DEERS – DEFENSE ENROLLMENT ELIGIBILITY REPORTING SYSTEM:
ID Cards, Dependents, address - 1-800-538-9552
Website:  www.dmdc.osd.mil

DFAS – DEFENSE FINANCE AND ACCOUNTING SERVICE:
MYPAY, retired, annuity and CRSC pay - 1-800-321-1080
Website:  www.mypay.dfas.mil

SOCIAL SECURITY ADMINISTRATION:
1-800-772-1213, Website:  www.ssa.gov

MEDICARE:
1-800-633-4227, Website:  www.medicare.gov

Tricare for Life (At age 65, Medicare eligible)
1-866-773-0404
Website:  www.tricare4u.com

TRICARE:  www.tricare.mil (National Office)
Retired Reserve (Before age 60),
Select Group A/B (At age 60, Medical Discharge)
Website:  www.tricare-west.com  (West Region)
Phone: 1-844-866-9378
Website:  www.tricare-east.com  (East Region)
Phone: 1-800-444-5445

PHARMACY PROGRAMS:
National Mail Order or Local Pharmacy
1-877-363-1303
Website:  www.express-scripts.com

FEDVIP: Dental and Vision
1-877-888-3337
Website:  www.tricare.benefeds.com

EYE-WEAR BENEFITS:
1-757-887-7611
Website:  www.med.navy.mil/sites/nostra/order/pages/retiree.aspx

VA BENEFITS:
1-800-838-4692
Website:  www.va.org

ARMED FORCES VACATION CLUB:
1-800-724-9988
Website:  www.afvclub.com

SPACE A TRAVEL & LODGING:
1-703-237-0203
Website:  www.militaryliving.com

PUBLICATIONS:
HONORS (Annual in August) –  www.mccoys.mil/services/acap
ECHOES (Every 4 months) –  www.soldierforlife.mil/retirement
AFTERBURNER (Every 4 months) –  www.retirees.mil/afterburner

VET SOLDIERS FILE REQUEST: (St Louis, MO)
1-866-272-6272
Website:  www.archives.gov

POC : (At Camp Dodge)

IDENTIFICATION CARDS: (BCAC/DCAC – IA)
POC: Lynnette Tiedt, 1-800-294-6607 Ext. 4728
E-mail:  Lynnette.m.tiedt.civ@mail.mil

Records Ctr: Melissa Shaver, Email:  Melissa.i.shaver.nfg@mail.mil
Phone:  515-252-4313

Retirement Svcs: Michael Van Pelt, Email:  Michael.r.vanpelt.civ@mail.mil
Phone:  515-252-4671

Support Services: Karla Niemier, Email:  karla.m.niemier.civ@mail.mil
Phone:  515-252-4329

FEDERAL LONG TERM CARE INSURANCE:
In-home and Nursing Home (John Hancock)
1-800-582-3337
Website:  www.ltcfeds.com