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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**

myPay Two-Factor Authentication

Mandatory April 2021: Since DFAS announced myPay's Two-Factor Authentication last September, more than 400,000 military retirees have included this new layer of online security to their myPay accounts. In late April, two-factor authentication will become mandatory for all myPay users. Users will need to select how to receive the random one-time PIN the first time they log in to myPay after that date.

Two-factor authentication uses your mobile phone number or email address to provide a means to verify that you are you and not someone who has discovered your myPay Login information. When an account holder enters their information, a one-time PIN is sent to the individual's mobile phone via text message or as an email message to an address contained in the user's myPay profile. Once the one-time PIN is entered on the myPay login screen, access to the account is provided.

The one-time PIN verification code remains valid for 10 minutes so it will be important that the user have access to the mobile phone or email account previously selected by the user to receive the information.

Two-factor Information is available via the DFAS website <https://www.dfas.mil/mypayinfo/2FA/>. You will also find a link to the two-factor most frequently asked questions that explain the benefits of two-factor authentication and the steps needed to help you meet the new requirements. (Source: DFAS)

Educate Your Beneficiaries Before Your Final Paycheck - AOP and

SBP: An unfortunate truth of life is that one day you will no longer be able to be present in your loved ones' lives. In the event of your demise, there are two ways you can make preparations to leave money behind from your military retirement for your loved ones:

- A final paycheck made to your designated beneficiary, knock as an Arrears of Pay (AOP). This final paycheck will be prorated from the date of death to how many days are left in the calendar month.
- The Survivor Benefit Plan (SBP), which if chosen will pay out a monthly annuity. This plan must be opted into and paid into.

In most cases, the Arrears of Pay will be only the pro-rated amount of your final month's retirement pay, as your entitlement to retirement pay ends on the date of your death. Once your death is reported, DFAS will reclaim your final month's pay and audit your account. As mentioned above, the amount of the payment owed to you will then be computed (based on the number of days in the month you were alive) and paid to your AOP beneficiary, along with any other money owed to you at the time of your death.

Your AOP beneficiary will need to send us a claim form to receive this payment. When DFAS receives word of your death, this claim form will be sent in a condolence package to the AOP beneficiary you designated for your account. Unless otherwise noted, the AOP beneficiary for your account will also be the person DFAS contacts for assistance in closing your account, so it is important to designate

a person you trust to handle your affairs. It is very important that a beneficiary or beneficiaries are designated in your retired pay account for your Arrears of Pay, and that the information provided remains up to date, otherwise a lapse in benefits may occur.

DFAS also suggests you limit the number of your AOP beneficiaries to avoid delays in payment. Remember that the AOP payment is usually less than one month's pay, and this amount will be divided among all of your designated beneficiaries. Please note that designating a sole beneficiary in your will does not automatically make that person your AOP beneficiary. In addition, having an AOP designation does NOT entitle the person named as a beneficiary(s) to a Survivor Benefit Plan (SBP) annuity. A separate SBP election must be made to cover the desired individual for SBP purposes.

In the days and weeks after your passing, your loved ones will need to notify a number of people and agencies. DFAS tries to make the process a bit easier by offering an online notification of death form on their website. Your loved ones can access the online notification form from several different links at the Retired Military & Annuitants area of the DFAS website at: www.dfas.mil/retiredmilitary. Your loved one(s) can also call DFAS Customer Care Center at 1-800-321-1080. When your loved one(s) has notified DFAS, they will receive a condolence package in the mail that will include information and the form to claim **Arrears of Pay (SF 1174)**, as well as the information and form to **apply for the Survivor Benefit Plan annuity** (if you elected to provide it). This package should arrive in the mail within 30 days after we are notified. It's important for your loved ones to know that they will also need to provide a copy of the certificate of death with these forms.

In lieu of a physical check, AOP payments can be direct deposited to a claimant's bank account. In order to do this, the claimant needs to send a completed Direct Deposit Authorization (DFAS-CL Form 1059) with their SF 1174. This form is available for download from the webpage: www.dfas.mil/retireeaop.

DFAS knows that taking care of the paperwork after someone passes away is difficult. They want to

make the process as easy as possible. That's why they have a new set of tools to make filling out and submitting the SF 1174 (for claiming Arrears of Pay when a retiree passes away) quicker and easier.

For spouses or children of a deceased retiree, the SF 1174 Form Wizard will help them fill out the SF 1174 Arrears of Pay form. The form wizard will ask a series of questions and fill in the answers in the appropriate areas of the form. When they have finished answering the questions, they can click a button to generate a ready-to-print PDF with the answers.

The 1174 and Direct Deposit forms can be submitted via the AskDFAS online upload tool on DFAS.mil, and instructions on how to complete these steps are available at <https://www.dfas.mil/RetiredMilitary/survivors/1174RetireeAOP/>. (Source: DFAS)

Retiree Change of Address: Retirees must change their address by calling 1-800-321-1080. If you have a myPay account you can make the change online. You can also fax your change of address to 1- 800-469-6559, or send it to: DFAS, US Military Retirement Pay, 8899 E 56th Street, Indianapolis IN 46249-1200. Air Force Survivor Benefit Plan annuitants must call DFAS at the number above, or use their online myPay account. The fax number for annuitants is 1-800-982-8459 or mail the change to: DFAS, US Military Annuitant Pay, 8899 E 56th Street, Indianapolis IN 46249-1300. (Source: DFAS)

Gulf War Registry Health Exam for Veterans VA's Gulf War Registry Health Exam alerts Veterans to possible long-term health problems that may be related to environmental exposures during their military service. The registry data helps VA understand and respond to these health problems more effectively. Contact your local [VA Environmental Health Coordinator](#) about getting a Gulf War Registry health exam. (Source: Veterans Administration).

About the Gulf War Registry health exam this comprehensive health exam includes an exposure and medical history, laboratory tests, and a physical exam. A VA health professional will discuss the

results face-to-face with the Veteran and in a follow-up letter.

Important points about registry health exams

- **Free** to eligible Veterans and **no co-payment**
- **Not a disability compensation exam** or required for other VA benefits
- Enrollment in VA's health care system **not necessary**
- Based on **Veterans' recollection** of service, not on their military records
- Veterans can receive **additional registry exams**, if new problems develop
- Veterans' family members are **not eligible** for registry exams

Eligibility for Gulf War Registry health exam

Veterans who served in the Gulf during Operation Desert Shield, Operation Desert Storm, Operation Iraqi Freedom, or Operation New Dawn are eligible for the Gulf War Registry exam. You do not need to be enrolled in VA health care to take part.

Burn Pit Registry Veterans who are eligible for the Gulf War Registry may also join the Airborne Hazards and Open Burn Pit Registry, which includes additional data related to airborne hazards. [Check your eligibility and sign up](#) through an online questionnaire. (Source, Veterans Administration)

Washington State department of Health

COVID-19 Vaccine Resources

To assess your eligibility to receive COVID-19 vaccine, please visit [Phase Finder tool](#) . Use this link to view a list of [vaccine locations](#).

Stop the Spread of COVID-19 - With Your Phone

There is a new tool to help stop the spread of COVID-19: Your phone. [WA Notify](#) can alert you if you've been near another user who later tests positive for COVID. It's simple to add and your privacy is protected.

COVID-19 Vaccine Dashboard

The Department of Health and Microsoft's AI for Health team have partnered to create an interactive [COVID-19 vaccine data dashboard](#).

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What Veterans Who Are Homeless or At Risk of Homelessness Should do for Help:

Do you know an, at risk for, or homeless veteran? Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the National Call Center for Homeless Veterans at (877) 4AID-VET (877-424-3838) for assistance. If Veterans do not have access to a phone or the internet, only then are they to visit their closest VA medical center without calling in advance. VA also urges Veterans who are not homeless or at risk of homelessness to contact their VA medical center before visiting for any reason. These steps are necessary to prevent the spread of COVID-19. Each VA facility has created separate areas or zones to isolate Veterans with possible or confirmed COVID-19 from uninfected patients who need other routine and emergent care. VA is also identifying appropriate quarantine options for Veterans who are homeless to receive treatment if they are symptomatic or screen positive for COVID-19 but are not ill enough for hospital-level care. If you know off a homeless veteran or one who is on the verge of becoming homeless please pass this information on to them. (Source: Veterans Administration).

What are the DoD COVID-19 vaccination phases?

You should take the COVID-19 vaccine as soon as it becomes available to you. Your eligibility depends on what tier you fall under to receive the vaccine. Tiers are determined by the DoD COVID-19 vaccination plan, based on the [Centers for Disease Control and Prevention \(CDC\)](#) COVID-19 recommendations. They are composed of the following tiers:

Tier 1A. This tier is already underway at many military hospitals, clinics, and DoD installations. This tier includes vaccinating health care workers, first responders, and residents of Armed Forces Retirement Homes. As military hospitals and clinics complete this tier, they'll move to the following tiers.

Tier 1B. This tier includes select defense forces and beneficiaries age 75 years old and older, as well

as frontline essential workers, teachers, child care staff, and those involved in postal service, public transportation, as well as commissary and food service.

Tier 1C. This tier includes eligible [beneficiaries age 65-74](#) and those ages [16-64 with increased risk for severe illness](#) from COVID-19, as defined by the CDC. This tier also includes some additional select military populations.

Tier 2. This tier includes TRICARE beneficiaries not otherwise mentioned in the above tiers. For a complete list of who is included in each tier, go to the [COVID Vaccine | TRICARE](#)

Get Informed and Get Ready for Your COVID-19 Vaccine: TRICARE beneficiaries have options on where to receive the COVID-19 vaccine. These vaccines are offered at no cost to you. You can receive the vaccine at:

- Any [military hospital or clinic](#) that offers the vaccine, whether or not you get your routine care there.
 - Keep in mind that military hospitals and clinics around the world may be in different tiers of vaccine administration. The best way to know when a military hospital or clinic has vaccine available for you is by checking with them directly.
 - Visit [your military hospital or clinic website](#) for information or contacts. Many also have hotline numbers you can call for vaccine updates.
- [Local or state health department COVID-19 vaccination sites](#)
- Your civilian provider
- Pharmacies participating in the [Federal Retail Pharmacy Program](#) (this may include [TRICARE network pharmacies](#), non-network pharmacies, and non-network providers)

As of Feb. 8, retail pharmacies began receiving the COVID-19 vaccine. You can see which pharmacies in your state have/will have vaccine available on the [CDC website](#). There will be no charge for TRICARE beneficiaries who get their COVID-19 vaccination at any of these pharmacies. While the vaccines themselves are free, there may be a cost based on your health plan if you have an office visit with a provider, or if you require follow-on care. If you have questions, you can contact

your [TRICARE contractor](#). After you have completed the vaccination process, ensure appropriate documentation is submitted to your provider so it can be added to your health record.

Vaccine Safety and Effectiveness

All three vaccines are safe and will protect you from serious illness. Millions of people in the United States have already taken COVID-19 vaccines, and they have undergone the most intensive safety monitoring in U.S. history. These vaccines have been deemed safe and effective by independent medical experts.

Doctors agree: Individuals should take the first vaccine that becomes available to them. Before you receive the vaccine, take time to learn about the benefits of protecting yourself and your family against COVID-19, and understand potential side effects which you may experience. These side effects will disappear within a few days and indicate that your body is being trained to fight against COVID-19. Individuals will receive immunity against serious illness within two weeks.

For more information about how the vaccines work, their safety, side effects, and effectiveness, visit the [CDC website](#). The CDC has issued new guidance on the kinds of activities you will be able to resume after being fully vaccinated. You will be able to spend time indoors with other fully vaccinated people, even if they are from another household. You may also be able to visit other unvaccinated individuals, if they are low-risk. It is important to get vaccinated because as more individuals receive the vaccine, we will be able to visit more friends and family safely and return to normal. For additional CDC guidance on what you can safely do after being fully vaccinated, review new [CDC guidelines](#) for the fully vaccinated. (Source: TRICARE)

Planning Your Legacy: VA offers a Survivors and Burial Benefits Kit to assist Veterans and their families with pre-need planning. The 68 page kit includes a guide through possible end-of-life and survivors' benefits eligibility and makes it easy to keep your personal information all in one place for you and your loved ones. You can download the pamphlet here: <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf> (Source, Veterans Administration)

Volunteers Welcomed: Medical studies have shown that Volunteering is a relaxing and rewarding experience for retirees of all ages; there are many programs and activities within our military community that could not exist if it were not for the many retiree volunteers doing the work to help make things happen.

Be a Volunteer at the McChord RAO: If you have been looking for an enjoyable and rewarding way to stay involved in the McChord Military Retiree community, then volunteering is the 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 both the active military and retiree communities. For more information you can contact us at (253)-982-3214 or stop by the office in building 100 Customer Service Mall.

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 Heritage Museum's many aircraft, contact Mr. Ray Jordon at (253)-982-2485. The USO, the Red Cross, the base clinic, the American Lake VA Hospital, and American Lake Golf Course also need volunteers.

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:
www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis:
[www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper Fidelis](http://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/Semper+Fidelis)

Coast Guard Evening Colors:
<http://www.uscg.mil/hq/cg1/psc/ras>

List of businesses who give military discounts <https://militarybenefits.info/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:
https://www.va.gov/opa/publications/benefits_book/2020_Federal_Benefits_for_Veterans_Dependents_and_survivors.pdf

Need to call the VA, have questions, but don't know who you need to talk to, call the VA at phone number 1-800-MyVA411 (1-800-698-2411) their new one-stop call line.

Veterans Crisis Hotline
1-(800)-273-8255 press 1