

19 August 2019



Hangar Flying Newsletter

A Publication of the JBLM McChord Field Retiree Activities Office for Air Force Retirees, their spouses and survivors. Department of the Air Force, 100 Joe Jackson Blvd, Customer Service Mall Rm 1001, JBLM McChord Field WA 98438-1114; Phone (253) 982-3214 (Voice Mail 24 hours a day) Email – retaffairs@us.af.mil Web Site www.mcchordrao.com Retiree Activities Office: Open 0900-1200 Monday - Friday

VA extends Agent Orange presumption to ‘Blue Water Navy’ Veterans

The U.S. Department of Veterans Affairs (VA) is preparing to process Agent Orange exposure claims for [“Blue Water Navy” Veterans](#) who served offshore of the Republic of Vietnam between Jan. 9, 1962, and May 7, 1975.

These Veterans may be eligible for presumption of herbicide exposure through [Public Law 116-23, Blue Water Navy Vietnam Veterans Act of 2019](#), which was signed into law June 25, 2019, and goes into effect Jan. 1, 2020. They may also qualify for a presumption of service connection if they have a disease that is recognized as being associated with herbicide exposure.

The bipartisan Blue Water Navy Vietnam Veterans Act gives VA until Jan. 1, 2020, to begin deciding Blue Water Navy related claims. By staying claims decisions until that date, VA is complying with the law that Congress wrote and passed.

“VA is dedicated to ensuring that all Veterans receive the benefits they have earned,” said VA Secretary Robert Wilkie. “We are working to ensure that we have the

proper resources in place to meet the needs of our Blue Water Veteran community and minimize the impact on all Veterans filing for disability compensation.”

Blue Water Navy Veterans are encouraged to submit disability compensation claims for conditions presumed to be related to Agent Orange exposure. Veterans over age 85 or with life-threatening illnesses will have priority in claims processing.

Veterans who previously were denied for an Agent Orange related presumptive condition can file a new claim based on the change in law. Eligible survivors of deceased Blue Water Navy Veterans also may benefit from the new law and may file claims for benefits based on the Veterans’ service.

The new law affects Veterans who served on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia, as defined in [Public Law 116-23](#). An estimated 420,000 to 560,000 Vietnam-era Veterans may be considered Blue Water Navy Veterans.

To qualify under the new law, these Veterans must have a disease associated with herbicide exposure, as listed in [38 Code of Federal Regulations](#) section 3.309(e).

Agent Orange presumptive conditions are:

- AL amyloidosis
- Chloracne or similar acneform disease
- Chronic B-cell leukemia's
- Diabetes mellitus Type 2
- Hodgkin lymphoma, formerly known as Hodgkin's disease
- Ischemic heart disease
- Multiple myeloma
- Non-Hodgkin lymphoma, formerly known as Non-Hodgkin's lymphoma
- Parkinson's disease
- Peripheral neuropathy, early-onset
- Porphyria cutanea tarda
- Prostate cancer
- Respiratory cancers (lung, bronchus, larynx or trachea)
- Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi's sarcoma or mesothelioma).

For more information about Agent Orange exposure in Vietnam waters (Blue Water Navy Veterans), visit <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/navy-coast-guard-ships-vietnam/>.

Veterans seeking more information should contact their [Veterans Service Officer](#), call VA's toll-free number at (800)-827-1000 or visit the VA Blue Water Navy Agent Orange [website](#).

Traveling Overseas? Know How to Get Care with TRICARE

If you're planning to travel overseas this summer, your TRICARE coverage goes with you. However, the rules vary based on your sponsor status, your location, and your health plan. Familiarize yourself with your

plan's rules and these tips so you know what to do if you have health issues while traveling overseas.

Prepare for Travel

Get your routine and specialty care before you leave. Otherwise, your care may not be authorized when you're on your trip. Before you travel, follow these steps:

- **Update Your Information in the Defense Enrollment Eligibility Reporting (DEERS)** A database of information on uniformed services members (sponsors), U.S.-sponsored foreign military, DoD and uniformed services civilians, other personnel as directed by the DoD, and their family members. You need to register in DEERS to get **TRICARE**. [Log in to milConnect](#) and check that your personal and contact information is up to date.
 - **Get Prescriptions Filled or Refilled.** If you take prescription medications, pack them in your carry-on bag. If you need to [fill a prescription overseas](#), go to a military pharmacy if one is close. If you go to an overseas pharmacy, you may have to pay for your drugs up front and file claims to get money back on covered drugs.
 - **Pack a List of Phone Numbers.** Whether you pack them, program them in your phone, or both, be sure you know whom to contact. You can [select a country](#) on the TRICARE overseas website to view contact information. You can also download the [TRICARE contact wallet card](#) for key overseas and stateside numbers. If you're traveling to a country with an established military hospital or clinic, you can contact the [Military Health System Nurse Advice Line 24/7](#) for health care advice.
- ### When Traveling
- Keep these things in mind to help make your travels easier:
- To get help or to find a provider when traveling, contact the appropriate [TRICARE Overseas Program \(TOP\) Regional Call Center](#).

- Active duty service members traveling overseas must seek all non-emergency care at military hospitals or clinics when possible. And everyone should follow specific rules for getting urgent care overseas based on your TRICARE plan.
- If you reasonably think that you have an emergency, go to the nearest emergency care facility, or call the Medical Assistance number to coordinate emergency care overseas. When medically necessary means it is appropriate, reasonable, and adequate for your condition and appropriate. TRICARE covers air evacuations to the nearest, safest location that can provide the required care. Remember that your costs for covered air evacuation services are based on your plan. This means that you may be required to pay for air evacuation up front and file a claim to get money back (minus any cost-shares).
- If you're admitted to a hospital, call the TOP Regional Call Center before leaving the facility, preferably within 24 hours or on the next business day.
- Keep all receipts and file claims with the TOP claims processor, not with your regional contractor in the U.S. If enrolled in the US Family Health Plan or Continued Health Care Benefit Program, file claims with your contractor regardless of where you received care.

Visit the TRICARE website and select your plan for more guidelines when traveling overseas. Remember, if you do get health care, save your receipts in case you need to file a claim when you return home. *(Source; Tricare Communications)*

VA releases Launchpad app to streamline health care access for Veterans and caregivers

The app combines telehealth tools for faster service

The U.S. Department of Veterans Affairs (VA) recently launched a new mobile application designed to save Veterans and their caregivers time online.

[VA Launchpad for Veterans](#) simplifies and organizes several existing tools and resources into one convenient location to help manage health care needs.

VA Launchpad arranges all of VA's apps into five categories for Veterans: health management, health care team communication, vital health information sharing, mental health improvement and quality of life improvement. The new app enables Veterans to access all the features with a single secure login.

The app also includes many mental health care and personal improvement tools for individuals who are not enrolled in VA health care services. These tools are free and do not require secure logins to use.

[VA Launchpad for Veterans](#) is available for download in the Apple App Store and [Google Play](#). To access VA's secure apps within VA Launchpad, users must be a VA patient and have one of the following accounts: Premium My HealthVet, DS Logon Level 2 (Premium) or ID.me.

(Source: Department of Veterans Affairs)

FEDVIP Provides Vision Coverage to TRICARE Beneficiaries

Routine eye exams can help keep your vision strong. The National Eye Institute reports that a [comprehensive eye exam](#) can identify common vision problems and prevent diseases that may lead to vision loss or blindness. TRICARE health plans may include an eye exam or other services to diagnose and treat eye conditions. Your [eye exam coverage](#) is

different based on who you are, your health plan option, and your age. If you need more robust coverage, including glasses, you may also qualify to purchase vision coverage through the [Federal Employees Dental and Vision Insurance Program](#) (FEDVIP).

What is FEDVIP vision?

FEDVIP is a voluntary program that offers eligible TRICARE beneficiaries a choice among a number of vision and dental carriers. It's administered by the U.S. Office of Personnel Management. The FEDVIP vision plans provide comprehensive vision coverage. Most include routine eye exams, vision correction, glasses, and more.

Who can enroll in a FEDVIP vision plan?

Retirees, retiree family members, and active duty family members who are enrolled in a [TRICARE health plan](#) may qualify to purchase FEDVIP vision coverage.

When can you enroll in FEDVIP?

You may enroll during the annual Federal Benefits Open Season. This period is your annual opportunity to enroll in, change, or cancel a FEDVIP plan. This year, open season is from Nov. 11 to Dec. 9, 2019. If you enroll during this time, your FEDVIP coverage will be effective on Jan. 1, 2020. You may also enroll after you've experienced a [FEDVIP qualifying life event](#) (QLE).

Remember, FEDVIP QLEs may be different from the [TRICARE QLEs](#). You may check your eligibility, enroll, and manage your [FEDVIP vision benefit](#) online.

According to the Centers for Disease Control and Prevention, only half of the estimated [61 million U.S. adults at high risk for vision loss](#) visited an eye doctor in the last 12 months. Regular vision screenings can help prevent certain vision loss. Take command of your eye health by staying informed about your available vision coverage options.

Learn more about [TRICARE vision coverage](#). For more information about FEDVIP vision, go to the [FEDVIP website](#).

Pneumococcal shots

About 1 million Americans go to the hospital with pneumonia every year?

Pneumonia is a lung infection caused by pneumococcal disease, which can also cause blood infections and meningitis. The bacteria that causes pneumococcal disease spreads by direct person-to-person contact.

Medicare Part B (Medical Insurance) covers 2 different pneumococcal shots. Part B covers the first shot at any time and a different, second shot if it's given at least one year after the first shot.

Your costs in Original Medicare: You pay nothing for pneumococcal shots if your doctor or other qualified health care provider accepts assignment.

Note: Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and whether Medicare will pay for them.

What it is: The 2 shots protect against different strains of the bacteria.

Things to know: Talk with your doctor or other health care provider to see if you need one or both shots.

Related resources

- CDC—pneumococcal vaccination
- American Lung Association—pneumonia
- Medicare & You: vaccines (video)

(Source Medicare.gov)

Did You Know that there is an Internet Crime Complaint Center?

The IC3 participates in multiple initiatives targeting an array of cybercrime schemes that victimize individuals and businesses domestically and abroad. These initiatives are a coordination of industry resources along with the investigative resources provided by cybercrime task forces comprised of federal, state, and local law enforcement agencies. The success of these initiatives is directly attributable to the inclusion of the industry resources. Initiatives focus on the following: Charitable Contributions Fraud, Counterfeit Check Fraud, Identity Theft, Task Force International Fraud, Investment Fraud, Online Pharmaceutical Fraud, Phishing and Work-at-home scams. To file an internet crime complaint visit www.ic3.gov

VA Canteen on line Shopping

Veterans Canteen Service (VCS) has a new online shopping benefit exclusively for Veterans enrolled in VA Healthcare, their families and VA employees at <http://ShopVCS.com>.

Proceeds from purchases are given back in support of VA programs such as: National Rehabilitation Adaptive Sports Games, Vets

Crisis Suicide Prevention, Fisher House, Women Veteran Programs, National Disaster Relief, Homelessness Veterans programs, and much more.

Air Force Enlisted Village

One room apartments currently available

Who's Eligible to Live at Bob Hope Village?

- Surviving spouses of retired enlisted USAF, ANG, and Air Force Reserves
- Surviving spouses of retired enlisted members of all U.S. military branches
- Married couples with one or both being a retired enlisted USAF, ANG or Air Force Reserves
- Married couples with one or both being a retired enlisted U.S. military member of any branch of service
- Mothers of active duty and retired enlisted USAF members
- In the event of the death of the active duty enlisted USAF sponsor, surviving spouses under the age of 55 may be admitted for a maximum of one year to meet emergency needs

About Bob Hope Village

Bob Hope Village is so much more than you think. It's a retirement community where you'll have the freedom to make new friends, try new activities, create a healthy life, and live amongst like-minded neighbors who share the common bond of a former military lifestyle. Some of the amenities available at Bob Hope Village, include:

- Transportation service
- Prescription pick up service
- Planned activities and social events
- State of the art fitness center, swimming pool, salon, and other onsite conveniences

- Fitness and wellness programs to nourish one's mind, body and soul for healthy aging

Learn more about Bob Hope Village by calling 850-651-9422 or online at www.afev.us/bobhopevillage.

About the Air Force Enlisted Village

The Air Force Enlisted Village (AFEV) is a nonprofit organization whose core mission is to provide a safe, secure home for surviving spouses of retired enlisted USAF members. Apartments are available at Bob Hope Village, our independent living community for active adults 55+, and at Hawthorn House, our assisted living and memory care residence located on the Bob Hope Village campus in Shalimar, Florida. Learn more about AFEV at www.afev.us.

Scarlett Bauman

Air Force Enlisted Village, Inc.
 Director of Marketing
 92 Sunset Lane, Shalimar, FL 32579
 T: (850).651.3766 ext. 119
 M: (850).226.9890
www.afev.us | bauman@afev.us

The Air Force Enlisted Village (AFEV) is a 501c3 nonprofit organization whose core mission is to provide a safe, secure home for surviving spouses of retired enlisted U.S. Airmen.

Volunteers Welcomed!!!

Volunteering is a rewarding experience. There are many programs and activities within the military community that could not exist if it were not for the many volunteers doing the work to make things happen.

Be a Volunteer at the RAO, if you have been looking for a rewarding way to stay involved in the McChord Military Retiree community, then volunteering could be your answer. At the McChord Retiree Activities Office, you can easily join our volunteer staff. Hands on training will be provided and you will be working with a great team of volunteers who are military retirees and spouses providing their time, skills, talents and wisdom towards helping the military community. For more information you can contact us at (253)-982-3214

There are many opportunities for volunteers, if you are a retired aircraft mechanic the McChord Heritage Museum can use your help restoring and maintain the museum's heritage aircraft, contact Mr. Jordon at (253)-982-2485. The USO, the Red Cross, the base clinic and the American Lake VA Hospital are also in need of volunteers.

Air Force Afterburner Spring/Summer 2019

The Spring-Summer 2019 edition of the Afterburner, Newsletter for Retired Personnel, is now available online.

The newsletter can be viewed by visiting the Air Force Retiree Services website. To do so, copy or type the following address into a new browser window:

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

Scroll down and the new edition is under the banner for 2019.

HELPFULL LINKS

To find your state representative:

<http://www.house.gov/representatives/>

To find your state senators:

<http://www.senate.gov>

To find the VA:

<http://www.va.gov>

To find DFAS:

<http://www.dfas.mil>

To find Tricare:

<http://www.tricare.mil>

To schedule appointment to renew ID card

<https://rapids-appointments.dmdc.osd.mil>

Link to Retiree Publications

Army Echoes:

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

Navy Shift Colors:

www.shiftcolors.navy.mil

Air Force Afterburner:

<https://www.retirees.af.mil/Library/Afterburner/>

Marine Corps Semper Fidelis:

www.usmc-mccs.org

Coast Guard Evening Colors:

<http://www.uscg.mil/hq/cg1/psc/ras>

List of businesses who give military discounts

<http://www.rather-be-shopping.com/blog/2014/05/29/veteran-military-discounts/>

VA benefits book available

The Federal Benefits for Veterans, Dependents & Survivors handbook is available – with 18 pages of new information. The book can be found at,

http://www.va.gov/opa/publications/benefits_book/2014_Federal_Benefits_for_Veterans_English.pdf

Veterans Crisis Hotline

1-(800)-273-8255 press 1

EDITOR'S NOTE:

Thank you for your support of the Hangar Flyer newsletter. If you have questions about anything pertaining to military retiree benefits and services, email us at; retaffairs@us.af.mil or call us at the RAO. Hours are 9 to 12 Monday through Friday. After 12 please leave a message and we will call you back. The phone number is (253)-982-3214

Thank you,

JBLM McCHORD FIELD

RETIREE ACTIVITIES OFFICE



Hangar Flying

Newsletter

Subscription Form

Please *print* all information clearly

NAME: _____

Last

First

MI

Email: _____

Please print the address as it appears on your email header. If you use **SPAM BLOCKERS** add us to your email address book. Please leave this completed form with the RAO volunteer on duty or you may mail it to 100 Joe Jackson Blvd, RAO, Customer Service Mall, Room 1001 JBLM McChord Field WA 98438