

MILITARY SEPARATION AND RETIREMENT CHECKLIST

1. CONFIRM SEPARATION OR RETIREMENT DATE

- “ Verify your exact date of separation or retirement
- “ Obtain DD Form 214: Ensure you have this critical document for accessing veteran benefits
- “ Explore Transition Assistance Program (TAP) workshops and resources

2. TRANSITION FINANCIAL PLANNING

- “ Plan for moving expenses
- “ Prepare for a gap in employment
- “ Build an emergency fund (3-6 months of expenses)
- “ Consult a financial advisor
- “ Review your retirement income sources (military pension, TSP, etc.)

3. HEALTHCARE COVERAGE

- “ Review TRICARE coverage after retirement/separation
- “ For retirees over 65, consider TRICARE for Life with Medicare eligibility
- “ Confirm your dependents' coverage and note any changes
- “ Determine transition dental and vision coverage

4. LIFE INSURANCE (SGLI, FSGLI, AND VGLI)

- “ Review SGLI coverage and determine whether to replace with VGLI, private options or combination
- “ Adjust coverage levels based on your family's needs
- “ Update FSGLI coverage (within 120 days of discharge)

5. THRIFT SAVINGS PLAN (TSP)

- “ Review options for your TSP account:
 - Leave funds in low-cost TSP investments
 - Roll over funds to an IRA or new employer's retirement plan

6. POST-9/11 GI BILL AND EDUCATION BENEFITS

- “ Verify eligibility and review rules for transferability
- “ Apply for VA education benefits early
- “ Research vocational training, advanced education, or other programs to optimize your benefits

7. SURVIVOR BENEFIT PLAN (SBP) OPTIONS

- “ Decide whether to enroll in the SBP to protect dependents
- “ Understand SBP premiums and coverage options (spouse, children, or both)
- “ Discuss SBP election or declination with your spouse

8. OTHER IMPORTANT CONSIDERATIONS

- “ Enroll in VA healthcare, if eligible
- “ Utilize veteran employment services in your job search
- “ Update legal documents (revise your will, power of attorney, etc.)
- “ Research state-specific benefits for veterans (education benefits, home loan programs, etc.)

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