

U.S. Army Human Resources Command

INDIVIDUAL READY RESERVE



ORIENTATION HANDBOOK

January 2023 _

This handbook serves as a guide and is not to be substituted for regulatory guidance.

Individual Ready Reserve (IRR)

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Overview

Welcome to the Individual Ready Reserve (also known as the IRR). The U.S. Army Human Resources Command (HRC) appreciates your continued dedication to our nation.

The majority of Soldiers going into the IRR do so because they have a remaining statutory Military Service Obligation (MSO) under Section 651 of Title 10 USC that they need to fulfill.

As an IRR Soldier, you are in an active status in the Army Ready Reserve and are part of a pool of individual Soldiers who have been trained, through your Service in the active forces or in the Selected Reserve and are available for mobilization in time of war or national emergency.

This handbook provides an overview of the IRR Program and outlines responsibilities of IRR Soldiers. Additionally, this handbook addresses frequently asked questions concerning the IRR muster and provides information on opportunities, benefits, and resources that may be available to IRR Soldiers.

Common Reasons Soldiers choose to join and remain in the IRR:

- · Continued service to your country
- Maintain an affiliation with the military
- Ability to earn retirement points
- If funding allows, and if eligible, you can volunteer for AD tours
- · Flexibility: no mandatory requirement to drill monthly
- Soldier may be able to attend Professional Military Education (PME)Schools
- · Authorization to travel on Space Available flights

An IRR Soldier's Responsibilities

- Complete a readiness update using in-person musters (such as a personnel accountability muster or PAM), mail, or other means, as HRC directs.
- 2. Promptly notify HRC of any changes to:
 - · Current mailing address, phone, and email address
 - · Changes in marital or dependency status
 - Current Civilian employer information. Soldier will also need to certify their employment information on an annual basis (even if there is no change and even if unemployed)
 - Changes in education, licenses, or skills
 - Changes to your physical or medical condition which could affect your readiness or ability to mobilize
 - · Any other changes in status that could affect readiness
- * Failure to comply with these requirements, including failure to promptly answer any correspondence from HRC, could result in adverse administrative action.
- 3. Soldiers may use one of the following ways to report changes:
 - Contact your Career Management Office via 1-888-ARMY-HRC
 - Complete and send an Army Reserve Status and Address Verification Form (DA Form 3725) to the below team email
 - Contact the IRR/IMA team directly by email: usarmy.knox.hrc.mbx.rpmd-ima-irr-branch@army.mil or by phone 502-613-5566

Muster Frequently Asked Questions

1. What is a Muster and under what authority can HRC muster IRR Soldiers under their command?

A muster is one way for HRC to screen the IRR. During a muster, the Soldier will update their personnel information and learn about their obligation and responsibilities. Personnel Accountability Muster, also knows as a PAM, is one type of in-person muster that Human Resources Command currently uses for screening.

You will be notified by mail or email if you are required to complete a muster, along with complete instructions.

Consistent with Department of Defense (DOD) Directive 1200.7 (Screening the Ready Reserve) November 18, 1999 (Certified Current as of November 21, 2003), the Secretaries of the Military Departments established procedures to ensure the continuous screening of the IRR. One way to do that is with a muster. A member of the IRR may be ordered to Muster Duty, with or without the Soldier's consent, in accordance with Title 10, U.S.C. 12319, up to one day per year.

2. What if I received Muster orders but I am no longer in the IRR i.e., joined a Reserve/National Guard unit, transferred to another military service or no longer in the service?

Contact the Army Human Resources Command at **1-888-AR-MY-HRC** and they will transfer you to the appropriate team to resolve the issue. Or contact the IRR/IMA team directly: usarmy.knox.hrc.mbx.rpmd-ima-irr-branch@army.mil

3. If I am receiving VA benefits, am I still required to complete the muster?

Yes. Even though you are receiving benefits, you are still part of the Individual Ready Reserve. If ordered, completion of Muster duty is a mandatory IRR duty.

4. What happens at an in-person muster?

If a Soldier receives an in-person muster order, it will include instructions to call and schedule an appointment with an Army Reserve Career Counselor (ARCC) typically at an Army Reserve Center. The

Muster Frequently Asked Questions (continued)

Soldier will report to the Army Reserve Center listed on their orders and complete muster duty. Muster duty will be a minimum of two hours but will not exceed a full duty day. The ARCC will conduct an IRR Orientation Brief, which includes an IRR Soldier's obligations, as well as providing information regarding Army opportunities.

- 5. What if my personal information changes during the year? You can contact either the Army Human Resource Command at 1-888-ARMY-HRC or contact the IRR/IMA team directly: usarmy.knox.hrc.mbx.rpmd-ima-irr-branch@army.mil
- **6. What happens if I do not complete my muster duty?** If you have not received an exception from HRC and do not complete the muster, you could be considered an unsatisfactory participant which could result in early discharge. Failing to complete your obligation may affect your benefits at separation. Additionally, failure to complete the muster will not prevent you from mobilization if your grade/skills are required in the future.

7. Will I get paid for the muster?

Yes. You will receive a stipend for completing an in-person muster. Please come to the muster with a voided check (preferable) or your routing and account numbers which are needed to complete the direct deposit form.

8. What is the current process for IRR Soldiers to receive a pay stipend for completing the personnel accountability musters? After the muster, your ARCC will complete the pay packet with the soldier. Your ARCC will then submit the Muster Pay Packet which will include a copy of the Soldier's muster order, Career Counselor Guidance Form, SF1199A (Direct Deposit Form), USARC Form 25R (Certificate of Performance), and a voided check or savings slip from the Soldier. Your ARCC will ensure the IRR Soldier is courtesy copied or receives a hard copy of their Muster Pay Packet.

Muster Frequently Asked Questions (Continued)

9. How much is the pay stipend for completing Personnel Accountability Musters?

The stipend amount is published annually and can change from year to year. Your ARCC or the HRC IRR Team can let you know the amount for completing your muster. Keep in mind that the stipend is subject to taxes. Please allow for approximately 45 days from muster completion for your pay to process through Defense Finance and Accounting Service (DFAS).

Opportunities in the Selected Reserve

The Selected Reserve (SELRES) is comprised of Troop Program Units (TPU), Individual Mobilization Augmentation (IMA), and Active Guard Reserve (AGR). The SELRES is like the IRR in that all its members are in an active status in the Ready Reserve. The difference between the two is that SELRES Soldiers are assigned to and participate as members of units and IMA and TPU soldiers have a drilling and annual training requirement which the IRR doesn't have.

1. Troop Program Units

Troop Program Units are traditional Reserve units where drills (Battle Assemblies) are usually scheduled one weekend each month (a Saturday and Sunday), but may include reporting for duty on a Friday. In addition, these units have a two-week Annual Training period every year. TPU Service Members may participate in additional training if authorized. To review drill pay, please visit https://www.dfas.mil. Contact the Army Reserve Careers Group (ARCG) Career Counselor or visit the ARCG website https://www.usar.army.mil/ARCG/ for more information concerning TPU vacancies.

2. Individual Mobilization Augmentation (IMA)

The Individual Mobilization Augmentation program allows Soldiers to augment an Active Component (AC) unit or government agency to meet military manpower requirements in the event of military contingency, pre-mobilization, mobilization, sustainment and/or

Opportunities in the Selected Reserve (continued)

demobilization operations. IMA Soldiers are required to perform a minimum of 12 days annual training (AT) per fiscal year. Periods of inactive duty training (IDT) may be authorized pending any budgetary constraints. Many of these positions allow flexibility in scheduling training for the Soldier. Each IMA position is different, and the training schedule must be coordinated between the Soldier and the assigned unit.

Obtaining 50 points during the Soldier's Anniversary Retirement Date (ARE) is required to have a "good year" toward retirement. Membership points of 15 points are automatic, one point a day is given for any active duty, and one point is given for each four-hour period of IDT (no more than 2 points in an eight-hour day).

3. Active Guard Reserve

Active Guard Reserve (AGR) Soldiers serve full-time and enjoy the same benefits as Active Component Soldiers. With an AGR job, you receive full pay, medical care for you and your family, and the opportunity for retirement after 20 years of active service. AGR Soldiers serve full-time on Active Duty in units and organizations of the Army Reserve, or that directly support the Army Reserve. If you'd like to apply for the AGR program, go to https://www.hrc.army.mil and search "AGR" or click on Officer or Enlisted AGR career counselors showing in the right hand column.

Incentives, Bonuses and Benefits

There are various incentives, bonuses and benefits that may be available to members of the Ready Reserve. Incentives and bonuses are continually changing based on current recruitment needs. The listings below are for example purposes only. You can speak with an Army Reserve Careers Division (ARCG) Career Counselor or visit the ARCG website https://www. usar.army.mil/ARCG to view updates to incentives, bonuses and education benefits that may be available to you.

1. Bonuses

Officer/Enlisted Affiliation Bonus— These bonuses may be available to Officers and Enlisted Soldiers upon transfer from the IRR to the Selected Reserve.

Reenlistment Bonus - Available for Enlisted Soldiers only.

- * **Note:** Bonus information subject to change. To see what is currently available, please visit the ARCG website https://www.usar.army.mil/ARCG/
- **2. Education Benefits:** There are various types of educational benefits that may be available to you.
 - GI Bill: For more information and details about specific benefits, please contact your school's Veterans liaison or local Education Center.
 - **Student Loan Repayment:** When you transition from IRR to TPU, you could receive assistance in student loan repayment.
 - Tuition Assistance (TA): Active Component, AGR, and Soldiers assigned to the Army National Guard and Army Reserve Selected Reserve coded as Satisfactory Participant may be eligible for TA IAW AR 621-5. For additional details and most current information, visit the Army TA portal at https://www.goarmy.com or contact your servicing Army Education Center Office.
- **3. Blended Retirement System (BRS):** BRS is a modernized retirement plan for the Uniformed Service that is available to eligible Service Members starting January 1, 2018. Features of the BRS includes a defined benefit (monthly retired pay for life) after at least 20 years of service, a defined benefit (consisting of government

Incentives, Bonuses and Benefits (continued)

automatic and matching contributions), a member's Thrift Savings Plan (TSP) account, continuation pay and a new lump sum option at retirement. To verify eligibility and obtain more information concerning Blended Retirement System, visit https://militarypay.defense.gov and then click on BLENDED RETIREMENT tab on top of the webpage.

- **4. TRICARE:** SELRES Soldier are eligible for TRICARE medical. IRR Soldiers can purchase the TRICARE Dental Program, but usually don't qualify for any other TRICARE benefits unless they are on active duty orders or were recently deactivated. To verify your eligibility, access https://tricare.mil/Plans/Eligibility/NGRMandFamilies using your DoD DS Logon account.
- **5. VA Benefits:** The VA offers health care, education, life insurance, home loan guarantee, disability compensation, vocational rehabilitation and employment benefits and a plethora of other benefits. Access https://www.benefits.va.gov for more information regarding VA eligibility and benefits.
- **6. Military ID card Privileges:** SELRES Soldiers are authorized to obtain a CAC. IRR Soldiers are not; instead, they are authorized a green military ID card. They can visit any Defense Enrollment Eligibility Reporting System (DEERS) stations to obtain the military ID card which provides access to various on-post facilities, such as the commissary, PX and various MWR sites.
- 7. Reserve Retirement Pay: Reserve retirement pay eligibility is based on completing 20 "good" or qualifying years of service in any combination of Active Component, Selected Reserve or IRR. After your 20 "good" years, you may qualify for retired reserve pay starting at age 60 and each month after that for the rest of your life! The more points you accrue now, the higher your reserve retirement pay will be at age 60! Visit the HRC website.

Crisis Hotline (For Soldiers): The Veteran's and Military Crisis Line **(1-800-273-8255, press 1)**, online chat, and text-messaging service is free to all Service members. Hundreds of men and women in the military call them every day for crisis and suicide prevention assistance.

Inactive Duty Training for IRR Soldiers

An IRR Soldier is considered a non-unit Soldier but remains in an active status in the Army reserves. Being in an active status allows an IRR Soldier the opportunity to maintain their basic military and MOS/AOC skills. They would do that by becoming attached to a Reserve or Active Army unit to conduct Inactive Duty Training (IDT).

IRR Soldiers may take part in Inactive Duty Training (IDT) in a **non-pay** training status (for retirements point credit only) when authorized by HRC.

IDT will help ensure that the IRR Soldier is a mobilization-ready asset.

Attaching to a unit for points only IDT:

When the Soldier finds a unit for attachment, the unit must submit a DA Form 4651 to HRC requesting attachment orders. If approved by HRC, orders will be published authorizing IDT for retirement points only. Once the Soldier is attached, they become an asset of that unit and will drill with that unit.

The Soldier MUST be attached to a unit to receive retirement point credit for IDT. It is the Soldier's responsibility to ensure they have a valid attachment order BEFORE beginning to drill with a unit. The unit commander will provide the Soldier with a unit training schedule that lists the dates, uniform and location of the unit training. Keep in mind that IRR Soldiers do not have a regulatory requirement to drill or perform AT like TPU Soldiers do. Attached IRR Soldiers can attend as many drills as they want or none at all; but schedules will be coordinated with the unit.

Soldiers are **not authorized to drill from home**.

The Soldier is responsible for the cost of travel to and from IDT duty.

Documenting attendance:

Unit commanders will ensure attendance is accurately documented and recorded. IRR Soldiers will sign in at each drill period. AR 140-1 requires the maintenance of rosters for roll call, sign-in, and attendance in accordance with AR 25-400-2.

Inactive Duty Training for IRR Soldiers (continued)

Credit for IDT:

Once the attached IRR Soldier has completed their IDT, the unit will submit the appropriate documentation to HRC according to AR 140-185 and AR 140-10.

<u>Processing DA Form 1380</u> – Units will submit the IRR Soldier's attachment order, DA Form 1380, sign-in sheet and training schedule for Soldier's first drill. For subsequent submissions, under the same attachment order, units will submit the DA Form 1380 and the sign-in sheet. The attached Soldier will NOT complete or submit their own DA Form 1380, it will be returned without action (RWOA)

The unit can submit the DA Form 1380 via an email to the Personnel Action Branch at usarmy.knox.hrc.mbx.rpmd-ord-retirement-points@army.mil

<u>For Health Service Soldiers</u> – The unit can submit DA Form 1380 via an email to HS PSB at usarmy.knox.hrc.mbx.opmd-hs-psb@army.mil

Servicemembers' Group Life Insurance (SGLI)

SGLI is a program that provides low-cost term life insurance coverage to eligible Servicemembers. An IRR Soldier is only eligible if they are attached to a unit or on active duty. Once attached to a unit, the IRR Soldier is automatically enrolled in SGLI. The IRR Soldier may elect to decline SGLI coverage, select a lesser amount than maximum coverage, designate beneficiaries, and/or make other changes. The IRR and other Service members with part-time coverage will continue to use the paper SGLV 8286 form to make coverage and beneficiary changes. Please be aware that once you are automatically enrolled, you will start accruing a debt for SGLI.

For more information concerning SGLI, visit https://www.benefits.va.gov/insurance/sgli.asp

IRR Medical Readiness

United States Army Readiness is Priority Number 1!

1. DoD Periodic Health Assessment (PHA) Process

IRR Soldiers are authorized an annual DoD Periodic Health Assessment (at no cost to the Soldier) in accordance with the Reserve Health Readiness Program (RHRP). Soldiers can request medical services through Logistics Health Incorporated (LHI) by registering for an LHI account through the LHI. Care website at https://www.lhi.care/start Once registration is complete, Soldiers can call LHI to request medical vouchers prior to completing the online DoD PHA assessment through the LHI Care website. LHI will coordinate medical appointments within 50 miles of a Soldier's physical mailing address. LHI Call Center can be reached by dialing **1-877-437-6313 or 1-888-901-6896**.

For those Soldiers that have never utilized LHI before, LHI recommends that you call the LHI Call Center for assistance in building a service request/manual voucher(s). Inform the LHI customer service representative that you are an Individual Ready Reserve (IRR) Soldier.

If you are still having voucher and registration concerns, email the HRC Command Surgeon Office at usarmy.knox.hrc.mbx.sg-admin@army.mil Provide the following information to the HRC Command Surgeon Office: current situation (reason for the email), rank, full name, current mailing/physical address, current telephone number, a valid civilian email address and LHI representative name. LHI will refer DoD PHAs to the HRC Command Surgeon Office for medical fitness validation.

2. Medical Profile Requests

Requests for temporary and permanent medical profiles will be processed through the HRC Command Surgeon Office. Permanent profile requests must be submitted within 6 months of a Soldier's DoD PHA and temporary profiles can be requested at any time but require a current DoD PHA. Email the HRC Command Surgeon Office at usarmy.knox.hrc.mbx.sg@army.mil for a profile packet.

3. Transfers Out of the IRR

Soldiers requesting transfer from the IRR to the Selected Reserve (TPU, AGR, or IMA), must have a current DoD PHA. Any medical

IRR Medical Readiness (continued) United States Army Readiness is Priority Number 1!

conditions that could impact a Soldier's ability to mobilize must be adjudicated (medically cleared) by the HRC Command Surgeon Office prior to transfer. Email inquiries can be sent to usarmy.knox. hrc.mbx.sg@army.mil Please provide the following information:

- 1. Rank
- 2. Full name
- 3. Current mailing/physical address
- 4. Current telephone number
- 5. Valid civilian email address

HRC Command Surgeon Office:

Medical Operations Team

Email: usarmy.knox.hrc.mbx.sg-admin@army.mil

Phone: 1-800-433-0521

Command Surgeon Team

Email: usarmy.knox.hrc.mbx.sg@army.mil

Soldier Administrative Maintenance

1. Evaluations

- **a.** Soldiers and raters should refer to AR 623-3, Evaluation Reporting System and DA PAM 623-3, on the submission of evaluations.
- **b.** For questions on the completion of evaluations, coordinate with The Adjutant General Directorate (TAGD) website at https://www.hrc.army.mil/content/Evaluation%20Systems%20Homepage

2. Promotions

- **a.** Enlisted Soldiers should refer to AR 600-8-19, Chapter 6, which defines the policy and procedures for promotion.
- b. Guidance for RC officer promotions is available in AR 135-155.

3. Professional Military Education (PME)

It is up to each Soldier to request PME. For further inquiries regarding PME, please contact your HRC Career Manager at **1-888-ARMY-HRC**.

4. IRR Soldier Personnel Security Requirements

- a. Security Clearance Policy: All Military positions are national security positions as established in DoDI 5200.02, 9 September 2014. Military members will undergo the National Agency Check with Law and Credit (NACLC) or successor Tier 3 investigation at a minimum, IAW DoDM 5200.02–R, 3 April 2017.
- b. Soldier Responsibility: The Soldier has an obligation to contact the HRC Security office once his/her security clearance is 30 days from expiration. At that point, the service member can begin the process of renewing his/her clearance. The HRC Security Office located within Special Actions Branch, Enlisted Personnel Management Directorate, will guide and assist IRR Soldiers with security clearance eligibility and security administrative matters. The HRC Security Office may be contacted by calling 1-502-613-5859 or emailing usarmy. knox.hrc.mbx.epmd-security@army.mil
- (1) Officer: All U.S. Army Reserve (USAR) and Army Reserve National Guard (ARNG) Officers will maintain, at a minimum, a secret clearance. This requirement may not be waived IAW AR 135-100. The final denial or revocation of an officer's security clearance by appropriate authorities acting pursuant to Department of Defense DoDM 5200.02–R, 3 April 2017 and AR 380–67, 24 January 2014, or when

Soldier Administrative Maintenance (continued)

an officer fails to apply for an initial or a reinvestigation for a clearance, requires the initiation of separation proceedings. Involuntary separation will be processed under the provisions of AR 135-175, 29 November 2017.

- (2) Enlisted: All USAR and ARNG Enlisted will have a favorable National Agency Check with Local Agency Checks and Credit Check (NACLC)/T3, IAW DoDM 5200.02–R, 3 April 2017.
- (3) Soldiers requesting transfer from the IRR to the Selected Reserve (TPU, AGR, or IMA), must have a Favorable NACLC/T3 investigation or current/outdated Security Clearance Eligibility if required by MOS/AOC. If the security clearance eligibility is revoked/denied or Soldier is pending Statement of Reasons (SOR), the Soldier will not be permitted to transfer until the clearance action has been favorably adjudicated by the Department of Defense Consolidated Adjudication Facility (DOD CAF) prior to transfer. The Security Office may be contacted by calling 1-502-613-5859 option 3 or emailing usarmy.knox.hrc.mbx.epmd-security@army.mil.

c. Security Clearance Requirements:

- **(1)** Officers are required to maintain a security clearance, IAW AR 135-100.
- (2) Enlisted Soldiers are required to have a NACLC completed prior to enlistment into the military IAW DoDM 5200.02. Enlisted Soldiers with Military Occupational Skills (MOS) that require a clearance and/or are E8/E9 are required to maintain secret eligibility IAW AR 614-200 and DA PAM 611-21.
- **d. Validity:** Secret clearances are valid for 10 years from the date of completion of the investigation, not from the date the clearance was granted. Top Secret and TS/SCI clearances are valid for 6 years. If a Soldier is within 18 months of ETS/Retirement an initial investigation and/or reinvestigation is not authorized IAW AR 380-67.

e. Two-year Break in Federal Service:

(1) If the Soldier has a two-year break in Federal Service, their eligibility (clearance/investigation) is no longer valid. A new request (Initial Investigation) will be submitted unless the Soldier has security eligibility with another agency outside of Department of Defense or is currently a DoD Civilian or Contractor who currently possesses eligibility.

Soldier Administrative Maintenance (continued)

- (2) Reinvestigations may be requested by the Soldier 30 days prior to the expiration date. HRC will forward a request to the Personnel Security Investigations Portal (PSIP) Center of Excellence (PSI-CoE) to verify the security clearance requirement for the Soldier.
- (3) The Soldier will receive an e-mail with instructions to begin working on the questionnaire which must be completed within five (5) calendar days. PSI-CoE will terminate the investigation request packet if the Soldier does not complete the process within the five-day window. The Soldier will work directly with the PSIP Center until completing the submission process.

f. Security Clearance Reciprocity/Conversion Process:

- (1) If IRR Service Members have a lapsed DOD Security Clearance but maintain a valid security clearance with a Civilian Government Agency, then the Service Members may request conversion of their civilian security clearance.
- (2) It is the Soldier's responsibility to contact the HRC Security Office to start the reciprocity process. Examples of civilian agencies; Department of Homeland Security (DHS), Federal Bureau of Investigation (FBI) etc. For your awareness, the process may take 1-2 months to complete a conversion action depending on agency.
- (3) If a Soldier has revoked/denied security clearance eligibility and already has completed all appeals with the Personnel Suitability Administrative Board (PSAB) and/or waived the appeal right, the Soldier will be involuntarily separated from IRR.

g. HRC IRR/IMA Security Management Office, Special Actions Branch Contact Information:

<u>Team e-mail</u>: usarmy.knox.hrc.mbx.epmd-security@army.mil <u>Team Line</u>: (502)613-5859 <u>DSN</u>: (312)983-5073 <u>Fax</u>: (502)613-4471

HRC Security Hours of Operation:

Monday -- 0730 to 1600 Thursday -- 1300 to 1600 Friday-- 0730 to 1600

Wednesday -- 0730 to 1600 Saturday and Sunday -- Closed

Mailing Address:

U.S. Army Human Resources Command

ATTN: EPMD-EPO-A (Security Office), Dept. 334

1600 Spearhead Division Avenue

Fort Knox, KY 40122-5303

18.

HRC Individual Ready Reserve Points of Contact

U.S. Army Human Resources Command 1600 Spearhead Division Ave. Fort Knox, KY 40122

IRR Enlisted/Officer Career Management:

Managing MSG and below and Basic branch officer (2LT-LTC) and Warrants (WO1-WO4)

Email for both Officer and Enlisted:

usarmy.knox.hrc.mbx.rpmd-ima-irr-branch@army.mil

Phone for both Officer and Enlisted: 502-613-5566

Senior Leader Development (SLDO):

O6 TPU/IMA/IRR Team Email: usarmy.knox.ocar.mbx.sldo-ofcr@army.mil

Team line: 502-626-8960/8959

CW5 Team Email: usarmy.usarc.ocar.mbx.sldo-w5@army.mil

Team line: 502-626-8960/8959

E9 Team Email: usarmy.usarc.ocar.mbx.sldo-e9@army.mil

Team line: 502-626-8953/8962

IRR Specialty Divisions:

Health Services Divisions Officers

Email: usarmy.knox.hrc.mbx.rpmd-hsd-career-mgt-br@army.mil

Phone: 502-613-6525

Judge Advocate General (OTJAG) LTC-COL

Email: usarmy.pentagon.hqda-otjag.mbx.reserve-component@army.mil

Phone: 703-545-2881

Helpful Websites

ARMY SUICIDE PREVENTION PROGRAM	HTTPS://WWW.ARMYRESILIENCE.ARMY. MIL/SUICIDE-PREVENTION/INDEX.HTML
DS LOGON REGISTRATION	HTTPS://WWW.DMDC.OSD.MIL/ IDENTITY-MANAGEMENT/
US ARMY RESERVE	HTTPS://WWW.USAR.ARMY.MIL/
ARMY RESERVE CAREERS GROUP (ARCG)	HTTPS://WWW.USAR.ARMY.MIL/ARCG/
SHARP	HTTPS://WWW.ARMYRESILIENCE.ARMY. MIL/SHARP
MILITARY PAY	HTTPS://MYPAY.DFAS.MIL/
TUITION ASSISTANCE PROGRAM	HTTPS://WWW.GOARMY.COM/RESERVE/ BENEFITS/EDUCATION.HTML
LHI.CARE PORTAL TO SCHEDULE PHA AND DENTAL	HTTPS://WWW.LHI.CARE/START
TRICARE	HTTPS://WWW.TRICARE.MIL/CHANGES
THRIFT SAVINGS PLAN (TSP)	HTTPS://WWW.TSP.GOV/INDEX.HTML
BLENDED RETIREMENT SYSTEM (BRS)	HTTPS://MILITARYPAY.DEFENSE.GOV/ BLENDEDRETIREMENT/
VA BENEFITS	HTTPS://WWW.BENEFITS.VA.GOV/
SERVICEMEMBERS GROUP LIFE INSURANCE (SGLI)	HTTPS://WWW.BENEFITS.VA.GOV/ INSURANCE/FSGLI.ASP
POST 9/11 GI BILL	HTTPS://WWW.BENEFITS.VA.GOV/GIBILL/ POST911_GIBILL.ASP
VOCATIONAL REHABILITATION AND EMPLOYMENT (VR&E)	HTTPS://WWW.BENEFITS.VA.GOV/ VOCREHAB/
ESGR-USERRA	HTTPS://WWW.ESGR.MIL/USERRA/ WHAT-IS-USERRA
RESERVE RETIREMENT	HTTP://MILITARYPAY.DEFENSE.GOV/PAY/ RETIREMENT/RESERVE
US ARMY MILITARY OCCUPATIONAL SKILLS (MOS)	HTTPS://WWW.GOARMY.COM/CAREERS- AND-JOBS.HTML
RAPIDS SITE LOCATOR (MILITARY ID CARD)	HTTPS://WWW.DMDC.OSD.MIL/RSL/ APPJ/SITE

