

RETIREE REFERENCE INFORMATION SHEET

4 May 2020

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

FEDERAL LONG TERM CARE INSURANCE:

In-home and Nursing Home (John Hancock)

1-800-582-3337

Website: www.ltcfeds.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.army.mil/services/acap

ECHOES (Every 4 months) – www.soldierforlife.army.mil/retirement

AFTERBURNER (Every 4 months) – www.retirees.af.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