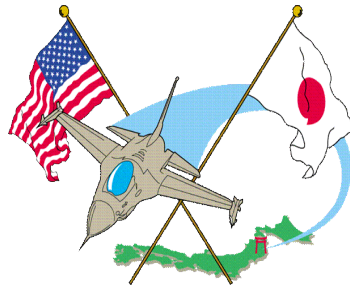




2018



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Misawa AB Retiree Activities Office Newsletter

ACKNOWLEDGEMENT

Articles appearing in this newsletter are compiled from local sources, newsletters received by the RAO, and from other military sources. Information has been edited and reprinted for the benefit of our retiree population. Absolutely no commercial gain is derived from this publication. Our appreciation is extended to those agencies and newsletter sources. Opinions expressed in this publication are those of the authors and do not necessarily reflect the official policy of any agency of the U.S. Government.

18th Annual Retiree Appreciation Day on September 29th

A **SPECIAL THANKS** to 35 FW, 35 MSG, 35 MSS, 35 MDG, DeCA, The Exchange, Misawa AutoSource, Petals and Blooms Flower Shop, Navy Federal Credit Union, Chiko's Lomilomi Massage, and all the persons who took time from their busy schedules to support this event.

Photos are on Page 10.

IRS Withholding Calculator

The IRS encourages everyone to use the Withholding Calculator to perform a quick "paycheck checkup." This is even more important this year because of recent changes to the tax law for 2018.

The Calculator helps you identify your tax withholding to make sure you have the right amount of tax withheld from your paycheck at work.

There are several reasons to check your withholding:

- Checking your withholding can help protect against having too little tax withheld and getting an unexpected tax bill or penalty at tax time next year.
- As well, with the average refund topping \$2,800, you may prefer to have less tax withheld up front and receive more in your paychecks

If you are an employee, the Withholding Calculator helps you determine whether you need to give your employer a new **Form W-4, Employee's Withholding Allowance Certificate**. You can use your results from the Calculator to help fill out the form and adjust your income tax withholding. If you receive pension income, you can use the results from the calculator to complete a **Form W-4P** and give it to your payer.

Plan Ahead: Tips For This Program

The Calculator will ask you to estimate

values of your 2018 income, the number of children you will claim for the **Child Tax Credit** and **Earned Income Tax Credit**, and other items that will affect your 2018 taxes. This process will take a few minutes.

- Gather your most recent pay stubs
- Have your most recent income tax refund handy; a copy of your completed Form 1040 will help you estimate your 2018 income and other characteristics and speed the process
- Keep in mind that the calculator's results will only be as accurate as the information you provide. If your circumstances change during the year, come back to the calculator to make sure your withholding is still correct.
- The Withholding Calculator does not ask you to provide sensitive personally Identifiable Information like your name, SSN or bank info. The IRS does not save or record the info you enter into the calculator.

IMPORTANT NOTE: This Withholding Calculator works for most taxpayers. People with more complex tax situations should use the instructions in **Publication 505, Tax Withholding and Estimated Tax**. This includes taxpayers who owe self-employment tax, alternative minimum tax, the tax on unearned income of dependents or certain other taxes, and people with long-term capital gains or qualified dividends.

To Change Your Withholding: Use your results from this calculator to help you complete a new Form W4, Employee's Withholding Allowance Certification. Submit the completed Form to your employer as soon as possible. Withholding takes place throughout the year, so it's better to take this step as soon as possible.

You can find the calculator at <https://apps.irs.gov/app/withholdingcalculator/>

For more information go to <https://www.irs.gov/individuals/irs-withholding-calculator>.

Courtesy of www.irs.gov

Misawa AB Retiree Activities Office

Col Kristopher W. Struve
35th FW/CC

Col Paul D. Kirmis
35th FW/CV

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RAO Director
Managing Editor

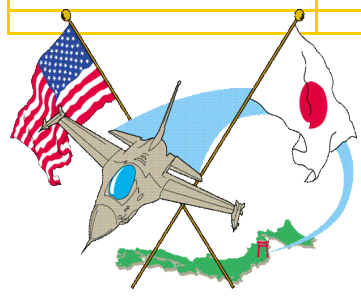
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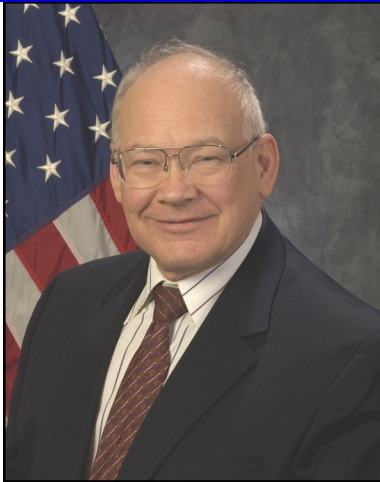
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YOUR RAO STAFF



MSgt (Ret) Joseph Roginski
DIRECTOR



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Staff

Benjamin I. Christenson **Rest in Peace**

Retired EODC Benjamin I. Christenson passed away on 3 June 2018 at the age of 40. A memorial service was held on 9 June 2018 at the Misawa AB chapel. He is survived by his wife Capt Jimelyn Christenson and two sons Ben, Jr., and Brandon. Chief Christenson's final resting place is Arlington National Cemetery, where interment took place on 20 July 2018. His sudden passing, while his family was preparing to PCS, prevented the Retiree Activities Office from having an adequate review of Chief Christenson's Navy career at the time of his passing. We are now presenting some new infor-

mation regarding Chief Christenson for your awareness.

New facts about Chief Christenson's career have been provided by his wife, Capt Christenson. He had a varied Navy career. His home town was Columbus, Ohio. He enlisted in the Navy and became an aviation electronics technician and later cross-rated to become an Explosive Ordnance Disposal Technician and spent the remainder of his career in this highly demanding field.

Chief Christenson served in a number of commands during his career. He formerly served in EOD Mobile Units SIX and TWELVE, along with Patrol Squadron FORTY-SEVEN in Hawaii. Chief Christenson also was awarded two Army Commendation

Medals, one with combat V (for Valor) device, the Navy and Marine Corps Achievement Medal and a variety of unit awards and service medals.

In Misawa, Chief Christenson was highly visible as a supporter of school sports activities as well as activities at the base chapel. He was always willing to go to extra lengths in his assistance to organizations or individuals. Chief Christenson will be sorely missed by the Misawa Community.

Guy E. Morris **Rest in Peace**

Retired USAF Master Sergeant, Guy Morris passed away in August 2018 after a long period of disability following a serious stroke. Unfortunately further information on Mr. Morris was not available by press time.

New VA Hirings **Reduce Counselor to** **Caseload Ratio**

The U.S. Department of Veterans Affairs' (VA) [Vocational Rehabilitation and Employment Program \(VR&E\)](#) recently began the process of reducing the average counselor-to-caseload ratio, to one to 125 or below, through the hiring of 172 vocational rehabilitation counselors (VRCs).

This new program will improve service to veterans with service-connected disabilities and employment barriers, as well as help provide them with expedited services to improve their ability to transition to the civilian workforce.

VA says it is committed to ensuring its counselors have manageable workloads and the resources needed to ensure Vets receive quality services.

Courtesy of veteransresources.org



Veterans Administration

VA and IBM Watson Health Extend Partnership to Support Veterans With Cancer

Recently the U.S. Department of Veterans Affairs (VA) and IBM Watson Health announced the extension of a public-private partnership to apply artificial intelligence (AI) to help interpret cancer data in the treatment of Veteran patients.

First announced two years ago as part of the National Cancer Moonshot Initiative, VA oncologists have now used IBM Watson for Genomics technology to support precision oncology care for more than 2,700 Veterans with cancer.

Precision oncology is the practice of biologically directed cancer care. For example, the mutations in a cancer's genome (the cancer's DNA) can significantly impact the treatment options available to treat that cancer and the likely outcomes after treatment. By knowing the cancer genome, oncologists and patients are able to choose therapies that specifically target the patient's cancer.

VA's precision oncology program primarily supports stage 4 cancer patients who have exhausted other treatment options. The partnership extension with IBM will enable VA oncologists to continue using Watson for Genomics through at least June 2019.

"Our mission with *VA's precision oncology program* is to bring the most advanced treatment opportunities to Veterans, in hopes of giving our nation's heroes better treatments through these breakthroughs," said Acting VA Secretary Peter O'Rourke. "We look forward to continuing this strategic partnership to assist VA in providing the best care for our Veterans."

VA treats 3.5 percent of the nation's cancer patients — the largest group of cancer patients within any one health-care group. In order to bring precision oncology advances to this large group of patients, with equal access available anywhere in the country, VA established a central "hub" in Durham, North Carolina.

In this facility, a small group of oncologists and pathologists receive tumor samples from patients nationwide and sequence the tumor DNA. They then use AI — the ability of a computer program or a machine to think and learn — to help interpret the genomic data, identifying relevant mutations and potential therapeutic options that target those mutations.

More than one-third of the patients who have benefited from VA's precision oncology program are Veterans from rural areas where it has traditionally been difficult to deliver cutting-edge medical breakthroughs.

"VA is leading the nation to scale and spread the delivery of high-quality precision oncology care, one Veteran at a time," said Dr. Kyu Rhee, chief health officer for IBM Watson Health. "It is incredibly challenging to read, understand and stay up-to-date with the breadth and depth of the medical literature, and link them to relevant mutations for personalized cancer treatments. This is where AI can play an important role in helping to scale precision oncology, as demonstrated in our work with VA, the largest integrated health system in the U.S."

For more information about the VA's precision oncology program, visit: www.research.va.gov/pubs/varqu/spring2016/4.cfm

Courtesy of www.veteransresources.org

Are You Getting Non-Service Connected Benefits You Earned?

If you are receiving non-service connected pension, aid and attendance, or housebound benefits, be sure you're tapping into all of your available benefits. **The Non-Service Connected Matrix** can help you do just that. Find your current benefits on the left-hand side, and the matching right-hand column will show you a complete listing of benefits for which you may be eligible.

There are additional benefits that you may be eligible for that are based on a favorable decision for a VA benefit and/or based on special circumstances. These are known as derivatives.

For Non-Service Connected Pension, the derivatives are:

- 10 point veteran preference in Federal hiring.
- Health care enrollment (subject to income requirements).
- Travel Allowance for scheduled appointments for care at a VA medical facility or VA authorized health care facility
- Burial and plot allowance.

For Non-Service Connected with Aid and Attendance or Housebound the derivatives are:

- All derivatives of the above-listed Non-Service Connected Pension plus...
- Free hearing aids.
- Free eye glasses.
- Aid and Attendance for spouse (if spouse meets criteria)

For more information on this issue, please go to https://benefits.va.gov/BENEFITS/derivative_nsc.asp.

Courtesy of benefits.va.gov



INTERNAL REVENUE SERVICE / MEDICARE

Withholding Federal Income Tax from Your Social Security Benefits

So you recently filed your taxes, or met with your tax professional and maybe you were given the news that you need to send the IRS a large payment. Did you know that you can ask Social Security to withhold federal taxes from your monthly benefits at a rate of 7, 10, 12, or 22 percent. You will need to complete and sign **IRS Form W-4V**, available at www.irs.gov/forms-pubs. You can then mail it to your local Social Security office. Our Social Security office locator can be at <https://secure.ssa.gov/ICON/main.jsp>.

At the beginning of the next calendar year, you will receive Form SSA-1099, which will show any Voluntary Federal Income Tax withheld. If you wish to change or even stop the amount withheld, they can sign a new form W-4V, and mail it to their local Social Security office. You can download the form at <https://www.irs.gov/pub/irs-pdf/fw4v.pdf> or call 18008293676 and ask for Form W-4V, Voluntary Withholding Request. If you are deaf or hard of hearing, call the IRS TTY number at 18008294059.

When you complete the form, you will need to select the percentage of your monthly benefit amount you want withheld. Again, you can have 7, 10, 12 or 22 percent of your monthly benefit withheld for taxes.

Only these percentages can be withheld. Flat dollar amounts are not accepted.

Sign the form and return it to you're your local social security office in person or my mail. You can find the online office locator at <https://secure.ssa.gov/ICON/main.jsp>.

You can get more information about tax withholding for seniors at <https://www.irs.gov/pub/irs-pdf/p554.pdf>

Courtesy of IRS.gov



New Medicare Cards are in the Mail

In an effort to help protect your personal information., Medicare is issuing new Medicare Identification Cards that will not include your Social Security Number. This new card will have a Medicare-generated number that is unique to you.

Your new card will come to you automatically. You don't need to do anything as long as your address is up to date. If you need to update your address, visit <https://www.ssa.gov/myaccount/>. Log in and update your personal information.

Once you get your new Medicare card, destroy your old Medicare card and start using your new one immediately.

Your new Medicare Number is a unique combination of numbers and letters.

Some of you may already have your card.

Watch out for Scams.

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information like your current Medicare number, by contacting you about your new card.

If someone asks you for your information, for money or threatens to cancel your health benefits if you don't share your personal information, hang up and call Medicare at 18006334227.

Learn more about the limited situations in which Medicare can call you at: <https://www.medicare.gov/forms-help-and-resources/identity-theft/identity-theft.html>

Learn more about the Medicare card at: <https://www.medicare.gov/forms-help-and-resources/your-medicare-card.html>

You can sign up to get an email notification when your new Medicare card is mailed.

Go to: <https://www.medicare.gov/newcard/> to sign up.

Courtesy of www.medicare.gov

MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	HOSPITAL (PART A)
Coverage starts/Coertura empieza	03-01-2016
	MEDICAL (PART B)
	03-01-2016



Medicare.gov

The Official U.S. Government Site for Medicare



TRICARE

Keep your DEERS Information Up to Date

Do you or your family member expect to experience a Qualifying Life Event (QLE), including planning to move. If so, you'll need to update your information in the Defense Enrollment Eligibility Reporting System (DEERS). To remain eligible for TRICARE coverage, you must keep your information current in DEERS.

DEERS is a computerized database of active duty and retired service members, their family members and others who are eligible for TRICARE. Proper and current DEERS registration is key to getting timely, effective TRICARE benefits.

It's essential to update and verify your information in DEERS anything you have a QLE. This is especially true during the summer moving season. After you arrive at your new home or location, update your information in DEERS. Your Social Security Number (SSN) and the SSN of each of your covered family members must be included in DEERS for your TRICARE coverage to be accurate.

You have several options for updating and verifying DEERS information. You can make changes in person, by phone, online or by mail.

If you live near a military installation or other DEERS office, just go see them.

To contact the office by phone, call 1-800-538-9552. (TTY / TDD: 1-866-363-2883) or fax to 1-831-655-8317.

To access the system online, log into milConnect at:

<https://milconnect.dmdc.osd.mil>

By regular mail, send updates to:

Defense Manpower Data Center
Support Office
Attention: COA
400 Gigling Road,
Seaside, CA 93955-6771

Only sponsors can add a family member in DEERS. But family members, age 18 and older may update their own contact information.

For a list of QLEs please go to <https://tricare.mil/lifeevents>

To find the closest ID card office, go to: <https://www.dmdc.osd.mil/rsl>

For more information about DEERS in general, please go to <https://tricare.mil/deers>



Courtesy of www.tricare.mil

New Dental Insurance Choices Coming Soon for All Retirees

People who have TRICARE Retiree Dental Program coverage now need to know that the program is ending Dec. 31, 2018.

Anyone with TRDP this year, or those people who would have been eligible for the plan, will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program, or FEDVIP.

Retirees will not be automatically enrolled in a FEDVIP plan for 2019. If people want coverage, they must enroll during the federal bene-

fits open season this fall.

Beneficiaries can begin reviewing program options now at www.opm.gov/fedvip. Final costs will be available in October. People will be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs Nov. 12 to Dec. 10, 2018. Coverage begins Jan. 1, 2019.

Previously, FEDVIP wasn't available to Department of Defense beneficiaries, but it will now be available to those who would have been eligible for TRDP. As an added bonus, beneficiaries will also be able to enroll in FEDVIP vision coverage, said TRICARE officials.

More than 3.3 million people are currently covered by FEDVIP. To enroll in FEDVIP Vision, people must be enrolled in a TRICARE health plan. Beneficiaries can decide if one of four vision plans meets their needs. (See Page 2 for details.)

People may only enroll in a FEDVIP plan outside of open season if they experience a qualifying life event that allows them to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For more information, visit the FEDVIP website at tricare.benefeds.com and sign up for email notifications. Click the "Learn More" in the "Retirees" option. Then click "View Full Article" Beneficiaries can sign up to get an email when new information is available and as key dates approach.

Updates will include eligibility information, plans, carriers, rates and more, said DFAS officials.

Courtesy of www.tricare.mil



Defense Financing and Accounting Service

Special Survivor Indemnity Allowance for Surviving Spouses is Now a Permanent Benefit

The Special Survivor Indemnity Allowance (SSIA) is a benefit for surviving spouses who receive a Survivor Benefit Plan (SBP) annuity that is offset by a Dependency and Indemnity Compensation (DIC) payment from the VA.

SSIA is now a permanent benefit. The benefit will now be paid at \$310 per month plus a cost-of-living adjustment each calendar year. The cost-of-living adjustment will begin in 2019.

It can be confusing to understand how SBP, DIC and SSIA are paid and how the laws and regulations treat different situations.

Here are the basics:

- Spouse SBP annuitants, except for those who remarry after age 57 (or in other specific circumstances), cannot receive full SBP and DIC at the same time (DIC payments made directly to children or to a guardian on behalf of children do not affect SBP child annuity payments).
- When we are informed by the VA that a spouse receiving and SBP annuity is receiving DIC, the law requires that DFAS deduct the amount of DIC received from the amount of SBP payable and pay the remaining amount of the SBP to the annuitant. This is called the SBP/DIC offset.
- If the SBP payment is greater than the DIC payment, a partial refund of premiums paid into the program during the service member's retirement will be made to the spouse
- If the DIC payment is greater than the SBP payment, SBP will be stopped completely and

all eligible basic spouse premiums paid into the program during the service member's retirement will be refunded.

- When a spouse is eligible to receive SBP and DIC, and those payments are subject to the SBP/DIC offset, the spouse will also receive the SSIA.

As with other laws and regulations, there are many exceptions and special circumstances that apply to these benefits. For additional information, please see the DFAS website at:

www.dfas.mil/retiredmilitary/survivors/Understanding-SBP-DIC-SSIA.



myPay Account Information To Go

There is no reason to wait until you're home in front of your computer to check your Retiree Account Statement (RAS) or change an allotment. Just log in to myPay on your mobile browser.

When you use *myPay* on your mobile browser, you'll use the same web address (myPay.dfas.mil), login ID and password you use on your computer.

myPay mobile uses internationally recognized security standards and uses the same security standards as our *myPay* full site.

- 128-bit encryption to protect your sensitive information
- Firewall and intrusion detection software to block outsiders.
- To protect all data sent to and from *mypay*, your information is transmitted using end-to-end encryption.

However, please note that *myPay* does not operate or control, and thus cannot guarantee, the wireless networks used to access the mobile site.

As a precaution, never store confidential information (e.g., your *myPay* password) on the mobile device and never divulge the password to others..

myPay looks a little different on your mobile device

When you access *myPay* on your mobile device, our software automatically detects that you are using a mobile browser and will load a mobile version of our site.

The *myPay* homepage has been optimized for your mobile phone and key account information is delivered in an easy-to-read format.

Next time you need information on your pay, go to *myPay* mobile!

Final Reminder: Retired Pay Address Change

The address for Retiree and Annuitant Pay recently changed. The P.O. Boxes in London, Ky closed on 30 Apr 2018. The new address is :
 Defense Finance and Accounting Service
 U.S. Military Retired Pay
 8899 E. 56th St
 Indianapolis, IN 46249-1200
and
 Defense Finance and Accounting Service
 U.S. Military Annuitant Pay
 8899 E. 56th St
 Indianapolis, IN 46249-1300.

Courtesy of www.dfas.mil



HEALTH

Is it Alzheimer's? Stay Ahead of Memory Problems

Many older adults are not willing to be tested for memory problems. They worry about losing insurance or their driving license. Many older adults fear they may be showing signs of dementia or Alzheimer's disease. Not every memory problem is a sign of something serious.

It is common to sometimes:

- Forget names or appointments, but remember them later.
- Make a mistake when balancing your checkbook.
- Need help to use the settings on the microwave or to record a television show.
- Get confused about the day of the week but figure it out later.
- Have trouble finding the right word.
- Misplace things from time to time, such as a pair of glasses or the remote control.
- Make a bad decision
- Feel weary of work, family or social events
- Have a set way of doing things and be cross when that is upset

But there are warning signs that should be shared with your health care team. Memory loss that begins suddenly or that gets in the way of your daily life may mean a more serious problem is present. If you have had at least one of the following happen for no known reason in the last month, talk with your health care team:

- Anxiety—being very worried and afraid.
- Depression - feeling miserable and worried to the point of not being

able to carry out your usual actions

- Apathy—not interested in anything, not wanting to do anything.
- Irritability—being annoyed and impatient
- Disinhibition—lacking a block on spur of the moment actions that you would not otherwise not do.
- Hallucination—seeing an imaginary scene or hearing an imaginary sound as clearly as if it were really there.

Depression and anxiety are often seen in loss of memory and mental ability. This may happen for reasons other than dementia. Apathy is the most often reported warning sign.

Also talk with your health care team if you notice a continued change in:

- Sleep—poor sleep or sleep problems.
- Appetite—poor interest in eating food.
- Eating—unusual pattern of eating, refusing to eat for fear of getting fat, eating too much then making yourself throw-up or using a laxative so you won't gain weight.
- Sense of Smell—things smell different or you cannot smell things you once could.
- Sense of touch—trouble telling the shape of something by touch, trouble making out a number or letter written on your skin by touch.
- Balance—your ability to stay upright.
- The way you walk—wider or shorter steps than usual, need

to take more care when you walk.

- Driving Skill—less than safe
- Personality—the way you think and act that makes you different from anyone else.
- Judgement—trouble in making decisions\
- Money Management—having a hard time taking care of your accounts

Finding a problem early gives you the best chance for treatment, support and future planning. Your health care team wants to know about memory problems or warning signs that happen more than once a month. They can check out what is going on. Then they can help you find ways to better handle these problems.

Dementia is a slow decline in memory, problem-solving ability, learning ability and judgement. This may happen over several weeks or even several months. In some cases these problems may be turned around. Many health conditions can cause dementia or warning signs similar to dementia.

Courtesy of myhealth.va.gov

Birthdates of our Military Services

US Army—June 14, 1775

US Navy – October 13, 1775

US Marines—November 10, 1775

US Coast Guard—August 4, 1790

US Air Force—Sept 18, 1947

Access to retiree publications of each service:

Army Echoes: www.armygl.army.mil/rso/echoes.asp **Navy Shift Colors:** www.shiftcolors.navy.mil

Air Force Afterburner: www.retirees.af.mil/afterburner

Marine Corps Semper Fidelis: www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MM/SR/RET_ACT/SemperFidelis

Coast Guard Evening Colors: <http://www.uscg.mil/hq/cgl/psc/ras>



HEALTH

Durable Medical Equipment on-line

To meet a growing demand, the Exchange is increasing its online assortment of durable medical equipment at:

www.ShopMyExchange.com

More than 200 items are available online, including a wide selection of braces and safety and mobility aids. By the end of 2018 the Exchange plans to grow its online offering by 25 percent, and items in the assortment should more than triple it by 2019.

Online availability is vital for shoppers who do not live near a brick- and-mortar store or an overseas store with limited a product line. The wide online assortment also benefits honorably discharged veterans who were welcomed home to lifelong tax-free shopping and military-exclusive pricing at ShopMyExchange.com last Veterans' Day

The durable medical equipment shops are a part of the Exchange's commitment to keeping military communities healthy. Whether helping with rehab, fitness or mobility, these products are helping make our communities physically stronger. Department of Defense's largest retailer is expanding durable medical equipment shops in its shopping centers.

Besides increasing online offerings, the Department of Defense's largest retailer is expanding durable medical equipment shops in its shopping centers. The Exchange operates shops at Forts Belvoir, Bliss and Hood, Joint Base Lewis-McChord, and

Nellis Air Force Base. That number is expected to nearly triple to 14 by mid-2019. New shops are scheduled to open at Forts Campbell, Steward, Bragg and Carson, Joint Base Andrews, Joint Base McGuire– Dix-Lakehurst, Dover and Davis-Monthan Air Force Bases.

Courtesy of AAFES.com

Getting Care While Traveling Overseas

Most, if not all of us, have used off-base medical care and then used TRICARE to reimburse those expenses. But even though we live overseas, traveling to other countries can raise some questions. So here are some tips for overseas travel:

Before you leave, you should get routine and specialty care. Otherwise, your care may not be authorized when you're on your trip. When overseas, you can seek urgent and emergency care from any host nation provider. However, your rules for getting care depend on your plan and travel destination <https://www.tricare.mil/FindDoctor/Traveling>

Before you travel:

- Get prescriptions filled or re-filled and pack the medications in your carry-on luggage.
- You can find a network pharmacy where you're traveling if you need more: <https://www.express-scripts.com/TRICARE/pharmacy/>
- Pack a list of phone numbers. You can get a list overseas number for the Military Health System Nurse Advice Line at <http://www.mhsnurseadvice.com/>
- Check the list of TRICARE numbers at:
- <https://www.tricare.mil/ContactUs/CallUs>

- Be sure your DEERS information is correct. Call 1-800-538-955

While you are away you get help finding a provider by contacting the appropriate TRICARE Overseas Program Regional Call Center. You may also call the Medical Assistance number for the area where you're located for assistance.

- In an emergency, go to the nearest emergency care facility or call the Medical Assistance number for the area where you are
- You may need to pay upfront for services and then file a claim to get your money back.
- Keep all receipts and file claims on Tricare-overseas.com in the region where you live, not where you get the care.
- If you are admitted to a hospital, call your Overseas Regional Call Center before leaving the facility, preferably within 24 hours or on the next business day <https://tricare.mil/About/Regions/>
- Tricare covers air evacuations to the closest safe location that can provide the required care on your TRICARE plan.

Remember that specific rules for getting urgent care overseas are based on your TRICARE plan.

For more information or to see links to the web pages listed in this article, please go to <https://health.mil/News/Articles/2018/07/10/Summer-Travel-Getting-Care-While-Overseas>

Courtesy of Tricare.mil and health.mil.





RECURRING INFORMATION

Retiree Survivor's Guide

A Retiree Survivor's Guide to Benefits is available on the [Library page](#) of the Air Force Retiree Services website.

This guide provides general information about most federal benefits and entitlements available to eligible family members of deceased retired Airmen, and it explains various application processes. People can direct specific questions to the government agency administering the benefits or discuss these matters with an Air Force casualty assistance representative.

Government agencies outside the Air Force administer most of the benefits discussed in this guide.

This guide is designed to provide general information on most federal benefits and privileges people may be entitled to as survivors of a deceased Air Force retiree. In addition, it contains a list of important necessary documents (see Section H), and a Benefits/Entitlements Checklist (see Section I).

myPay on YouTube

If you've never opened a myPay account, need help changing your myPay password or changing your email address in myPay, check out the online training tutorials available on YouTube. Go to

https://www.youtube.com/playlist?list=PLhx_8nsfXqVjnv_WuYeXc84lmlHBMYe6a

Courtesy of myPay.dfas.mil

myPay Support on DFAS

For problems using myPay, or with your myPay password, contact the DFAS Centralized Customer Support Unit toll-free at 1-888-332-7411 or commercial at (216)552-5096. You can also call DSN to 580

-5096. This support line is available Monday through Friday, 8am to 5pm, Eastern Time.

The Centralized Customer Support Unit can provide assistance on how to use the options available to you in myPay. The support unit will also provide support for establishing and changing your password.

For all other payroll information, please contact your servicing pay office or your customer service representative.

Questions concerning specific pay account information should contact the servicing payroll office or the appropriate Customer Service rep as follows:

Military Retirees:

1-800-321-1080

Annuitants: 1-800-321-1080

Former Military Spouses:

1-888-332-7411

Military retirees that are in a non-pay status due to a VA Waiver or Combat Pay can still access myPay but will have limited options available. Questions should be referred to the customer service section listed above.

You can also access your pay statement from the Main Menu of the myPay website by clicking on the Payment Information option.

If you have trouble reading the graphic version of your pay statement, you can click on the Text Version link. The text version of your pay statement lists all of your pay data item information in a single column.

Courtesy of myPay.dfas.mil

Where to Send Your TRICARE Claim

Non-active duty, TRICARE Pacific; send to TRICARE Overseas

Program, P.O. Box 7985, Madison, WI 53707-7985 USA

TRICARE For Life (TFL) claims in the United States and U.S. territories (American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands) send to WPS TFL, P.O. Box 7890 Madison, WI 53707-7890 USA.

Source: *The 2011 Publication for TRICARE Standard Overseas Beneficiaries*

For TRICARE Overseas Program information, forms and assistance you can contact the Misawa Air Base TRICARE Office at 226-6000 (from off base 0176-77-6000) or visit the office at the base hospital.

Courtesy of www.tricare-overseas.com

International Direct Deposit

International Direct Deposit (IDD) is available to U.S. military retirees and survivors living in eligible locations overseas. IDD electronically deposits funds on the first business day of the month to your foreign bank in the currency of the country of the receiving bank.

See previous editions of the Misawa RAO Newsletter (go to misawa.rao.org and search archived newsletters (April-June 2016 is most recent) for specific details and instructions to use the new DD1199-I for international direct deposit. *JJR*

ID Card Appointments

For ID card appointments, go to: <https://rapids-appointments.dmdc.osd.mil/>



18th Annual Retiree Appreciation Day

September 29, 2018



The 18th Annual Retiree Appreciation Day, September 29, 2018 – Breakfast at the O’Club with the 35th FW Commander, Col Kristopher W. Struve, guest speaker, and the event in the Exchange foyer with the 35th FW Vice-Commander, Col Paul D. Kirmis officiating the cake-cutting and opening greeting. ①Chief Barton Receives RAO Volunteer of the Year Award, ②Col Struve’s greeting, ③Our four widows who could attend, ④Cecil Hahn, Joe Roginski and Col Struve doing the honors, ⑤Bishop Smith’s invocation, ⑥Navy Federal Credit Union manager David Organiscak presents a prize to Lee Martin, ⑦Dave Barton



Still Serving!



Hello fellow retirees and fellow RAOs staff. Here is the 3rd quarter 2018 edition of the Misawa Air Base RAO Newsletter. Lee Martin and I hope that you find useful information and interesting articles within.

The regulation governing Air Force RAOs recommends, but does not require, a newsletter, and there is no recommended frequency, but we do our best to do it quarterly.

We at the RAO are charged with the responsibility of getting information to you, our retired military community. Compiling a newsletter is one of the best ways to get information out to you but, frankly, it is a hell of a lot of work. Lee Martin and I ask for your help. We actually have a huge retired community around Misawa, including the six prefectures of Tohoku and territory of Hokkaido, representing all services and all the wars since WWII. You are a treasure of information and history. Don't let it all pass with you without sharing. Anyone can provide information, opinion, history, or even a good story. We will gladly edit and include your contributions in your newsletter. Send your contribution to:

misawa.rao@us.af.mil

MMRA Notes:

1. Membership dues are \$20 a year. If you have not paid your dues for 2016, please call the RAO or e-mail the RAO and talk to Dave Barton, the MMRA Treasurer. The Treasurer will arrange to collect your dues and record it in the financial report.
2. Donations to the Misawa Military Retirees' Association are greatly appreciated. Dues and donations are used for the operations of the organization, charitable activities, community activities, assistance grants, and assistance in the case of death in the family. ALL funds go to the retiree community except for the snacks served at the bi-monthly meeting.

The Misawa Military Retirees Association (MMRA) meets bi-monthly on the first Tuesday of even months, at 1700 hours, in the Tohoku Enlisted Club's Gray Room. All military retirees regardless of service affiliation are welcome as members. These meetings are your forum to voice your opinions, concerns, questions and suggestions, and get information about retiree and survivor issues and support on Misawa Air Base. We are your voice to the active duty community and help to support the many retiree programs on the base. We also provide assistance in emergencies to retirees and surviving spouses in times of need. Come out and join our group, share your experiences and skills, contribute to the community. The time you give to your fellow retirees and their families may someday come back as assistance to you or your survivors.

MMRA Meeting Schedule

All meetings are held the first Tuesday of even-numbered months at the Tohoku Enlisted Club, Gray Room at 1700 hours.

6 February 2018

4 April 2018

5 June 2018

7 August 2018

2 October 2018

4 December 2018

NEXT MEETING—TUESDAY, 4 December

SERVING THE RETIRED MILITARY COMMUNITY IN NORTHERN JAPAN



USEFUL NUMBERS

Exchange: 0176-7788255-7 plus last 4 digits (*)
 HRO: 7460 (*) Manager: 7401(*)
 Gas Station: 7428 (*) Express (main base): 7433 (*)
 Express (North Area): 7435 (*)
 Base Operator: 226-1110 (0176-77-1110)
 Chapel: 226-4630 (0176-77-4630)
 Command Post: 226-9880/9881 (0176-77-9880)
 Commissary Officer: 226-3482 (0176-77-3482)
 Community Bank: 226-4070 (0176-77-4070)
 Credit Union Navy Federal: 1-617-938-5097
 US HQ: 1-888-842-6328
 Emergency Room:
 Non-Urgent: 226-6647 (0176-77-6647)
 Emergency- 911 / Off Base 0176-53-1911
 Fitness Center: 226-3982 (*)
 Golf Course: 1-281-657-1563 (*)
 Law Enforcement: 226-3600 (0176-77-3600)
 Library: 226-3068 (0176-77-3068)
 Medical/Dental Appointments
 Medical: 226-6111 (0176-77-6111)
 Dental: 226-6700 (0176-77-6700)
 Misawa Clubs
 Admin: 1-281-675-1560 (*)
 Catering: 1-281-657-1560 (*)
 Misawa Inn (Air Force Lodging) (*)
 Front: 222-0282 (0176-66-0282)
 Reservations: 222-0284 (0176-66-0284)
 Navy Gateway Lodging: (*)
 Front Desk: 226-3131 (0176-77-3131)
 Reservations: 226-4483 (0176-77-4483)
 Navy HRO: 226-4674 (0176-77-4674)
 Pass and Registration: 226-3995 (0176-77-3995)
 Red Cross: 226-3016 (0176-77-3016)
 FSS Auto Center "Pit Stop": 226-9486 (0176-77-9486)
 FSS HRO: 226-3108/9275 (*)
 Taxi: Official: 226-3328 (0176-77-3328) (*)
 Base Commercial (Kichi Cab): 1-469-375-7479 (*)
 From Off Base—0176-53-6481 (*)
 Theater: 1-469-375-7450 (*)
 Veterinarian 226-4502 (0176-77-4502)
 Weather Forecast: 226-3065 (*)
 Numbers that begin with "1" require special dialing.
 When dialing from a cell, 03-4580-0135, wait for voice,
 then dial the number. For 226-222 numbers dial 0176-66
 (for 222) or 77 (for 226) then the last four. (*) means use
 the Phone Tree
RAO mailing address in Japan
 033-0012 Aomori-ken, Misawa-shi, Hirahata 64
 Misawa Beigun Kichi-nai 35FW/CVR

The Misawa Air Base **Retiree Activities Office** is an official activity organized in accordance with AFI 36-3106. The office is here to assist retirees from all military services in the Tohoku and Hokkaido regions of Japan. We can provide assistance in pay, taxes, social security, and personal/casualty affairs, translations as well as other matters the retiree may need help with. We provide a focal point for retirees and/or their survivors with questions/concerns and work closely with the active duty community.



Through the office and the activities of the Misawa Military Retirees Association we are able to provide assistance to indigent widows in the area with fuel, food and living expenses. The office is supplied and equipped through organizational funding, while being staffed entirely by volunteers.

The RAO is open Monday through Friday from 0900 through 1500 hours however, volunteers sometimes have to be out of the office. We are located in Room 210, Bldg. 653. Please call or e-mail before visiting to make sure a staff member is available when you come to the office. If you are unable to contact the RAO in an emergency, you may contact the Casualty Assistance Representative in the Airman & Family Readiness Center, 226-4735 or from off base, 0176-77-4735. Japanese Nationals requiring assistance, and who have limited English language skills, may contact us and talk with MSgt (Ret) Joseph Roginski, who is bi-lingual. He may be reached at 09040450149 after hours.



35th FW/CVR
Unit 5009
APO AP 96319-5009
Phone: 011-81-176-77-
4428/5675
DSN: (315) 226-4428/5675
Email: misa-

This publication is written, edited and published by the Misawa Air Base Retiree Activities Office for the retired community in northern Japan. The information or comments herein do not necessarily represent the position or opinion of the DOD, USAF or the 35 FW. While every effort has been made to assure the accuracy of the information herein, no absolute guarantee of accuracy or currency can be given nor should be assumed.

WE'RE ON THE WEB!
<http://www.misawarao.org>