

RETIREE NEWSLETTER Retiree Activities Office (RAO), Travis AFB, California Winter 2019 - 2020

VOLUNTEER COUNSELORS

Walt Jue, Lieutenant Colonel, USAF (Ret) Barry Williams, Lieutenant Colonel, USAF (Ret) Rick Villarina, Jr., Major, USAF (Ret) Jan Homer, Captain, USAF (Ret) Jerry Edmonds, CMSgt, USAF (Ret) Roy Sheets, SMSgt, USAF (Ret) Laurna Sudat, MSgt, USAF (Ret) Mary-Lou Bermudez, MSgt, USAF (Ret) Francis Onate, TSgt, USAF Judy Broestler Rosemary Ingram, EdD

George Moses, CMSgt, USAF (Ret) Director, McClellan Park Satellite Retiree Activities Office 916.640.8445/8446 George.Moses@VA.GOV

Ms. Bunny Dominguez Medical RAO Coordinator, David Grant USAF Medical Center 707.423.3649

David C. Wigley, CMSgt, USAF (Ret)

Director, Travis AFB Retiree Activities Office

Acknowledgement

Articles appearing in this newsletter are compiled from local sources, newsletters received by this RAO and from other military sources. Information has been edited and reprinted for the benefit of our retiree population. No commercial gain is derived for this publication. News items are current as of their use in this newsletter. Please advise of any errors, omissions, or suggestions for improving our newsletter.



Focus of the Retiree Activities Offices

Our customers are retired American service members and their dependents. They have earned our respect, and their retirement benefits, by dedicating their lives to the preservation, protection and defense of the Constitution of the United States of America. They have sweated and bled in distant lands, foregone the stability and pleasures of family life, and followed the orders given to them without regard to personal cost. They should take great pride in their accomplishments. In addition, they are entitled to the fulfillment of the contract drawn with our country. At the Retiree Activities Office, we take great pride in supporting the fulfillment of this contract. It is our mission to maintain open communication and to ensure they receive the superb service and respect they so rightfully deserve. Our primary focus shall remain on mission accomplishment, compassionate care of retirees and their families, and the drive to constantly improve and excel.

2 D NI VEE

TABLE OF CONTENTS

Director's Message	Pages 4
Volunteers Needed	Page 4
ID Card Renewal & Replacements	Page 5
Real ID Card Act	Page 5
Defense Finance and Accounting	Pages 6-8
VA News	Page 8
Personal Data Protection on the Web	Page 9-10
Social Security Administration	Pages 10-11
2019 Federal & State Tax Return Assistance	Pages 11-12
Space A Travel /Lodging /Reduced price tickets	Page 12-13
Congress & 2020 General Election	Page 14
State of California Agencies/Departments	Pages 15
Assistance Request/Address Changes	Pages 16-17
Tricare Premium Changes in 2020	Page 17
FEDVIP Open Enrollment	Page 18
Local Points of Contact	Page 19
1	11
THE FES O	

FROM YOUR RAO DIRECTOR

NEED RETIREE/VETERANS BENEFITS AND SERVICES INFORMATION?

Your Travis AFB RAO has many publications available for free. These publications include: 1. Summary of VA Benefits for Disabled Veterans. 2. Retiree Survivor's Guide to Benefits, 3. DFAS Guide to Survivor Benefits, 4. Federal Benefits for Veterans, Dependents, and Survivors, 5. Grieving Guide. Stop by and pick some up.

DID YOU KNOW?

Most military installations around the world have a web site. Just google that installation and their web site will be listed. You can then go to that web site to get the latest news about that installation. Also, most, if not all, USAF bases have a Retiree Activities Office (RAO) which publish a newsletter much like this one. There should be a link to the RAO newsletter on that base's web site. You can use that link to avail yourself of many important or "good to know" details about that base and the surrounding area, should you want or need to visit.

Directory of Contacts for Military Retirees and Veterans

In order to reduce the size of our newsletter, we are working on a Directory of Contacts for agencies and services that are most frequently contacted by retirees and veterans for help resolving their most frequently recurring issues. We are also moving the guides to requesting military records, applying for Reserve/Guard Retirement Pay, and Reporting the Death of a Retiree/Annuitant to the directory. We plan on posting it to the Travis Retiree Activities Office web page before the upcoming Spring edition of this newsletter.

Volunteers Needed!

The Retiree Activities Office (RAO) needs volunteers to staff the RAO. Currently there is a need for volunteers to fill gaps in morning staffing and to back fill volunteers on vacation, recuperating from extended illnesses and taking care of personal affairs.

Volunteers typically pull a three-hour tour on the desk. Morning tours run from 9:00 AM – 12:00 PM; afternoons run from 12:00 PM – 15:00 PM.

Volunteers need to have access to the base (ID card holders). Spouses with access are welcome. Please contact the RAO Director, Chief David Wigley at 707-424-3905 if you are interested in serving. A desire to serve and be of assistance is the only requirement. On-the-job training is provided.

ID Card Renewals and Replacements

If you need to renew an expired, lost, or stolen ID card you have several options open to you. You line through the Pass section can apply on and ID website at https://www.travisfss.com/idcards. You'll have to setup login account credentials and a password before using the site. The website has online guidance for completing the ID Card application and a list of supporting documents that need to be submitted to have the new ID card issued. If you want a hard copy pamphlet that provides direction for using their web application, stop in at Bldg. 380, Room 118E and we will give you one.

If you have a computer or tablet with Internet access, you may also schedule and ID card renewal appointment with Pass and ID through the RAPIDS website. If you don't, you can call us at the Retiree Activities Office and we can make the appointment on line for you. You may also check in as a walk-in at the Pass and ID section in Bldg. 380. Additionally, the 349th Reserve Wing also takes walk-ins on a first come first serve basis. We can give you their schedule over the phone.

Your final option is to call the Pass & ID section at 707-424-8483 to make an appointment by phone. If you need further information, please call the them.

REAL ID Card

Have you got plans for traveling or flying off to a vacation or business destination this year? If you haven't traveled recently, this past October, the federal government requires our driver license or ID card to be REAL ID compliant (<u>if</u> you wish to use it as identification to board an airplane or enter military bases and most federal facilities).

A U.S. Passport, passport card, military ID or another form of TSA-approved ID will also be accepted if you do not have a REAL ID, We have received some calls from military retirees indicating they were getting conflicting information about military ID cards not being Real ID card compliant. This information is not correct. We've checked the Department of Homeland Security website and it still indicates that military ID cards meet Real ID Card requirements.

If you don't want to use your military retiree ID card due to personal safety or security concerns, then you may want to obtain the California DMV equivalent. The choice is yours.

The California DMV began offering the optional REAL ID driver license or ID card on January 22, 2018. Consumer can apply for a REAL ID by providing the DMV with proof of identity (certified U.S. birth certificate, U.S. or foreign passport, employment authorization document, permanent resident card), California residency document (e.g., utility bill) with current address, and proof of your social security number.

Defense Finance and Accounting Service (DFAS)

2020 Military Retirement Pay Cola Increase

Military Retirees under the old retirement plan should see a 1.6% increase in your end-of-December retirement pay statement. Retirees under the hybrid system should see a 0.6% increase. Check the DFAS website for more information. Most of the major military media and veterans websites have articles posted regarding the increase if you need more information.

2019 Form 1099Rs

If you have an online MyPay account established, your Form 1099R for completing your 2019 Federal and State Income taxes is available for download from DFAS' MyPay website. If you don't have an online account, your 1099R should be on the way in the mail within the next month or so. If you haven't received it by mid-February, please call DFAS.

MyPay

Don't like waiting for your end-of-month Retiree Account Statements and Form 1099Rs to arrive by snail mail? Help the environment, save a tree, and conserve landfill. Just log onto: You will be able to set up an account by answering some questions and establishing a password. Then you can get your electronic Retiree Account Statement each month and your 1099R at year's end. They even send you a monthly reminder that the statement is available.

DFAS Contacts

Retirement/Annuitant Pay Issues

<u>Mail</u>

For Retirees:	For Annuitants, beneficiaries,	For claims for non-receipt of
	and survivors	payment
Defense Finance and	Defense Finance and	Defense Finance and
Accounting Service	Accounting Service	Accounting Service
U.S. Military Retired Pay	U.S. Military Annuitant Pay	Cleveland Center

8899 E. 56 th Street	8899 E. 56 th Street	1240 East Ninth Street
Indianapolis, IN 46249-1200	Indianapolis, IN 46249-1300	Attention: 19 th Floor Vault
		Cleveland, OH 44199

<u>Fax</u>

Retired Pay: 800-469-6559

Annuitant/Survivor Pay: 800-982-8459

Claims for non-receipt of payments: 216-522-6358 or 216-22-6358

Phone

Customer Service Representatives are available Monday through Friday, from 8 a.m. to 5 p.m., Eastern Time. However Monday is their busiest day, so they recommend calling Tuesday through Friday for shorter wait times.

Toll Free: 800-321-1080 Local: 216-522-5955 DSN: 580-5955

For Quicker Service:

myPay	VA Related	1099R Reissue
Questions	Questions	(Telephone Self-Service)
Assistance with	Please call Veterans	You can access your 1099R using myPay
accessing your	Affairs	https://pay.dfas.milmypay.aspx?FLPS=LES%7/EDCPS
myPay Account	800-827-1000	If you do not have a myPay account, request a copy
	Or	by calling 800-321-1080.
Please call	http://www.va.gov/	Press 1 then,
800-332 <mark>-7411</mark>		Press 1 to receive a 1099R
Press option 6		
for assistance		
accessing your		
myPay account	CALL STORE	

To speak with a Customer Service Representative, use the voice or

CONTRACTOR N

touchtone prompts below:

If Reporting a Death or Following –Up on a claim:	For questions about a Retired Pay matter:	For Annuitants (someone receiving a death benefit from a decease military retiree) with questions
 Dial 1-800-321-1080 	 Dial 1-800-321-1080 	 Dial 1-800-321-1080
Press 2	Press 5	Press 3

VA News

Veteran Access to AAFES, Commissary and MWR Facilities

The Department of Veterans Affairs recently announced that a change in Federal law now authorizes Purple Heart Recipients, POWs and Disabled Veterans access to military exchanges, commissaries, and MWR retail facilities. Please check the Department of Veterans Affairs website or call our office for more details.

Department of Veterans Affairs Points of Contact

For those of you who are connected to the internet, you can get a wealth of information by logging on to: <u>www.va.gov</u>. This site has links to Health, Benefits, Burials and Memorials, About VA, Resources, News Room, Locations, and Contact Us.

Some of the quick telephone services include:

VA Crises Line: 800-0273-8255 (Press 1)

Benefits: 800-827-1000

Health Care: 877-222-Vets (8387)

VA Inspector General: 800-488-8244

Some of the news from their Newsroom include: Exploring Alternative Treatments for TBI and PTSD; VA and Humane Society of United States Announce Partnership; White House VA Hotline Now Fully Staffed; Rollout and Application Process for New Veterans ID Card and more. Go to va.gov and check them all out.

Safe Web Surfing –

Keeping Your Online Information Secure

Internet connected desktop, laptop, tablet, hybrid computers and smartphones have in most instances made our lives a bit easier. Many of us pay bills, make purchases, book travel, rent cars, bank and do a variety of other tasks at home that we used to jump in a car and travel across town to handle. This new convenience in our life brings with it attendant risk and dangers exposing our personal and financial information. Here are some tips to make your web surfing transactions a bit more secure:

- Buy and use anti-virus and malware detection software update it often and use it!
- Create and use strong passwords and two factor authentication (require the website to text a randomly generated numeric pin to you). You'll enter that pin at their prompt before they let you access your information in your webbased accounts. It confirms that you are in fact the person authorized access to the account.
- Turn on the safe web surfing feature of your anti-virus software, believe it or not - it's good at letting you know if a site is suspect.
- Don't open Emails from people or business entities you don't know (especially those that have a subject line showing no content). Delete them.
- Don't browse websites that would embarrass your mother or your sister.
 Adult sites are notorious for infecting unprotected systems.
- Disable the SSID (Systems ID) name on your router and setup WPA-2 encryption on your router system. If they can't see your router name, they probably can't hack it (Be sure to keep a backup log of your user names, passwords, router SSIDs and router passwords. Lock them up in a safe and secure location. You'll need those to join new network devices to your home network. Let a trusted member of your family know where the log is kept in case you're ever incapacitated. That way the family can bank, receive bills and pay them if you're unable to.

- ✓ Use a VPN on your connection. Most Antivirus software includes one, it adds an extra layer of security for your online activity. A VPN provides a secure pipeline between your personal computer and the server you're communicating with. Anyone outside the pipe can't see what's going on inside.
- ✓ Download and install your operating system updates whether it's Windows, macOS, iOS for iPhone, iOS for IPad, Android, or Linux. Updates usually include security updates that fix holes or bugs in the operating system that have a potential for letting the gremlins in.
- Most importantly, back your critical files up to an external hard drive or a cloud-based solution like Microsoft's One Drive or Apple's ICloud. That way you can recover your important files if your hard drive crashes or your system is compromised.

Federal and State governments, business, banking, charitable organizations and retail are moving more of their customer service functions online and making it self-service. Computer access to the internet is almost becoming an absolute requirement if you want to get anything done. If you use the previous recommendations, your web surfing should be mostly pain free and your data secure. There's nothing scarier than having your hard drive encrypted by a hacker and losing access to your documents, photos and other important data, or the hard drive crashes taking all your important information with it to the Hard Drive Cemetery in the Sky. Safe surfing!

Tax Year 2019 Tax Preparation Assistance

Travis Air Force Base no longer hosts Volunteer Income Tax Assistance Program representatives. If you need help with preparing your 2019 Federal and State Income Taxes, most of our local cities Senior and Community Centers host an American Association of Retired People's Volunteer Tax Assistance Representative. Most centers require you to call in and make an appointment with the representative.

If you need help, we recommend you start calling the Senior, or Community Center servicing your location starting the 2nd week of January to setup an appointment. Please ask them about your eligibility for assistance, the

availability of dates and times for appointments, and any age or income restrictions for those needing assistance. If you make an appointment, be on time and have all your forms and documents organized and in your possession.

Tax Assistance Appointment Information Contacts: Benicia, CA – Senior Center 707-745-1202 Dixon, CA – Mulit-Use Senior Center 707-678-7022 Fairfield CA – Senior Center 707-428-7421 Rio Vista CA – Senior Center 707-374-3349 Suisun CA – Senior Center 707-421-7203 Vacaville, CA – McBride Senior Center 707-469-6660 Woodland, CA – Senior Center 530-661-2001

Social Security Administration Information

January 2020 Social Security Cola Increase

In January 2020, military retirees currently receiving Social Security benefits can expect to see a 1.6 percent increase in their Social Security benefits.

Medicare Standard Part B recipients will see their premium payments increase from \$134.00 per month to \$144.60 per month. This rate applies to recipients whose adjusted gross income doesn't exceed \$87,000 per year if you're filing single, or \$174,000 per year filing a joint tax return. Medicare imposes a graduated Medicare Part B surcharge on Medicare recipients whose adjusted gross income exceeds these amounts. Medicare deductibles will increase from \$185 to \$198.

Please visit the following Social Security Administration (SSA) websites for more information if needed:

https://www.medicarefaq.com/faqs/medicare-part-b-premiums/

https://www.ssa.gov/news/press/factsheets/colafacts2020.pdf

You may call or visit the Retiree Activities Office at Travis and we can retrieve the information for you if you don't have a personal computer or internet connected tablet.

Access your Social Security Benefits Information Online

Get real time access to your social security information! Open a My Social Security account through the Social Security Administration's (SSA) website.

To establish your account go to <u>www.socialsecurity.gov/myaccount</u> and select "Create an Account" to get started. You must be 18 years old, have a valid Social Security number, U.S. mailing address (or a military address if deployed overseas), and an email address.

In some cases, you may have to contact your local Social Security office to open my Social Security account.

Once registered, you can:

- Verify your earnings history;
- View estimated Social Security benefits based on your past earnings;
- View Social Security and Medicare taxes you've paid over your lifetime,
- * Print your current Social Security Statement; and
- * **Request a replacement Social Security card (in some states)**

If you're currently getting benefits, you can:

- View benefit payment information;
- * Change your address and phone number;
- Start or change electronic payments;
- Get a replacement Medicare card;
- * Get a replacement 1099 for tax season; and, * Get a benefit verification letter.

When you sign up for a personal my Social Security account, SSA uses a secure authentication process to protect the privacy of your identity and your Social Security Statement information. In addition to your unique username and password, you can also further protect your My Social Security account with a secure code texted to your phone every time you log in.

Learn more at: www.socialsecurity.gov/myaccount

(SOURCE: Social Security Blog Article at <u>http://blog.socialsecurity.gov/yoursocial-security-statement-is-now-at-your-fingertips/</u>)

Travis AFB

Want to know what is going on at Travis? Just log on to <u>WWW.Travis.AF.Mil</u> There you will find links to Phone Contacts; Space A Travel (with links to all AMC Passenger Terminals Conus and Overseas); DGMC; Biographies; 60 Air Mobility Command; Retiree Activities; Questions; Fact Sheet.

If Space A Travel is on your mind and you are not connected to the Internet, you can call the Passenger Terminal at 707-424-1854 or email them at: 60aps.SpaceA@us.af.mil

With Space A Travel in mind, you can also log onto: <u>WWW.DODLodging.net</u> There you will find links to all DOD lodging including Air Force, Navy, Marine, Army. Check it out.

MWR Reduced Price Tickets

We've gotten a few calls asking about purchasing reduced price tickets to Disneyland and other activities.

Did you know you can purchase reduced price tickets for movies, theme parks, aquariums, cruises, museums and other events on Travis through the Morale Welfare and Recreation program?

If you're interested, stop in at their location next to the post office in the AAFES arcade in the building adjacent to the Main Exchange. They have a listing of activities and pricing they'll give you. It's a great way to plan a daycation or an extended one. The BX location is open Monday through Friday 10:00 AM through 3:00 PM. You can call them at 707-389-2323 if you have additional questions.

Tickets can also be purchased at Outdoor Recreation. Call 707-424-0969 for details or visit their location at 273 Ellis Drive, Bldg. 863 on Travis for information on the programs, rentals and events they have available. ODR publishes a quarterly seasonal guide that's available at various locations around the installation and on their website that show upcoming programs and events. ODR also has a Facebook page. ODR's website is: https://www.travisfss.com/odr/retail/.

ODR is open 0800 – 1600 Monday, Tues, Thursday, on Friday.0800 – 1600. They are open on Saturdays from 0800 – 1400. The rental desk closes 30 minutes prior to the scheduled closing time. Please call before driving out to confirm operating hours as their schedule is subject to change.

CONGRESS

Want to know what is going on in Congress that may affect you as a Veteran. Here are a couple of web sites you may want to explore:

www.congress.gov/committee/senate-veterans-affairs

or

www.congress.gov/committee/house-veterans-affairs

Both of these sites list multiple bills that are before the house or senate committees; there are too many to list here. The lists also show what status the bills have, where they are in committee, etc. If you are interested in supporting any of these bills, you can call your senator or representative by calling:

202-224-3121

When prompted you can give your state (if you want a senator) or your zip code (if you want your representative) You can then leave a voice message or state your concern to a staffer who will pass it on to your senator or representative.

<u>General Election:</u> Tuesday, 3 November 2020

C. D. N. I. W. T.

Get out and vote. This is your chance to make your voice heard. If you have moved since you last voted, visit the local voter registrar office and notify them. If you haven't moved and are still registered, all you need to do is show up at your polling place and cast your ballot. You may have already received a notice which allows you to vote by mail.

State of California Agencies & Departments

Here is a list of telephone numbers and web sites you may find useful:

Attorney General: 800-925-5225 or 800-722-0432 (Medi-Cal fraud of elder abuse) www.ag.ca.gov

Business Oversight: www.dbo.ca.gov 866-272-2677

Contractors: www.cslb.ca.gov 800-321-2752

Consumer Affairs: www.dca.ca.gov 800-925-5210

Employment Development: <u>www.edd.ca.gov</u> 800-300-5616

Fair Employment and Housing www.dfeh.ca.gov 800-884-1684

Fish & Wildlife: www.wildlife.ca.gov 888-334-2258

Health Care Services (Medi-Cal) <u>www.medical.ca.gov</u> 800-541-5555

Insurance: www.insurance.ca.gov 856-602-8861

Managed Healthcare: www.dmhc.ca.gov 888-466-2219

Medical Board: <u>www.mbc.ca.gov</u> 800-633-2322

Motor Vehicles: <u>www.dmv.ca.gov</u> 800-777-0133

Parks and Recreation: www.parks.ca.gov 800-444-7275

Public Utilities: www.cpuc.ca.gov 800-649-7570

Resources, Recycling & Recovery: www.calrecycle.ca.gov 800-732-9253

State Auditor: www.bsa.ca.gov 800-952-5665

Secretary of State: <u>www.sos.ca.gov</u> 800-345-8633

Taxes: <u>www.ftb.ca.gov</u> 800-852-5711

Transportation: www.quickmap.dot.ca.gov 800-427-7623

Worker Compensation:<u>www.dir.ca.gov/dwc</u> 800-736-7401

We Request Your Assistance, Please

Please forward this newsletter to as many friends and family as you know would benefit from the information contained in it. Also, encourage your fellow military retirees and surviving spouses to provide us an email address so we can keep them informed of items of interest and especially those matters that may impact their retired lifestyle.

Thank You!

Address Changes

NOTE TO RETIREES AND ANNUITANTS:

Please DO NOT send change of address information to the Retiree Services Section at the Air Force Personnel Center (AFPC). The Defense Finance and Accounting Service (DFAS) is the agency responsible for maintaining and changing correspondence addresses for retired members receiving retired pay and recipients of Survivor Benefit Plan annuities who may receive correspondence (including the *Afterburner*, News for USAF Retired Personnel) from official Air Force agencies. You'll need an email address to make this most effective. See below.

<mark>Also:</mark>

If you have a myPay account with the Defense Finance and Accounting Service (DFAS) you will receive notices from the Air Force Personnel Center (AFPC) Retiree Services Section. For example, AFPC just recently updated the *Afterburner, the* AF Retiree Newsletter, and sent out notice and links for access to DFAS myPay account holders.

If you don't have a myPay account, visit the DFAS website at dfas.mil to get your account started. Here is the *Afterburner* link until then:

http://www.retirees.af.mil/shared/media/document/AFD-160613-012.pdf

Attention: A worldwide retiree\veterans events schedule is available at: <<u>http://www.hostmtb.org/RADs and Other Retiree-Veterans Events.html</u>.> The events schedule includes retiree appreciation days (RAD), health fairs, resource fairs, seminars, stand downs, town hall meetings and other events that are of benefit to retirees and veterans.



2020 Tricare Prime Changes -Effective 1 January 2020

Group A retirees (Initial commissioning/enlistment prior to 2018):

Individual \$300 per year/Family \$600 per year Paid by automatic credit card deduction \$25.00 per month Individual \$50.00 per month family

Group B retirees (Initial commissioning/enlistment after 2018):

Individual \$366 per year/Family \$732 per year If paid by automatic credit card deduction 30.50 per month Individual \$61.00 per month for family coverage

If the retiree and spouse are 65 or older and both are enrolled in Medicare Part B, there are no premium costs for Tricare for Life/Tricare Select.

A factsheet that list premiums, co-payments and cost shares can be downloaded from the Tricare website. The web address is: https://tricare.mil/Costs/HealthPlanCosts.

Ended - FEDVIP Open Enrollment Season – FY 2020 (Federal Employee Dental and Vision Program)

Federal benefits open season for FY 2020 ended 9 December 2019. After open enrollment season ends, military retirees that have a qualifying life event (QLE) can enroll in FEDVIP as long as the QLE meets the following criteria:

- a. You got married
- b. You lost your current dental or vision coverage through an employer
- c. Your military pay or Federal annuity or compensation was restored.

Visit the following website if you need more information about enrollment and plan coverage:

www.benefeds.com

https://tricare.mil/CoveredServices/BenefitUpdates/Archives/7 22 19 FEDVIP Provides Vision Coverage to TRICARE Beneficiaries

D NI VIS

*This information provided by Congressman John Garamendi's Public Safety Resources Guide Local Points of Contact

Listed below are the names and telephone number of personnel or agencies locally who can address your specific questions, problems or concerns, and long-term points of contact for the follow-up information, care and support.

Air Force Aid Society	1-707-424-2486
Airman and Family Readiness Center	1-707-424-2486
American Red Cross	<mark>1-707-423-3647</mark>
Chaplain	1-707-424-3217
Defense Finance and Accounting Service	1-80 <mark>0-321</mark> -1080
Delta Dental	1-888-8 <mark>38-</mark> 8737
Veterans Service Office	1-800-82 <mark>7-1</mark> 000
Legal Assistance Officer	1-70 <mark>7-424-3</mark> 251
Mortuary Services (Military Honors)	1-707-42 <mark>4-5</mark> 252
National Service Life Insurance (NSLI)	1-8 <mark>00-669</mark> -8477
Office of Personnel Management (OPM)	1-888-767-6738
Office of SGLI (VGLI)	1-800-491-1473
Social Security Administration (local)	1-800-772-1213
Social Security Nationwide Office	1-800-77 <mark>2-</mark> 1213
Transportation Management Office	<mark>1-707-4</mark> 24-2411
TRICARE for Life	1-866-773-0404
United Health Military & Veterans (TRICARE)	1-888-874-9378
Veterans Administration	1-800-827-1000
*The above provided by the Travis AFB Casualty Assistance Office.	