

Quarterly **MPRA** MENTORSHIP SESSION

VETERANS BENEFITS

PREPARE FOR LIFE AFTER THE MILITARY



NOV
14TH



7PM
ET

FACILITATED BY:

COL (R) GERALD MAPP, MPRA BOD MEMBER

Featuring:

CSM(R) JEFF CEREGHINO

DEPARTMENT OF VETERANS AFFAIRS

COL(R) MACK HUEY

VETERAN SERVICE OFFICER



MPRA Webinar Purpose

- These sessions will provide members with educational and professional development opportunities, as well as a way to connect with other MPs.
- Quarterly sessions on different topics will benefit MP personnel, including all components, retirees, veterans, etc.
- Quarterly topic examples:
 - Leadership
 - Organizational Culture
 - State of the MP Regiment
 - VA Benefits
 - Mentorship
 - Talent Management
 - MPRA Programs
 - Transitions

MPRA Webinar Protocol

- Attendees will not be able to turn on their cameras and will be muted throughout the webinar
- Attendees with questions can 'raise a hand' or type their questions into the chat. Questions typed into chat will only appear for the panelists.
- Though panelists will try to answer all questions, we may not be able to answer all of them.
- This webinar will be recorded.

The views and opinions presented herein are those of the MPRA and do not necessarily represent the views of DoD or its Components. Appearance of, or reference to, any commercial products or services does not constitute DoD endorsement of those products or services. The appearance of external hyperlinks does not constitute DoD endorsement of the linked websites or the information, products, or services therein.

Today's Agenda

- MPRA Mentoring Program Overview
- VA Benefits and Service Update from Department Level
- VA Benefits Federal/ State/County Levels
- MPRA Membership Information
- Closing

Military Police Regimental Association Mentoring Program Overview

**CSM (R) Mike True
MPRA BOD Member &
Veteran Transition Coach**

What We Do

- Share our experiences
- Provide tools
- Answer questions
- Provide one-on-one coaching and mentoring on demand (Planned)
- Assist with LinkedIn profile and/or social media profile
- Review resumes
- Conduct interview preparation
- Provide insights into the physical and disability rating process

Who Do We Serve

- MPRA Members and their Families
- Active Component Members
- Reserve Component Members
- Veterans
- Spouses and Adult Children

How You Can Help

- Encourage your friends and colleagues to join in this service
- Help us make the program interactive and progressive by providing feedback

VA Benefits and Services Update

Department of Veterans Affairs

Connecting With Those Who Serve

Jeff Cereghino, Specialist Assistant (DoD and Military Affairs)



Choose **VA**

VA



U.S. Department
of Veterans Affairs

Agenda

Department of Veterans Affairs Overview and Structure

Benefits and Services Updates Impacting Our Veterans

PACT Act

Disability Claims

Health Care

Life Insurance

Transition

Discussion



Choose VA

VA



U.S. Department
of Veterans Affairs

Department of Veterans Affairs

Administrations

<u>Veterans Health Administration (VHA)</u>	<u>Veterans Benefit Administration (VBA)</u> <i>---Gateway to the VA---</i>	<u>National Cemetery Administration (NCA)</u>
<p><u>FY23 Budget:</u> \$126B</p> <p><u>Locations:</u> 18 Veteran Integrated Services Networks (VISN) 170 VA Medical Centers (VAMC) Outpatient Sites 142 VAMC Acute Inpatient Sites 1,193 Outpatient Only Sites 300 Vet Centers</p> <p><u>Delivery:</u> Health Care 9.1M Veterans enrolled</p>	<p><u>FY23 Budget:</u> \$166B (Discretionary & Mandatory)</p> <p><u>Locations:</u> 4 Districts 56 Regional Offices 540 Intake Sites 38 Special Processing and Call Centers</p> <p><u>Delivery:</u> Disability Compensation 5.9M Veterans & Survivors Education 863K Beneficiaries Home Loans 3.83M Participants Insurance 5.47M Beneficiaries Pension & Fiduciary 495K Spouses receiving DIC Veteran Readiness and Employment 131K Beneficiaries Transition & Economic Development</p>	<p><u>FY23 Budget:</u> \$777M</p> <p><u>Locations:</u> 155 National Cemeteries 121 State/Tribal/Territory Cemeteries Partnership (Grant-Funded)</p> <p><u>Delivery:</u> Memorial 4.4M Graves 137K Interments</p> <p>Projected U.S. Veterans Population 18.25M (Women 2,066,691 11.32%)</p>

The Sergeant First Class Heath Robinson Promise to Address Comprehensive Toxics (PACT) Act of 2022

- A new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances.
- Adds the following Presumptive Conditions for Gulf War/Post-9/11 Veterans:
 - Brain cancer
 - Gastrointestinal cancer of any type
 - Glioblastoma
 - Head cancer of any type
 - Kidney cancer
 - Lymphatic cancer of any type
 - Lymphoma of any type
 - Melanoma
 - Neck cancer
 - Pancreatic cancer
 - Reproductive cancer of any type
 - Respiratory (breathing-related) cancer of any type
 - Asthma that was diagnosed after service
 - Chronic bronchitis
 - Chronic obstructive pulmonary disease (COPD)
 - Chronic rhinitis
 - Constrictive bronchiolitis or obliterative bronchiolitis
 - Emphysema
 - Granulomatous disease
 - Interstitial lung disease (ILD)
 - Pleuritis
 - Pulmonary fibrosis
 - Sarcoidosis

Agent Orange
Hypertension
MGUS

Thailand, Laos,
Cambodia, Guam,
America Samoa, more

Who is eligible?

- On or after September 11, 2001, in any of these locations:
 - Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Uzbekistan, Yemen, Any airspace above
- On or after August 2, 1990, in any of these locations:
 - Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, UAE, Any airspace above



Vietnam



Gulf War Era

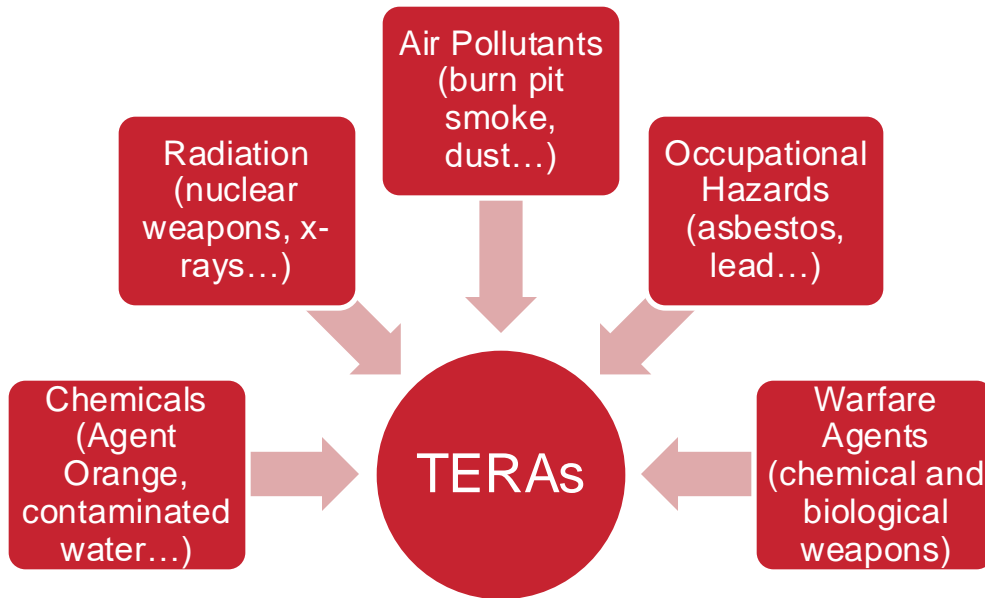


Post-9/11 Afghanistan and Iraq



Toxic Exposure Risk Activity (TERA)

- New concept on non-presumptive claims under the PACT Act



Note — The above examples are *not* exhaustive.

VHA

Triggers healthcare eligibility for Veterans who participated in a TERA

VBA

Triggers C&P exam and opinion for Veterans who participated in a TERA and are claiming certain non-presumptive conditions



TERA provisions fundamentally change how VBA processes claims for **non-presumptive conditions**.



Requires VBA to search for evidence of any potential toxic exposures during the Veteran claimant's military service *even if they did not mention it in their claim (implicit)*.



Lowers the threshold for scheduling **VA examinations** and **medical opinions**.



TERA medical opinion contemplates the **total potential exposure through *all applicable military deployments of the Veteran***; and the ***synergistic, combined effect of all TERAs of the Veteran***.



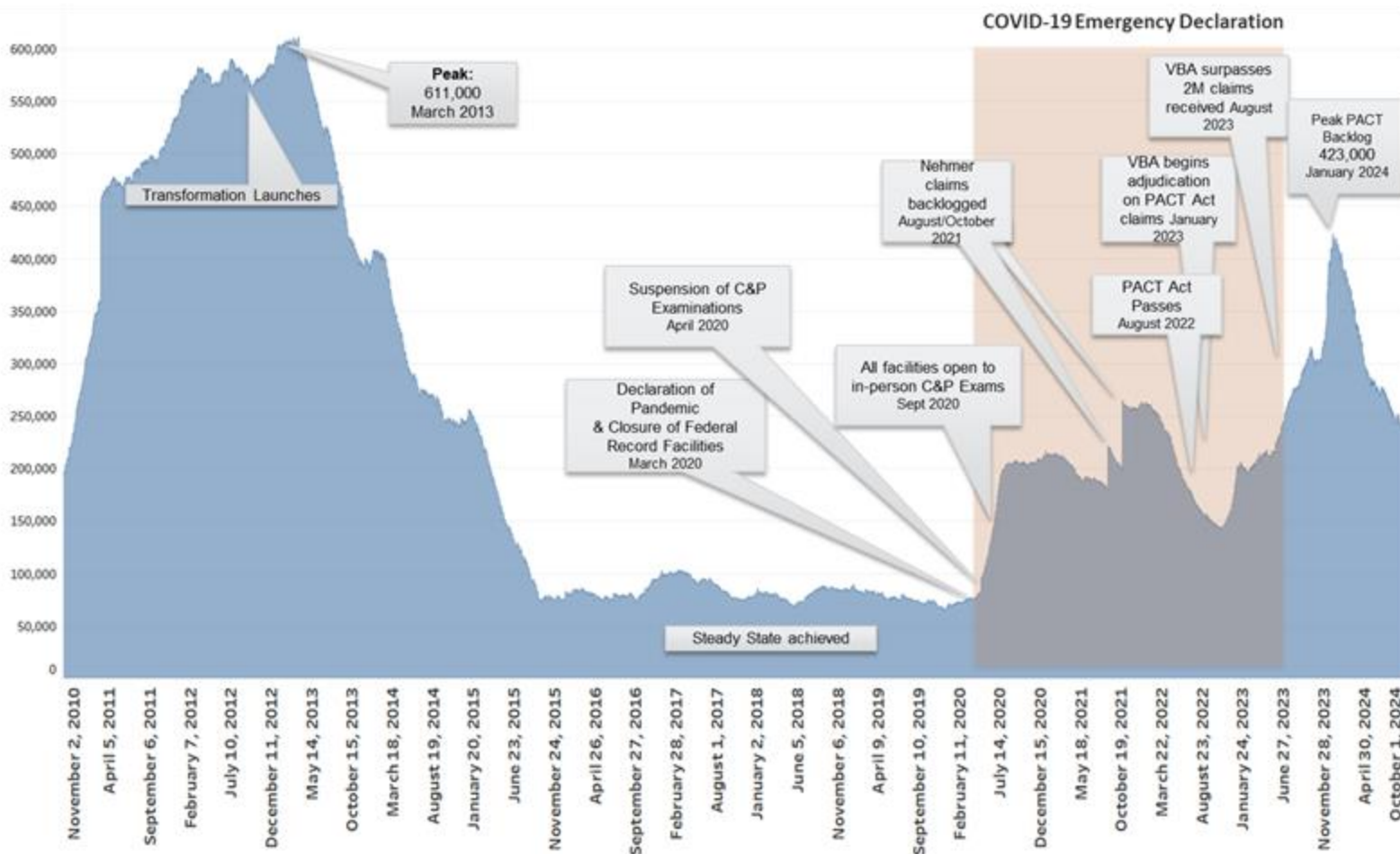
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U.S. Department
of Veterans Affairs

Claims Backlog Inventory



VA Disability Claim Backlog (Nov 2010 - Oct 2024)

Key Take Aways

- Expect longer processing times
- First In...First Out

(File as soon as Possible)

- Modernization
- People

Anyone Looking for a new career?

The VA is HIRING!!!

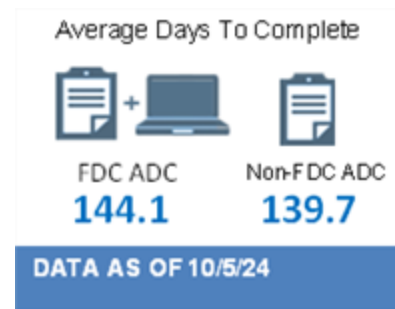
VSR - GS 7/9/10

RVSR - GS 9/10/11/12

WARTAC – Skillbridge

689 TSM in FY23

209 TSM in FY22



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Ways to File a Disability Claim

Benefits Delivery at Discharge (BDD) for Service members



- **Be within 90 to 180* days of discharge**
- Known date of separation or retirement
- Application VA Form 21-526EZ submitted within 90-180 days of separation or retirement
- Copies (electronic or paper) of current period Service Treatment Records (STRs)
- **Service member must be available for examination up to 45 days after claim submission**

*144 days for FDC

Fully Developed Claim (FDC) for Veterans or Service members



- No timeline required
- Application VA Form 21-526EZ submitted
- VA will retrieve relevant records from a Federal facility adequately identified and authorized to obtain
- Provide a medical examination or medical opinion if determined it is necessary for the claim

Standard Disability Claim for Veterans



- No timeline required
- Application VA Form 21-526EZ submitted
- VA will retrieve relevant records from a Federal facility adequately identified and authorized to obtain
- Provide a medical examination or medical opinion if determined it is necessary for the claim
- Make every reasonable effort to obtain relevant records not held by a Federal facility that was adequately identified and authorized to obtain (i.e., state or local government entities and/or privately medical evidence)

Intent to File



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Claims Assistance

Locating an accredited attorney, agent, or VSO representative

<https://www.va.gov/ogc/apps/accreditation/index.asp?>



Accreditation Search

Search Accredited Attorneys, Claims Agents, or Veterans Service Organizations (VSO) Representatives

Please choose the type of person you would like to search by:

Attorney Claims Agent VSO Representative

Last Name:
First Name:
City:
State:
Postal Code:



Accredited Attorneys, Agents and Representatives Search Results

Name	City	State	Zip
Abrams, Ronald B	Washington	DC	20006
Absher, Jim	Washington	DC	20420
Addlestone, David F	Washington	DC	20006
Allen, Bernis John	Washington	DC	20006
Angel, Mona B	Washington	DC	20009

Important:

- Do not sign a contract agreeing to pay an unauthorized company a fee to help you with your initial VA claim. There are accredited VSOs, agents and attorneys who may assist you.
- Only VA-accredited agents and attorneys may charge Veterans for assistance on their VA claim and only when they provide assistance in connection with a proceeding after VA has made an initial decision on a Veteran's claim.

Disability Compensation the Full Arsenal

Percentage	CY24 Rate (No Dependents)	VA Health Care (Priority)	Benefits
0% (Non-Compensable)	\$0	5-8 No Cost Health Care (HC) for SC Disabilities Travel Allowance for SC Appointments	10pt Vet Pref Access to Commissary, Exchange, and MWR Facilities VA Life Insurance (VA Life)
0% (Compensable)	\$171.23	5-8	No VA Loan Funding Fee Burial & Plot Allowance
10%	\$171.23	3 Medical Benefits Package w/ Co-Pays	VR&E (Serious Handicap Only)
20%	\$338.49	3	VR&E
30%	\$524.31*	2 Travel Allowance	Direct Hire Dependent Allowance*
40%	\$755.28*	2	
50%**	\$1,075.16*	1 Medical Benefits Package w/ No Co-pays	Aid & Attendance Concurrent Receipt of Military Retired Pay**
60%**	\$1,361.88*	1	Unemployability Dependent Educational Assistance (P. Unemploy)
70%**	\$1,716.28*	1	CHAMPVA (P. Unemploy)
80%**	\$1,995.01*	1	Dental Care (P. Unemploy)
90%**	\$2,241.91*	1	
100%**	\$3,737.85*	1 No cost Dental Care	

Does not include State Benefits

* Dependent Allowance

** Concurrent Receipt of Military Retired Pay



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U.S. Department of Veterans Affairs

VA Health Care

- **Tricare will expire for Many at 23:59 Last Day on Active Duty – Continue with CHCBP** (\$1813 individual / \$4539 family per quarter)
- **Eligibility for VA Health Care** – In General, did not receive a dishonorable discharge and served 24 continuous months or the full period for which you were called to active duty

- **Largest Integrated Health Care System in the Nation**
 - 170 Medical Centers and over 1200 outpatient sites
 - Community Care – MISSION Act of 2018



- **Why VA Health Care**
 - No monthly premiums, No annual costs, No deductibles
 - Minimal co-pays, if any, including medication
 - It can be Primary or Supplemental Care
 - Once in...Always In
 - Experts in medical care specific to Veterans



- **2023 independent assessments**
 - 70% of VA hospitals received 4 out of 5 92% of Veterans Trust in VA Health Care

VA Life Insurance

Your VA Insurance Journey Line

Joining/Serving

Service Separation

Service Connection

Service-Disabled Housing



Servicemembers' Group Life Insurance (SGLI)

- Low-cost term life insurance for Service members
- Effective March 1, 2023, automatic coverage of \$500,000, if eligible, unless reduced or declined
- Remains in effect 120 days after separation at no cost

Family SGLI (FSGLI) covers spouses and dependents for \$100/10k

TSGLI provide automatic traumatic injury protection of \$25,000 \$100,000 for those covered by SGLI

Veterans' Group Life Insurance (VGLI)

- Allows separating Service members to convert their SGLI to renewable term insurance
- Premiums based on age & amount of coverage
- Must apply within 1 year and 120 days from separation; no health requirement if the Veteran applies within 240 days of separation

SGLI Disability Extension (SGLI DE)

Allows totally disabled separating service members to continue SGLI up to 2 years at no cost

VA Life Insurance (VALife):

- Effective January 1, 2023, provides up to \$40,000 of guaranteed acceptance whole life coverage to Veterans with service-connected disability ratings 0-100%, age 80 or under
- No medical underwriting, builds cash value
- 2 year waiting period for full coverage

Veterans' Mortgage Life Insurance (VMLI)

- Provides mortgage life insurance up to \$200,000 for disabled Veterans under age 70 who are approved for a VA Specially-Adapted Housing (SAH) grant
- Benefit paid to mortgage lender

Expires 120 days after Separation

Suspense 240 days after Separation (w/ No Proof of Good Health)
Suspense 1 year and 120 days after Separation (w/ Proof of Good Health)



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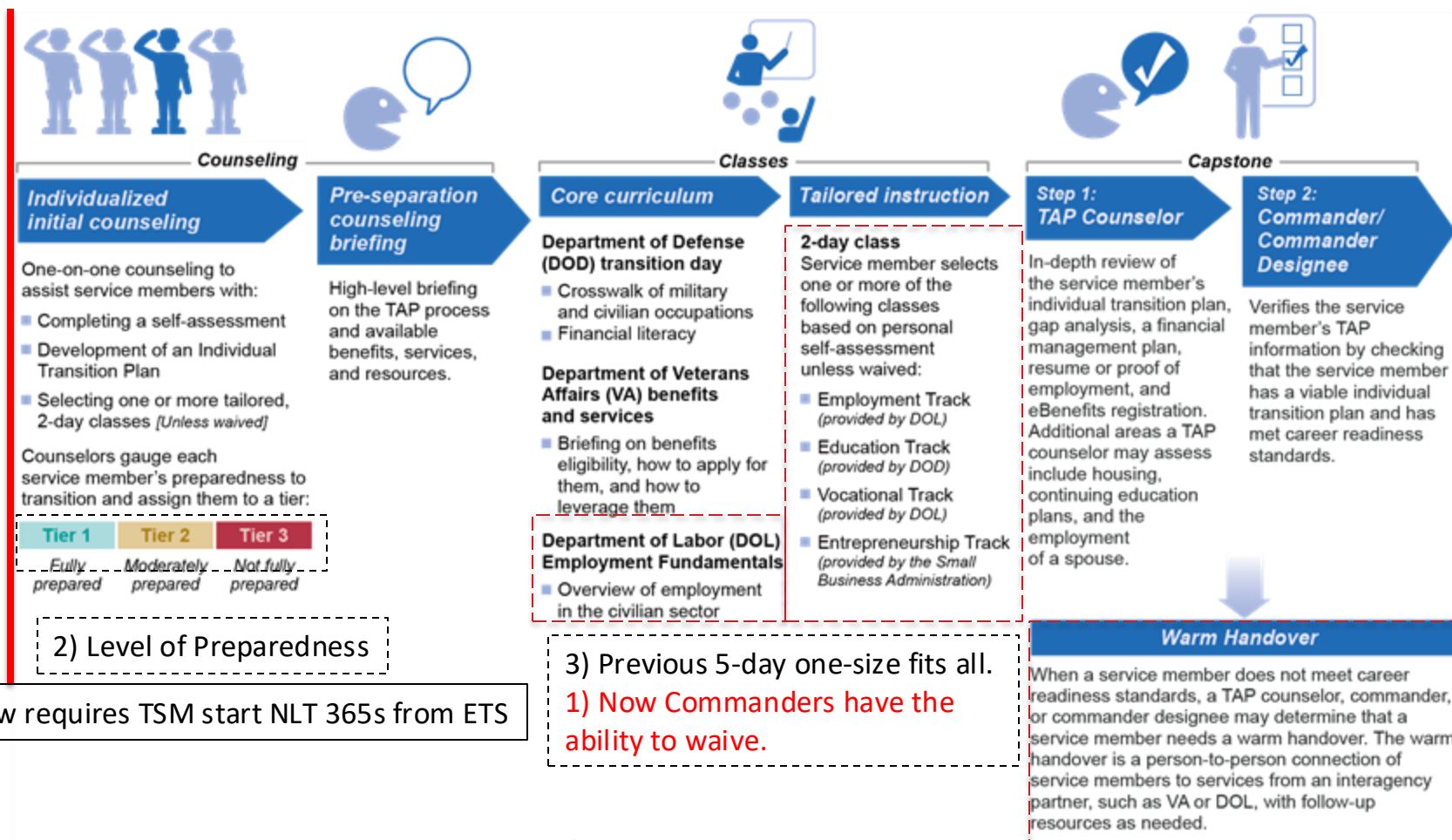


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Empowering our Servicemembers

1 Transition Education for Servicemembers and Military Leaders

NDAA of 2019 changed the TAP experience to personalize the transition journey to meet the needs of the individual (3 Major Changes and 2 Significant Clause)



1) The law requires TSM start NLT 365s from ETS

2) Level of Preparedness

3) Previous 5-day one-size fits all.
1) Now Commanders have the ability to waive.

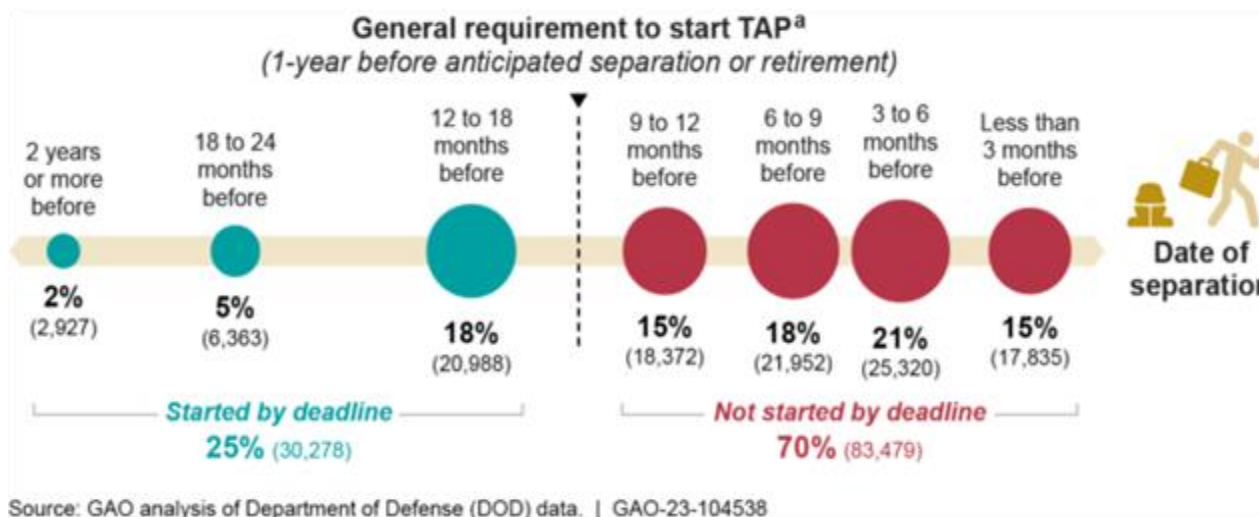
2) Commanders Need to review and sign. TAP Manager telling Unit SM at risk.

Source: GAO analysis of Department of Defense (DOD) policy. Images (GAO). | GAO-24-106248

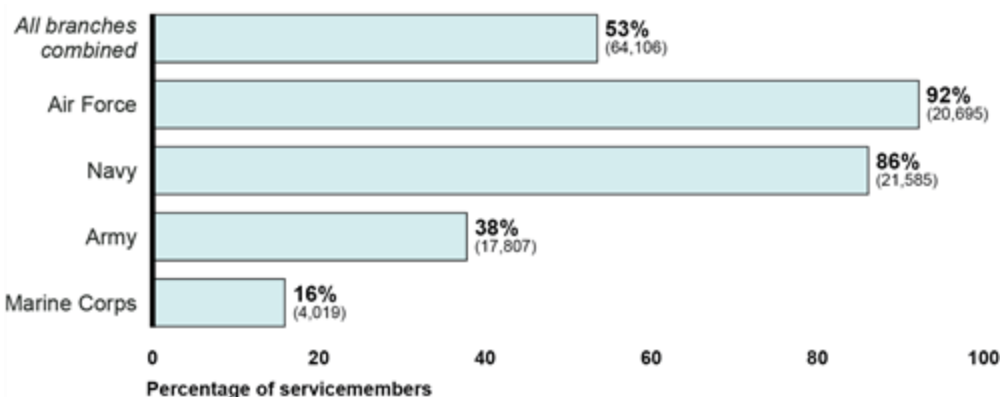
Empowering our Servicemembers

1 Transition Education for Servicemembers and Military Leaders (cont.)

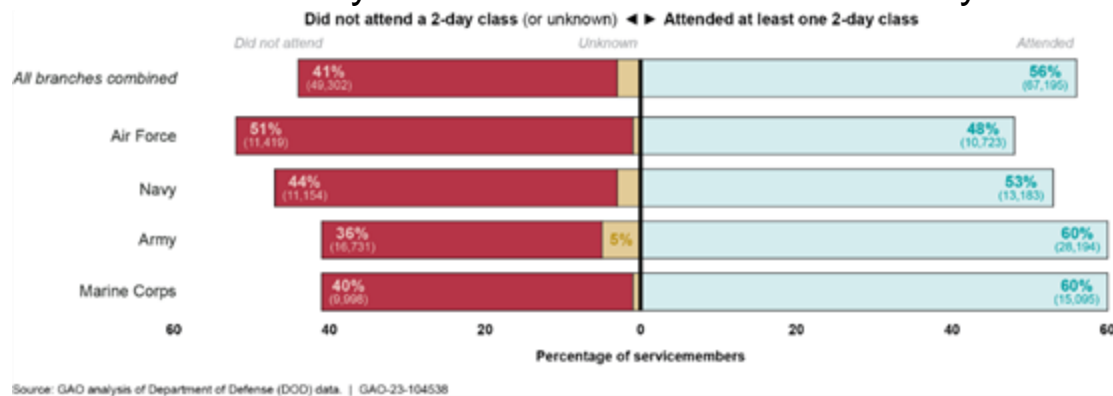
In December of 2022, GAO completed a report to Congress on the Services implementation of the changes to NDAA of 2019 and this is the findings:



Extent to which the Services waived the 2-day class



Breakdown by Service who attended the 2-day course



22% OF TSM IDENTIFIED AS TIER 3 DID NOT ATTEND THE 2- DAY

Source: GAO analysis of Department of Defense (DOD) data. | GAO-23-104538

Source: GAO analysis of Department of Defense (DOD) data. | GAO-23-104538

New Veteran Assistance

Post Separation:

- Solid Start Program – 1-800-827-0611
 - VA is calling every newly separated service member three times during their first year of separation.
 - <https://www.benefits.va.gov/transition/solid-start.asp>
- VA Federal Benefits for Veterans, Dependents, Survivors, and Caregivers (2023 Edition)
 - https://www.va.gov/opa/publications/benefits_book/2023_Federal_Benefits_for_Veterans_Dependents_and_Survivors.pdf
- VA Welcome Kit – Know your Benefits
 - <https://www.va.gov/welcome-kit/>

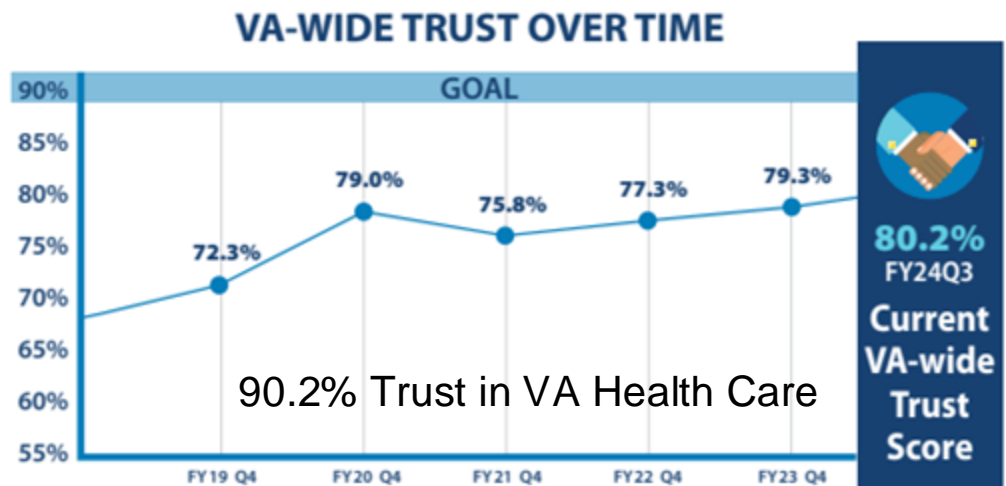
And Finally...

Veterans Crisis Line:



Chat at VeteransCrisisLine.net/Chat

Text to 838255



Explore [Veteran trust in VA data and trends since VSignals launch in FY2016.](#)

Resources

Online:

Department of Veterans Affairs (VA)
www.va.gov

Veterans Benefits Administration (VBA)
www.benefits.va.gov

VBA on Facebook
www.facebook.com/VeteransBenefits

VBA on Twitter
<http://twitter.com/VAVetBenefits>

VBA on Instagram
www.instagram.com/vabenefits/

VA on YouTube
<https://www.youtube.com/user/DeptVetAffairs>

Numbers to Know:

VA Main Line
(800) MyVA411 (800-698-2411)

Benefits Information
(800) 827-1000

Education Benefits
(888) 442-4551

Home Loan Guaranty
(877) 827-3702

Health Care Eligibility
(877) 222-8387

Veteran Crisis Line
988 and press 1

Veteran Servicemember and Family Fraud Evasion Line
833-38VSAFE

Questions/Discussion



2023 Federal Benefits for Veterans



VA Welcome Kit



Thank You for Your Service



U.S. Department of Veterans Affairs



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VA



U.S. Department
of Veterans Affairs



VA Benefits Federal and State County Veteran Service Officer Perspective/Snapshot

VA Benefits - Overview

- Health/Medical Treatment Benefits
- Disability Benefits:
 - Compensation
 - Pension
- Education and Training
 - Montgomery GI Bill
 - Post 9/11 GI Bill/Forever GI Bill
 - Survivor' & Dependent' Educational Assistance (DEA)
- Home Loan Guaranty (COE)
- Memorial Benefits
 - Military Honors
 - Burial Flag
 - Headstone or Foot Marker
 - Presidential Memorial Certificate
 - Partial Reimbursement for Burial Expenses (Funeral and Plot)
 - Burial in a National Cemetery or State Cemetery

- Dependents and Survivors' Benefits
 - Death/Survivors' Pension – Wartime service
 - Disability and Indemnity Compensation (DIC) – 100%
 - VA Civilian Health and Medical Program (CHAMPVA) – Medical Insurance
- Life Insurance
 - Servicemembers' Group Life Insurance (SGLI) – thru DFAS for retirees – pay monthly premium
 - Veterans Affairs Life Insurance (VA Life) – Example Premium for 55 years old - \$10K = \$40.10 up to \$40K = \$160.40
- State Benefits:
 - 70% + DAV Tag - \$1.00 for two vehicles in the Veterans Name
 - Exempt from Ad Valorem Property Tax – 100%
 - Hunting and Fishing for lifetime – 100%
 - VA State Nursing Home

VA Resources to Educate

- <https://www.choose.va.gov>
- <https://www.va.gov> (Recommend you create an account)
- <https://www.va.gov/resources/the-pact-act-and-your-va-benefits>
- <https://www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/>
- <https://www.publichealth.va.gov/exposures/burnpits/registry.asp>
- <https://www.va.gov/health-care/eligibility/>

Join the MPRA

- The Military Police Regimental Association brings together a wide variety of Military Police through standard, friends & family and corporate memberships
- Benefits include:
 - Pride in being a part of your professional organization
 - 10% discount in our Military Police Gift Shop
 - Receive electronic issues of The Dragoon Magazine
 - Receive member benefits at select colleges
 - Member dues help MPs in need through our Benevolent Fund
 - Support the Military Police Legacy through our MP Museum and Memorial Grove

STANDARD

**FRIENDS &
FAMILY**

CORPORATE



MPRA
MILITARY POLICE REGIMENTAL ASSOCIATION

JOIN THE MPRA **TODAY**

\$300

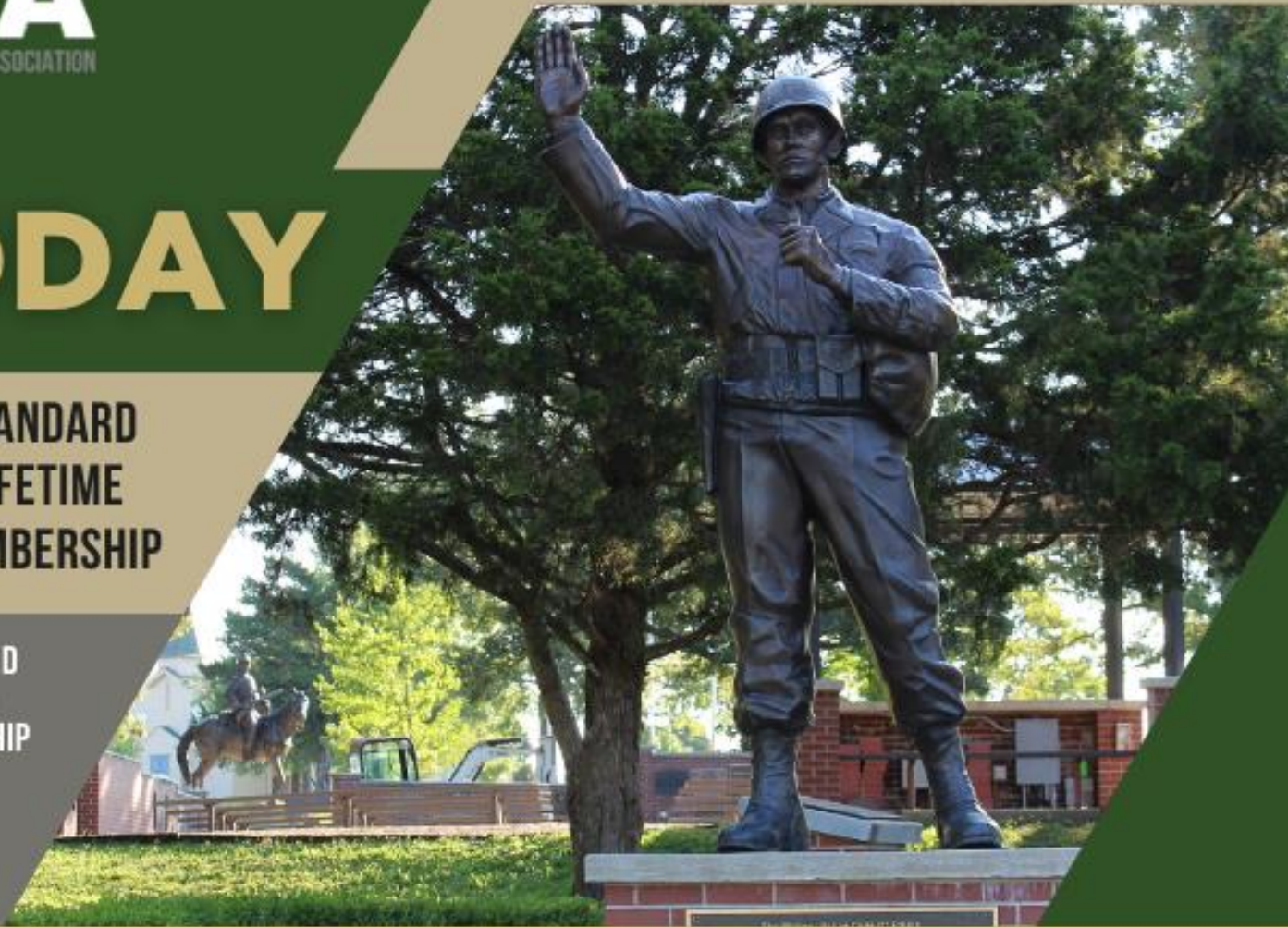
STANDARD
LIFETIME
MEMBERSHIP

\$90

STANDARD
5-YEAR
MEMBERSHIP

\$40

STANDARD
2-YEAR
MEMBERSHIP



Panelist Contact Info

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Closing

- Who we are
- What we do
- Who do we serve
- How you can help