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**Military Checklist Helpful Things to Know**

1. **Order a copy of you or your spouse’s military and records and keep all original documentation (only give copies).**

Additionally, it is a good idea to do this by submitting the Form SF180 (form has instructions/ <https://www.archives.gov/veterans/military-service-records>).

1. **Get copies of all civilian medical records and keep originals.**
2. **Always carry a list of current medications as well as their dosage and frequency.**
3. **Have your DD214 or NGB22 as this is your proof of service and throughout your journey you will need this.**
4. **MyHealthVet is the VA’s portal where you can obtain most medical records the VA has (https://www.myhealth.va.gov/mhv-portal-web/home).**

This shows you your appointments, prescriptions etc. If you are wanting to obtain copies of your C&P reports (disability claims you can do so through this portal(<https://www.va.gov/disability/va-claim-exam/>). Additional forms may need to be filled out to access C & P claims that were completed outside of the VA.

1. **Tricare is the main health insurance used by active and retired military.**

**Tricare’s Website:** [www.Tricare.mil](http://www.Tricare.mil)

Be careful because there is also a Tricare.com and this is not the correct website. Most military sites end in .gov, .mil, or .org.

**There are 4 Main Insurances through Tricare West & Tricare East:** Tricare Extra, Standard, Prime, & Retired. Each insurance covers differently, so familiarize yourself with what your specific insurance covers. Be aware of providers who are in and out of your network. Providers out of your approved network could mean you pay out of pocket.

If you qualify for other insurance such as Medicare, usually Tricare is listed as secondary insurance and the other insurance is listed as primary; meaning, primary insurance pays first and then claim is submitted to secondary insurance and you are left to pay the difference so please be aware of what your specific insurance(s) cover.

Additionally, Tricare pays for mental health counseling services and does not require a referral to start. Even though seeing a counselor may not be you or your loved one’s primary concern, know that you’re never alone and it is important to engage in self-care.

In some cases, if your primary care facility cannot provide services needed and travel is required make sure to ask about travel reimbursement and how to apply (https://tricare.mil/PrimeTravel).

Lastly, Tricare also has information about Clinical Trials. Call and ask them for what’s available.

1. **Don’t have a local Neuro Oncologist?**

In the event your area does not have a neuro oncologist, you can let your insurance know that there is a network deficiency and have them refer you to a neuro oncologist.

1. **When applying for programs through the VA you can ask for assistance by calling the VA’s Benefits Office.**
2. **If you are a patient of the VA you are assigned based on your primary care provider to a team which is assigned a clinical social worker.** The social worker can help with letting you know what resources are available to you as well as how to access them.

There are programs available for caregivers (https://www.caregiver.va.gov)

1. **Update your Power of Attorney as well as your living will Or Advance Directive.** Also know that each hospital, too include the VA, have their own forms for release of information. Have these on file so that you are able to access records. You may find in some cases you have to get copies of records to provide to other doctor’s offices.
2. **Don’t be afraid to speak up.** If you have a question, ask. Sometimes when asked, doctors will let you record conversations.
3. **Make sure all information is updated for DFAS.** DFAS concerns military pay and usually requires passwords to be updated frequently.
4. **Be aware of the diagnostic codes doctors are using for treatment. These codes are very important and make sure they reflect a correct diagnosis/cause.**
5. **Be aware that each state has laws reflecting whether or not you or your loved one with GBM can drive; especially, if you or your loved one has or had seizure(s).**
6. **Palliative/Hospice Care/Adult Day Health Care/Home Based Primary Care/Homemaker & Home Health Aide Care/Respite Care/Skilled Home Health Care/ Remote Monitoring Care/ Veteran Directed Care**

**The VA does have services available for several means of care based on you or your loved one’s needs. Please see info on the following links:**

[**https://www.va.gov/geriatrics/pages/Hospice\_Care.asp**](https://www.va.gov/geriatrics/pages/Hospice_Care.asp)

[**https://www.va.gov/GERIATRICS/pages/Palliative\_Care.asp**](https://www.va.gov/GERIATRICS/pages/Palliative_Care.asp)

[**https://www.va.gov/geriatrics/pages/Home\_and\_Community\_Based\_Services.asp**](https://www.va.gov/geriatrics/pages/Home_and_Community_Based_Services.asp)

**Important Numbers/Websites to have:**

U.S. Department of Veteran Affairs Website: [VA.gov Home | Veterans Affairs](http://www.va.gov)

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|  | VA.gov Home | Veterans AffairsApply for and manage the VA benefits and services you’ve earned as a Veteran, Servicemember, or family member—li... |

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* VBA (Veterans Benefits Administration): 1-800-827-1000 <http://www.benefits.va.gov>
* eBenefits (VA/DoD benefits): [Home - VA/DoD eBenefits](http://www.ebenefits.va.gov)

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|  | Home - VA/DoD eBenefitsDepartment of Veterans Affairs, Office of Assistant Secretary for Information and Technology |

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* Education Benefits. Assistance Service (GI Bill): 1-888-442-4551
* National Pension Call Center: 1-877-294-6380
* Military Retired & Annuitant Pay Information: 1-800-321-1080
* VA Regional Loan Center: 1-877-827-3702
* Service Members and/or Veterans Group Life Insurance: 1-800-419-1473
* All other VA Life Insurance Programs: 1-800-669-8477
* National Cemetery Administration: 1-202-632-8035 [VA.gov | Veterans Affairs](http://www.cem.va.gov)

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* Southern Nevada Veterans Memorial Cemetery: 1-702-486-5920
* DFAS (Defense Finance Center &. Accounting Services): 1-888-332-7411 <http://www.dfas.mil>
* Debt Management Center (Collection of non-medical debts): 1-800-827-0648
* Nellis AFB ID Card Office: Phone 1-702-652-6844/ fax 1-702-652-5247
* VHA Caregiver Office: 702-791-9000 extension 13051 (no walk-ins, call for appt) \* this is for someone who has a service-connected injury/illness who has to have a full-time caregiver).

[Home | Semper Fi Fund](https://semperfifund.org)

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|  | Home | Semper Fi FundProvides immediate financial assistance and lifetime support to post 9/11 combat wounded, critically ill and cat... |

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| \*To qualify for the Semper Fi fund, usually a veteran has to be rated 70% or higher for a disability that is being aggravated by the GBM. Even if they are not able to help they can refer you to other resources who may be able to help. |

**OTHER HELPFUL RESOURCE LIST FOR OUR WOUNDED HEROES**

* + **American Military University:** 1-877-755-2787 / www.amu.apus.edu
	+ **American Foundation for the Blind:** 212-502-7600/ www.afb.org
	+ **Amputee Coalition of America:** 888-267-5669/ www.amputee-coalition.org
	+ **AMVETS:** 1-877-726-8387 / www.amvets.org
	+ **Army Emergency Relief:** 866-878-6378/ www.aerhg.org
	+ **Blinded Veterans Association:** 1-800-669-7079 / www.bva.org
	+ **Brain Injury Association of America:** 1-800-444-6443/ www.biausa.org
	+ **Brain Injury Resource Center.:** 206-621-8558/ www.headinjury.com
	+ **Coalition to Salute America's Heroes:** 888-447-2588/ www.saluteheroes.org
	+ **Computer/Electronic Accommodations Program (CAP)** 703-614-8416/ www.cap.mil
	+ **Defense and Veterans Brain Injury Center:** 800-870-9244 /dvbic.dcoe.mil
	+ **Disability.gov:** 866-633-7365/ www.disability.gov
	+ **Disabled Veterans of America:** 1-877-426-2838/ www.dav.org
	+ **Give an Hour: www.giveanhour.org** (Provides donated mental health services and counseling)
	+ **Gov Benefits:** 800-333-4636/ **www.benefits.gov**
	+ **Guide Dogs:** 800-459-4843/ www.guidedogsofamerica.org
	+ **Helmets to Hardhats:** 866-741-6210/ www.helmetstohardhats.org
	+ **Hire Heroes USA:** 844-634-1520/ vets@hireheroesusa.org; www.hireheroesusa.org
	+ **Homes For Our Troops:** 866-787-6677/ www.hfotusa.org
	+ **Job Fairs/Possible Employment:** www.recruitmilitary.com or www.hireveterans.com
	+ **Marine 4 Life:** 866-645-8762 www.marineforlife.org
	+ **Military One Source:** 800-342-9647 www.militaryonesource.mil
	+ **Military Severely Injured Center:** 888-774-1361 www.military.com/support
	+ **National Center for PTSD:** www.ptsd.va.gov
	+ **National Family Caregivers Association:** 202-454-3970 www.caregiveraction.org
	+ **National Military Family Association:** 703-931-6632 www.militaryfamily.org
	+ **National Resource Center on Supportive Housing and Home Modification:** 213-740-1364 http://gero.usc.edu/nrcshhm
	+ **National Resource** Directory: 800-827-1000/ www.nrd.gov
	+ **National Veterans Legal Services Program:** 202-265-8305/ www.nvlsp.org
	+ **Navy Marine Corps Relief Society:** 800-654-8364/ www.nmcrs.org
	+ **Operation Family Fund:** 760-793-0053/ www.operationfamilyfund.org
	+ **Operation First Response:** 888-289-0280/ www.operationfirstresponse.org
	+ **Operation Home Front:** 800-722-6098/ www.operationhomefront.org
	+ **Paralyzed Veterans of America:** 800-424-8200/ www.pva.org
	+ **Project Return to Work:** 720-359-1541/ www.return2work.org
	+ **Red Cross Emergency Communication Services** 877-272-7337/ www.redcross.org/find-help/military-families
	+ **Sentinels of Freedom Scholarship Foundation:** 925-380-6342/ www.sentinelsoffreedom.org
	+ **Navy Safe Harbor Foundation:** http://www.safeharborfoundation.org
	+ **Serving Those Who Serve:** www.stws.org ·
	+ **Soldiers Angels:** 210-629-0020 /www.soldiersangels.org
	+ **Suicide Hotline:** 1- 800-273-8255 / www.veteranscrisisline.net/ Or TEXT to Chat: 838255
	+ **Swords to Plowshares:** 415-252-4788 / www.swords-to-plowshares.org
	+ **The American Legion:** 202-861-2700 / www.legion.org
	+ **The Brain Injury Network:** 707-544-4323/ www.braininjurynetwork.org
	+ **The Military Order of the Purple Heart:** 703-642-5360 / www.purpleheart.org
	+ **The National Amputation Foundation:** 516-887-3600 / www.nationalamputation.org
	+ **Tragedy Assistance Program:** 800-959-8277/ www.taps.org
	+ **Traumatic Brain Injury Survival Guide:** 231-929-7358/ www.tbiguide.com
	+ **United Spinal Association:** 718-803-3782/ www.unitedspinal.org
	+ **USA Cares:** 800-773-0387/ usacares.org
	+ **Veterans of Foreign Wars:** 816-756-3390/ www.vfw.org
	+ **Vets4Vets:** www.vets4veterans.com
	+ **Wounded Soldier and Family Hotline:** 1-800-984-8523/ armymedicine.mil
	+ **Wounded Warrior Project:** www.woundedwarriorproject.org
	+ **Wounded Warrior Regiment Call Center:** 877-487-6299/ www.woundedwarriorregiment.org
	+ **Tips/Help for Spouses/Families:** 405-535-1925/ [www.veteransfamiliesunited.org](http://www.veteransfamiliesunited.org)
	+ **USO:** 888-484-3876/www.uso.org