

Do you have a TRICARE Prime plan? If so, your non-network pharmacy costs will stay the same. With a TRICARE Prime plan:

- You must meet your point-of service deductible for covered drugs.
- You'll pay a 50% cost-share for covered drugs after you meet this deductible.

Do you have another TRICARE plan?

You'll pay a copayment or cost-share after you meet your annual deductible. These costs are:

- Generic and brand-name formulary drugs will cost **\$48** (up from \$43) or 20% of the total cost, whichever is more.
- Non-formulary drugs will cost **\$85** (up from \$76) or 20% of the total cost, whichever is more.

Keep in mind that if you use a non-network pharmacy, you'll have to pay full price for your drug up front. Then you can file a claim for reimbursement. Reimbursements are subject to applicable deductibles, cost-shares, and copayments.

Do you have questions about copayment changes? Call the TRICARE Pharmacy contractor, Express Scripts, at 877-363-1303.

Want to learn more about your pharmacy benefit? Go to TRICARE Pharmacy.

You can also preview TRICARE health plan costs for 2026.



# TRICARE® Pharmacy Program Overview

Learn about your TRICARE pharmacy coverage.

The TRICARE Pharmacy Program provides prescription drug coverage for all TRICARE beneficiaries. You have the same coverage, regardless of your TRICARE health plan. However, if you use the US Family Health Plan, you have separate pharmacy coverage.

As the contractor for the TRICARE Pharmacy Program, Express Scripts administers TRICARE Pharmacy Home Delivery and retail pharmacy services.

To help manage your prescriptions, sign up for an online account. You can also download the free Express Scripts Pharmacy mobile app. Learn more at <https://militaryrx.express-scripts.com>.

## PRESCRIPTION DRUG CATEGORIES

There are four categories of drugs: generic formulary, brand-name formulary, non-formulary, and non-covered drugs. You can find coverage information for a specific drug by using the TRICARE Formulary Search tool at [www.esrx.com/tform](http://www.esrx.com/tform).

### Four Categories of Drugs

TYPE	OVERVIEW
<b>Generic formulary drugs<sup>1</sup></b>	<ul style="list-style-type: none"><li>• Covered by TRICARE</li><li>• Widely available</li><li>• Lowest cost to you</li></ul>
<b>Brand-name formulary drugs<sup>1</sup></b>	<ul style="list-style-type: none"><li>• Covered by TRICARE</li><li>• Generally available</li><li>• Moderate cost</li></ul>
<b>Non-formulary drugs<sup>1</sup></b>	<ul style="list-style-type: none"><li>• Covered by TRICARE</li><li>• May not be available</li><li>• Higher cost</li></ul>
<b>Non-covered drugs</b>	<ul style="list-style-type: none"><li>• Not covered by TRICARE</li><li>• Highest cost (You pay 100% of the drug's cost.)</li></ul>

1. May require pre-authorization or determination of medical necessity

This fact sheet *isn't* all-inclusive. For more information, go to [www.tricare.mil](http://www.tricare.mil).

## TRICARE FORMULARY SEARCH TOOL

For information about your prescription drug, go to [www.esrx.com/tform](http://www.esrx.com/tform).

### You'll need to know:

- The name and strength of the drug prescribed

### The search tool will tell you:

- If TRICARE covers the drug or if you need a coverage review from Express Scripts
- If you need to request a form from your provider\*
- Where you can fill your prescription
- How much you'll pay out of pocket

\* This usually applies to non-formulary drugs and drugs that require pre-authorization (also known as prior authorization) or determination of medical necessity.

Your pharmacy will generally fill your covered prescription with a generic drug—unless your provider requests a brand-name drug for you. The type of drug you're prescribed may determine where you can fill your prescription and your costs. Learn more at [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy).

## Over-the-Counter Drugs and Supplies

TRICARE covers some over-the-counter drugs and supplies that your provider must prescribe. This includes insulin, diabetic supplies, and tobacco cessation products. For more information, go to [www.tricare.mil/otcdrugs](http://www.tricare.mil/otcdrugs).

## COSTS

Active duty service members pay nothing for covered drugs from military pharmacies, home delivery, and retail network pharmacies. For all others, costs are based on beneficiary status, drug category, and where you fill your prescription.

- There's no cost for covered drugs at military pharmacies.
- You pay a copayment for covered generic and brand-name drugs from home delivery or at retail network pharmacies.



- You pay 100% of the drug's cost for covered drugs when you go to non-network pharmacies. You may be able to file a claim for reimbursement.
- You pay 100% of the drug's cost for any non-covered drugs.
- If you have other health insurance, TRICARE pays second. If Express Scripts manages your OHT's pharmacy benefit, your coverage processes automatically.

You may have to meet your annual deductible before copayments or cost-shares apply for certain pharmacy types. Learn more at [www.tricare.mil/costs](http://www.tricare.mil/costs).

## PHARMACY OPTIONS

There are several options to fill prescriptions. Some prescription drugs may not be available at every pharmacy option. Certain restrictions may apply when using home delivery or retail pharmacies overseas.

There are specific rules for filling prescriptions for compound drugs, certain maintenance drugs, and specialty drugs. Learn more at [www.tricare.mil/fillprescriptions](http://www.tricare.mil/fillprescriptions).

## Military Pharmacies

At a military pharmacy, you can get up to a 90-day supply of most covered drugs.

- Can accept electronic prescriptions and paper prescriptions from most military and civilian providers
- Generally carry only formulary drugs (Call first to confirm availability.)

Visit [www.tricare.mil/militarypharmacy](http://www.tricare.mil/militarypharmacy) to learn more.

## TRICARE Pharmacy Home Delivery

With home delivery, you can get up to a 90-day supply of covered drugs delivered with free standard shipping.

- Ship to any address in the U.S. and U.S. territories
- Available overseas with APO/FPO/DPO addresses (exceptions apply in Germany) and with certain restrictions
- No need to file claims

Learn more at [www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery).

### **An Important Note About TRICARE Program Information**

*At the time of publication, this information is current. It's important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military hospital and clinic guidelines and policies may be different than those outlined in this publication. For the most recent information, contact the TRICARE pharmacy contractor or your local military hospital or clinic.*

TRICARE is managed by the Defense Health Agency. DHA and TRICARE are registered trademarks of the Department of Defense, Defense Health Agency. All rights reserved.

Updated February 2025

## TRICARE Retail Network Pharmacies

At a retail network pharmacy, you can get up to a 30-day supply of a covered drug for one copayment. You can also get up to a 90-day supply of a covered drug for three copayments.

- You may need to show your Uniformed Services ID card or Common Access Card and your prescription.
- You don't need to file claims.
- If you have OHI, you'll save money by using a retail network pharmacy that's also in-network with your other plan.
- To find a TRICARE retail network pharmacy near you, go to [www.esrx.com/findpharmacy](http://www.esrx.com/findpharmacy).

In the Philippines, you must use a certified pharmacy.

To learn more about retail network pharmacies, visit [www.tricare.mil/networkpharmacy](http://www.tricare.mil/networkpharmacy).

## FOR INFORMATION AND ASSISTANCE

### **TRICARE Pharmacy Program**

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)

### **Express Scripts** (U.S. and U.S. territories)

877-363-1303

877-540-6261 (TDD/TTY)

<https://militaryrx.express-scripts.com>

[DOD.customer.relations@express-scripts.com](mailto:DOD.customer.relations@express-scripts.com)

### **Accredo** (specialty pharmacy)

877-882-3324

### **International SOS** (outside U.S. and U.S. territories)

[www.tricare-overseas.com/beneficiaries/resources/pharmacy](http://www.tricare-overseas.com/beneficiaries/resources/pharmacy)

## Non-Network Pharmacies

At non-network pharmacies, you pay the full price for a covered drug up front. You can file a claim for reimbursement. Reimbursements are subject to applicable deductibles, cost-shares, copayments, and other charges. You must meet all deductibles before TRICARE will reimburse you.

Overseas, a non-network pharmacy may be your only option. You'll pay the full price for your covered drugs and file a claim with the TRICARE Overseas contractor, International SOS, for reimbursement.

Visit [www.tricare.mil/pharmacyclaims](http://www.tricare.mil/pharmacyclaims) to learn more about filing claims.

For more information about your pharmacy benefit, see the *TRICARE Pharmacy Program Handbook* at [www.tricare.mil/publications](http://www.tricare.mil/publications).

## Learn your 2026 TRICARE health plan

By TRICARE Communications November 7, 2025

FALLS CHURCH, Va. – As 2025 comes to a close, now is the time to start thinking about your family's health care options for next year. You should know that your TRICARE health plan costs will change starting Jan. 1, 2026. Depending on your plan, these costs may include enrollment fees, premiums, cost-shares, and copayments.

**Note:** TRICARE costs change each year based on the law, the federal cost of living adjustment, and the costs of health care services and prescription drugs.

“Take the time now to review your 2026 TRICARE health plan costs,” said Debra Fisher, health system specialist, Policy & Programs Branch, TRICARE Health Plan, at the Defense Health Agency. “They will help you decide if you want to keep your family's current coverage or change your enrollment during TRICARE Open Season.”

TRICARE Open Season is the annual period when anyone enrolled in or eligible for TRICARE Prime or TRICARE Select plan option can make changes to their health care coverage. This year, open season begins Nov. 10 and ends Dec. 9. Changes you make during open season will take effect Jan. 1, 2026.

Your beneficiary category and your beneficiary group determine the enrollment fees or premiums and out-of-pocket costs for your TRICARE plan. TRICARE beneficiaries fall into one of two groups:

- **Group A:** The sponsor's initial enlistment or appointment began before Jan. 1, 2018.
- **Group B:** The sponsor's initial enlistment or appointment began on or after Jan. 1, 2018.

Are you enrolled in a premium-based health plan? Follow **TRICARE Select Group B** costs. The premium-based health plans are:

- TRICARE Reserve Select
- TRICARE Retired Reserve
- TRICARE Young Adult
- Continued Health Care Benefit Program

Below are the lists of the calendar year 2026 costs for TRICARE health plans. Changes from 2025 costs are in **bold**.

### **Retired service members, their family members, and others**

Table 3 below shows your TRICARE Prime and TRICARE Select annual enrollment fees and annual deductibles.

Table 4 shows your TRICARE Prime and TRICARE Select catastrophic caps, network and non-network copayments, and cost-shares. Changes from 2025 costs are in **bold**.



## Learn your 2026 TRICARE health plan

### By TRICARE Communications November 7, 2025

Table 3: CY 2026 TRICARE Prime and TRICARE Select enrollment fees and deductibles: retirees, their family members, and all others

Cost type	TRICARE Prime Group A	TRICARE Prime Group B	TRICARE Select Group A	TRICARE Select Group B
Annual enrollment fee (Individual)	\$381.96	\$462.96	\$186.96	\$594.96
Annual enrollment fee (Family)	\$765	\$927	\$375	\$1,191
Annual deductible (Individual)	\$0	\$0	\$150	Network: \$198 Non-network: \$397
Annual deductible (Family)	\$0	\$0	\$300	Network: \$397 Non-network: \$794

Table 4: CY 2026 TRICARE Prime and TRICARE Select out-of-pocket costs: retirees, their family members, and all others

**Note:** The CY 2026 catastrophic cap for TRICARE Select Group A retirees who are survivors of active duty deceased sponsors or medically retired uniformed service members and their dependents is \$3,000.

Cost type	TRICARE Prime Group A*	TRICARE Prime Group B*	TRICARE Select Group A	TRICARE Select Group B
Annual catastrophic cap	\$3,000	\$4,635	\$4,381	\$4,635
Preventive care visit	\$0	\$0	\$0	\$0
Primary care	\$26	\$26	Network: \$38 Non-network: 25%**	Network: \$33 Non-network: 25%**
Specialty care	\$39	\$39	Network: \$52 Non-network: 25%**	Network: \$52 Non-network: 25%**
Emergency room visit	\$79	\$79	Network: \$52 Non-network: 25%**	Network: \$52 Non-network: 25%**
Urgent care center visit	\$39	\$39	Network: \$38 Non-network: 25%**	Network: \$52 Non-network: 25%**
Ambulatory surgery	\$79	\$79	Network: 20%* Non-network: 25%**	Network: \$125 Non-network: 25%**
Ambulance, outpatient ground	\$52	\$52	Network: \$117 Non-network: 25%**	Network: \$79 Non-network: 25%**
Ambulance, outpatient air	\$20	\$20	Network and Non-network: 25%**	Network and Non-network: 25%**
Durable medical equipment	20%	20%	Network: 20%** Non-network: 25%**	Network: 20%** Non-network: 25%**
Inpatient admission: Network	\$198 per admission	\$198 per admission	\$250/day up to 25% of hospital charges, plus 20% of separately billed services	\$231 per admission
Inpatient admission: Non-network	\$198 per admission	\$198 per admission	† \$1,306/day up to 25% of hospital charges, plus 25% of separately billed services	25%**
Inpatient skilled nursing facility/rehab facility	\$39 per day	\$39 per day	Network: \$250/day up to 25% of hospital charges, plus 20% of separately billed services Non-network: 25%**	Network: \$66 per day Non-network: \$397 per day or 20%** (whichever is less)

# Learn your 2026 TRICARE health plan

By TRICARE Communications November 7, 2025

## Premium-based plans

When you or your family members purchase a premium-based health plan, you pay a monthly or quarterly premium.

Table 5 shows the **monthly** premiums for TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult-Prime, and TRICARE Young Adult-Select.

Table 6 shows **quarterly** premiums for the Continued Health Care Benefit Program. Changes from 2025 costs are in **bold**.

**Table 5: CY 2026 TRICARE premium-based health plans monthly premiums**

Premium-based health plan	Member Only	Member and Family
TRICARE Reserve Select	\$57.88	\$286.66
TRICARE Retired Reserve	\$645.90	\$1,548.30
TRICARE Young Adult-Prime	\$794.00	Not applicable
TRICARE Young Adult-Select	\$363.00	Not applicable

**Table 6: CY 2026 TRICARE premium-based health plans quarterly premiums**

Premium-based health plan	Single	Family
Continued Health Care Benefit Program	\$2,103.00	\$5,339.00

## Looking for other TRICARE costs?

- **TRICARE For Life 2026 costs** will be posted early next year.
- Current TRICARE Dental Program premiums will stay the same through Feb. 28, 2026.
- **TRICARE Pharmacy Program costs** for 2026-2027 will be available in mid-November 2025.

Want to review your costs for the current year? Go to 2025 costs. Also, check out Cost Terms to learn the definitions of some common health care terms.

## **Military Funeral Honors (TAPS)**

The Defense Department provides military funeral honors to recognize the sacrifice and contributions of our nation's veterans. The following individuals are eligible to receive military funeral honors: Military members who die while on active duty, Veterans who served in the active military, naval or air service, and were discharged or released from that service by means of an "honorable" or "under honorable conditions"

discharge. Providing military funeral honors is the nation's way of showing gratitude and paying final tribute to a veteran's honorable military service.

Learn how the military can honor a veteran at their funeral, and find out how to get a military grave marker. Who is eligible for military funeral honors and how to request them Funeral honors include the playing of "Taps," the presentation of a U.S. flag, and a detail of uniformed military personnel. Learn more about what happens during military funeral honors. These honors are provided for free for veterans and active-duty members. See if you or your loved one is eligible for military funeral honors. Please visit <https://www.militaryonesource.mil/casualty-assistance/military-funerals/eligibility/>

*How to Request Military Funeral Honors.* The funeral director who handles the veteran's service will request the honors. You will need to provide the veteran's discharge papers to verify eligibility. If you need a copy, submit an emergency request for military records to the National Archives. Please visit <https://download.militaryonesource.mil/12038/MOS/Misc%20Files/mos-mfh-nara-form.pdf>

*Military Funeral Memorials.* Veterans and reservists are eligible for other memorial items. Learn how to apply for memorials, including: Headstones, markers, medallions, plaques, and urns, burial flag Presidential memorial certificate These memorials are available for veterans buried in private cemeteries. Spouses or dependent children buried at national or veterans cemeteries may also be eligible for headstones or markers. Please visit <https://www.va.gov/burials->

[memorials/memorial-items/](#)

*Military Funeral Honors Directory.* Use the Military Funeral Honors Directory by locating the state or territory in which the requested funeral honors will take place. Under the state, you will find a local phone number for each of the military services.

Choose the phone number that corresponds to the military service of the deceased. Numbers for each military service will apply, in most cases, to the state as a whole. But some states will have more than one phone number per military service, listed by county or city. For additional information, contact Military OneSource at 800-342-9647. <https://www.militaryonesource.mil/resources/tools/military-funeral-honors-directory/>



## Military Funeral Honors (TAPS) Honoring Those Who Served



U.S. Marine Corps military funerals are conducted to recognize the proud American tradition of honorable service which USMC men and women have given to their country. Our Nation regards the memorializing of its military deceased as an honorable and sacred obligation.

On behalf of the Commandant of the Marine Corps and the Sergeant Major of the Marine Corps, we offer our deepest condolences to the families and friends of the following Marines:

**GENERAL**  
WILLIAMS, MICHAEL J.

RET/Death  
Nov 02/Dec 25

**FIRST SERGEANT**  
SAUNDERS, GLEN C.

RET/Death  
Sep 93/Aug 25

**MAJOR GENERAL**  
SULLIVAN, MICHAEL P.

Oct 91/Oct 25

**MASTER SERGEANT**  
GARZA, CONRRADO B.  
NGUYEN, KHANH T.

Sep 68 Aug 25  
Jan 20/Oct 25

**BRIGADIER GENERAL**  
HAGEN, JEROME T.  
BYRON, MICHAEL J.

Dec 82/Nov 25  
Jul 01/Dec 25

**GUNNERY SERGEANT**  
JAQUITH, SOSEPH E.

May 83/Aug 24

**MAJOR**  
THOMAS, DONALD J.

Sep 70/Oct 25

## **Directory Assistance Pages**

### **A**

#### **AMC PASSENGER TERMINAL**

<http://www.amc.af.mil/Home/AMC-Travel-Site/>

#### **ARLINGTON NATIONAL CEMETERY**

(703) 607-8000

[www.arlingtoncemetery.mil](http://www.arlingtoncemetery.mil)

#### **ARMED FORCES RECREATION CENTERS**

[www.armymwr.com/travel/recreationcenters/](http://www.armymwr.com/travel/recreationcenters/)

- **Edelweiss Lodge and Resort (Germany)**  
(011-49) 8821-9440
- **Hale Koa Hotel (Hawaii):** (800) 367-6027

#### **ARMED FORCES RETIREMENT HOME**

(800) 422-9988

Email: [admissions@afrh.gov](mailto:admissions@afrh.gov)

Email: [public.affairs@afrh.gov](mailto:public.affairs@afrh.gov)

[www.afrh.gov](http://www.afrh.gov)

### **B**

#### **BOARD FOR CORRECTION OF NAVAL RECORDS**

701 S. Courthouse Rd., Bldg. 12, Suite 1001  
Arlington, VA 22204-2490

(703) 604-6884/6885; Fax: (703) 604-3437

[www.donhq.navy.mil/bcncr/bcncr.htm](http://www.donhq.navy.mil/bcncr/bcncr.htm)

### **C**

#### **CAMP LEJEUNE NOTIFICATION REGISTRY**

<https://clnr.hqi.usmc.mil/clwater>

#### **COLD WAR RECOGNITION PROGRAM**

Attn: AHRC-PDP-A, Dept. 480

1600 Spearhead Division Ave.

Fort Knox, KY 40122-5408

Fax: (800)723-9262 or (502) 613-9510

<https://www.hrc.army.mil>

Search "Cold War Certificate"

#### **COMBAT-RELATED SPECIAL COMPENSATION BOARD (CRSCB). SECNAV CRSC**

Board, 720 Kennon St. SE, Ste. 309; Washington,  
DC 20374, (877) 366-2772, (202) 685-6408, Fax:  
(202) 685-6610 [https://www.secnav.navy.mil/mra/](https://www.secnav.navy.mil/mra/CORB/pages/crscb/default.aspx)  
CORB/pages/crscb/default.aspxD

### **D**

#### **DD 214s**

Marines who have been discharged,  
separated, or retired on or before 31

December 1998:

National Personnel

Records Center

1 Archives Dr., St.

Louis, MO 63138

(314) 801-0800; Fax: (314) 801-9195

[PR.center@nara.gov](mailto:PR.center@nara.gov); [www.archives.gov/st-](http://www.archives.gov/st-louis)  
[louis](http://www.archives.gov/st-louis)

Marines discharged/retired/separated on or  
after

1 January 1999:

Manpower Management Performance  
Branch (MMPB-21)

2008 Elliot Rd., Quantico, VA 22134

-5030

(800) 268-3710 option (1);

[smb.manpower.mmrp\\_10@usmc.mil](mailto:smb.manpower.mmrp_10@usmc.mil)

#### **DEFENSE FINANCE AND ACCOUNTING SERVICE**

(800) 321-1080, [www.dfas.mil](http://www.dfas.mil)

U.S. and OCONUS: (216) 522-5955, Fax: (800)  
469-6559

#### **DFAS Special Compensation for the Severely Disabled**

P.O. Box 998011; Cleveland, OH

44199-8011

(216) 522-6170

### **E**

**E-BENEFITS:** [https://www.ebenefits.va.gov/](https://www.ebenefits.va.gov/ebenefits-portal/appmanager/eb/veterans)  
[ebenefits-portal/appmanager/eb/veterans](https://www.ebenefits.va.gov/ebenefits-portal/appmanager/eb/veterans)

## **Directory Assistance Pages**

### **F**

**Federal Employee Dental and Vision Insurance Program (FEDVIP)**  
(877) 888-FEDS ((877) 888-3337)  
[www.BENEFEDS.com/military](http://www.BENEFEDS.com/military)

**Federal Long Term Care Insurance Program (FLTCIP)**  
(800) LTC-FEDS ((800) 582-3337)  
[www.LTCFEDS.com/Military](http://www.LTCFEDS.com/Military)

### **M**

**MARINE CORPS ASSOCIATION 715**  
Broadway St., Quantico, VA 22134 (866) 622-1775, ext. 100, Fax: (703) 640-0162 [mca@mca-marines.org](mailto:mca@mca-marines.org)

- **LEATHERNECK MAGAZINE** (800) 336-0291, ext. 115; Fax: (703) 640-0823 [leatherneck@mca-marines.org](mailto:leatherneck@mca-marines.org)
- **MARINE CORPS GAZETTE** (800) 336-0291, ext. 144; Fax: (703) 630-9147 [gazette@mca-marines.org](mailto:gazette@mca-marines.org)

**MARINE BARRACKS WASHINGTON 8th and I, Washington, DC,**  
[ww.barracks.marines.mil](http://ww.barracks.marines.mil)

**MARINE CORPS HERITAGE FOUNDATION** 1775 Semper Fidelis Way, Triangle VA 22172 (703) 640-7965 OR (800) 397-7585; [info@marineheritage.org](mailto:info@marineheritage.org) or <https://www.marineheritage.org/>

**MARINE CORPS UNIVERSITY** 2044 Broadway Street, Quantico, VA 22134-5001 (703) 432-4874, [www.history.division@usmcu.edu](mailto:www.history.division@usmcu.edu)

**MARINE CORPS JUNIOR ROTC TECOM (C46JR)** 2007 Elliot Rd., Quantico, VA 221345001, (703) 784-3706; [www.mcjrotc.org](http://www.mcjrotc.org), Fax: (202) 685-6610 <https://www.secnav.navy.mil/mra/CORB/pages/>

**MARINE CORPS LEAGUE NATIONAL HQ**  
3619 Jefferson Davis Hwy, Suite 115  
Stafford, VA 22554, (703) 207-9588:  
[JFoster@MCLeague.org](mailto:JFoster@MCLeague.org) (Membership Manager)

**MARINE CORPS RECORDS RESEARCH & RECONSTRUCTION (MMPB-21)**  
2008 Elliot Rd., Quantico, VA 22134-5030  
(800) 268-3710, (703) 784-3930/4646/5616

**MARINE CORPS RESERVE ASSOCIATION**  
3619 Richmond Hwy, Suite 115  
Stafford, VA 22554-7771  
(877) 289-8780, (703) 289-1204

**MCCS COMMUNITY SERVICES:**  
[www.usc-mccs.org](http://www.usc-mccs.org)

**MEDICAL RECORDS:** Marines who have been discharged/separated/retired on 1 May 1994 or later:

**VA Records Management Center**  
P.O. Box 5020;  
St. Louis, MO 63115  
(888) 533-4558; Fax: (314)

**MEDICARE:** (800) 633-4227;  
[www.medicare.gov](http://www.medicare.gov)

**NATIONAL MUSEUM OF THE MARINE CORPS**  
18900 Jefferson Davis Hwy  
Triangle, VA 22172  
(877) 653-17775  
[www.usmcmuseum.org](http://www.usmcmuseum.org)

**NATIONAL PERSONNEL RECORDS CENTER**  
(314) 801-0800;  
<https://www.archives.gov/personnel-records-center/military-personnel>

## Directory Assistance Pages

### N

**NAVY LODGE WORLDWIDE RESERVATIONS CENTER** (800) NAVY-INN; [www.navy-lodge.com](http://www.navy-lodge.com)

### NAVY-MARINE CORPS RELIEF SOCIETY

875 N. Randolph Road Street, Suite 225,  
Arlington , VA 22203 (800) 654-8364;  
<http://www.nmcrs.org>

### Q

#### **QUANTICO NATIONAL CEMETERY**

(703) 221-2183  
[www.cem.va.gov/cems/nchp/quantico.asp](http://www.cem.va.gov/cems/nchp/quantico.asp)

### S

#### **SISTER SERVICE RETIREE PUBLICATIONS**

- **Air Force Afterburner:** <http://www.retirees.af.mil/Library/Afterburner/>
- **Army Echoes:** <https://soldierforlife.army.mil/retirement/echoes>
- **Coast Guard Evening Colors:** [www.uscg.mil/ppc/retnews](http://www.uscg.mil/ppc/retnews)
- **Navy Shift Colors:** [www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/](http://www.mynavyhr.navy.mil/Media-Center/Publications/Shift-Colors/)

#### **SOCIAL SECURITY ADMINISTRATION**

(800) 772-1213; [www.ssa.gov](http://www.ssa.gov)

#### **SURVIVOR BENEFIT PLAN**

[www.dfas.mil/retiredmilitary/provide/sbp](http://www.dfas.mil/retiredmilitary/provide/sbp)  
221345001, (703) 784-3706; [www.mcjrotc.org](http://www.mcjrotc.org),  
**Fax: (202) 685-6610** <https://www.secnnav.navy.mil/mra/CORB/pages/>

### T

**THRIFT SAVINGS PLAN:** (877) 968-3778;

Fax: (216) 367-3605; TSP mailbox: [ccl-mc-tsp@dfas.mil](mailto:ccl-mc-tsp@dfas.mil), International callers: (404) 233-4400, <https://www.tsp.gov/index.html>

**TRICARE:** <https://tricare.mil/>

- **East:** (800) 444-5445;  
<https://www.humanamilitary.com/east/>
- **West:** (844) 866-9378;  
<https://www.tricare-west.com>
- **Overseas:** (888) 777-8343;

<https://www.tricare-overseas.com>

- **Health Beneficiary Counseling Assistance Coordinator:** <https://tricare.mil/bcacdcao>

#### **TRICARE Network Pharmacy Program**

(877) 363-1303;  
<https://www.express-scripts.com/TRICARE/index.shtml>

#### **TRICARE Pharmacy Home Delivery:**

(877) 363-1296;  
<https://tricare.mil/homedelivery>

### U

#### **UNIFORM SUPPORT CENTER:**

(800) 368-4088;  
Fax your DD 214 to (800) 551-6289 before placing order.

### V

**VA:** (800) 827-1000; [www.va.gov](http://www.va.gov)

**VA EDUCATION:** (888) 442-4551;

[www.gibill.va.gov](http://www.gibill.va.gov)

**VA LIFE INSURANCE PROGRAMS:**

(800) 669-8477; [www.insurance.va.gov](http://www.insurance.va.gov)

**VA SGLI/VGLI:** (800) 419-1473

**VA STATUS OF HEADSTONES AND MARKERS:** (800) 697-6947

HEADQUARTERS, U.S. MARINE CORPS (MMSR-6)  
JAMES WESLEY MARSH CENTER  
3280 RUSSELL ROAD  
QUANTICO, VA 22134-5103

OFFICIAL BUSINESS  
PENALTY FOR PRIVATE USE, \$300

Access your newsletter online at <https://www.manpower.marines.mil/Divisions/Manpower-Management/Separation-and-Retirements-Branch/Retired-Services-and-Pay/>

---

## Separation and Retirement Branch (MMSR)

---

*Branch Head*  
703-784-9304  
*Assistant Branch Head*  
703-784-9305



### **Retired Services and Pay Section (MMSR-6)**

*Human Resources Manager*  
703-784-9312

*Writer-Editor*  
703-432-9439

### WHO TO CONTACT:

**MMSR-2:** (703) 784-9322/23 Enlisted  
(703) 784-9324 Officer

#### *Active Duty Separations and Retirements*

##### •Officer

[smb\\_manpower\\_mmsr2o@usmc.mil](mailto:smb_manpower_mmsr2o@usmc.mil)

##### •Enlisted

[smb\\_manpower\\_mmsr2e@usmc.mil](mailto:smb_manpower_mmsr2e@usmc.mil)

**MMSR-4:** (703) 784-9308/09/21

#### *Disability Separations and Retirements*

[smb\\_manpower\\_mmsr4@usmc.mil](mailto:smb_manpower_mmsr4@usmc.mil)

**MMSR-5:** (703) 784-9306/07

Fax: (703) 784-9834

#### *Inactive Reserve Separations and Retirements*

[smb\\_manpower\\_mmsr5@usmc.mil](mailto:smb_manpower_mmsr5@usmc.mil)

**MMSR-6:** (703) 784-9311/10; 1-800-336-4649

Fax: (703) 432-9439

#### *Retired Services and Pay*

•Address Changes (Note: Annuitants must call DFAS)

•Identification Cards

•Semper Fidelis

•Survivor Benefit Plan

[smb\\_manpower\\_mmsr6@usmc.mil](mailto:smb_manpower_mmsr6@usmc.mil)