



February 2010

## Retired Activities Office Naval Weapons Station Seal Beach Newsletter

**Weight problems.** TRICARE beneficiaries whose weight poses a serious health risk have surgical alternatives available to them. For those who medically qualify, TRICARE covers gastric bypass, gastric stapling and gastroplasty procedures including vertical banded gastroplasty and laparoscopic adjustable gastric banding, commonly known as Lap-Band surgery.

These procedures are covered for non-active duty beneficiaries who suffer from morbid obesity and meet specific medical criteria. For a TRICARE beneficiary to medically qualify he or she must weigh 100 pounds or more over their ideal weight for height and bone structure, and the excess weight must be associated with a severe medical condition. Beneficiaries who weigh more than twice their ideal weight for height and bone structure are also eligible.

Additionally, TRICARE covers surgery for beneficiaries who had a previous intestinal bypass or other surgery for obesity and, because of complications, require a second surgery. Details of TRICARE's coverage of surgical treatments for morbid obesity are available in Chapter 4, Section 13.2 of the TRICARE Policy Manual, and can be found at <http://manuals.tricare.osd.mil>.

**Pharmacy change.** TRICARE is introducing new enhancements as it combines its mail-order and retail pharmacy contracts into one new contract called TRICARE Pharmacy. Improvements to the Pharmacy program include the Specialty Medication Care Management program in the mail-order pharmacy; expansion of the Member Choice Center providing assistance to help you to switch military treatment facility prescriptions to mail-order should you so desire; and one call center phone number: 1-877-363-1303. The Specialty Medication Care Management program is for people using the mail-order pharmacy for their specialty medications. It is structured to improve your health through continuous health evaluation, ongoing monitoring, assessment of education needs and management of medication use.

TRICARE beneficiaries do not have to take any action. All co-pays stay the same and the network remains essentially unchanged. Express Scripts, Inc. was selected to provide mail-order, retail, and specialty pharmacy services for the TRICARE Pharmacy program. For more information visit [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy) or [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE), or call 1-877-363-1303.

**Burial and Memorial Benefits.** Burial in a national cemetery is available to veterans, their spouses and dependent children. At no cost to the family, a national cemetery burial includes:

- \* The gravesite and grave-liner
- \* A headstone or marker

- \* Opening and closing of the grave
- \* Perpetual care as part of a national shrine

**Burial flag.** Military Funeral Honors for the veteran include Burial Flag folding and presentation of "Taps" played on a bugle or by recording. Some veterans may be eligible for limited burial allowances. If a veteran is buried in a private cemetery



anywhere in the world, VA will provide a headstone or marker. Funeral home directors usually arrange for these benefits on request. For more information, visit [www.cem.va.gov](http://www.cem.va.gov) on the Web, or call 1-800-827-1000.

**FREE Tax Preparation.** The Navy Legal Services Office Volunteer Income Tax Assistance (VITA) Tax Center is offering FREE income tax return preparation at the Naval Base and Naval Air Station in San Diego & North Island. The Legal Office at the LA Air Force Base will offer FREE preparation starting the first week of February.

What to bring:

1. Photo ID and social security cards for yourself, spouse, and dependents
2. Wage, earning, and pension statement(s) from all employers (W-2 & 1099-R)
3. Interest and dividend statements (1099-INT and 1099-DIV)
4. A copy of 2008 federal and state returns if available
5. Bank routing and account numbers for Direct Deposit
6. Information on Economic Stimulus Payment received in 2009
7. Any other relevant information (example: day care expenses, mortgage statements, student loan interest, alimony payment information including former spouse SSN, etc.)

For more information contact:

NLSO TAX CENTER, BLDG 56, Naval Base **San Diego, 619-556-6848**

Monday - Friday: 0800 - 1600; Saturday: 0800 - 1200

NLSO NASNI TAX OFFICE, Building 11, 2<sup>nd</sup> Deck, Room **236, 619-545-2752**

Monday - Friday: 0800 - 1200 (by appointment 1200 - 1600)

**Los Angeles AFB legal 310-653-3084.**

**Amtrak.** Amtrak invites all active and retired military, military family members and DoD employees to bring along ONE companion for FREE on your next trip aboard the Capitol Corridor, the Pacific Surfliner or San Joaquin and connecting thruway bus service. This offer is good for travel through June 15, 2010. Get more details and pick up your FREE COMPANION FARE COUPON at the San Diego (619) 556-2174 MWR Ticket Office!

**Military Lodging.** Most military installations world-wide have lodging facilities available. If you are planning a trip near a military installation, you might want to check the following resources for room availability:

Navy: [HTTP://WWW.NAVY-LODGE.COM/](http://www.navy-lodge.com/) (800-628-9466).

Air Force: [HTTP://WWW-P.AFSV.AF.MIL/LD/](http://www-p.afsv.af.mil/ld/) (888-235-6343)

Army: [HTTP://WWW.ARMYMWR.COM/PORTAL/TRAVEL/LODGING/](http://www.armymwr.com/portal/travel/looding/) 866-363-5771.

Marine: [HTTP://WWW.USMC-MCCS.ORG/RAP/TLFS.CFM](http://www.usmc-mccs.org/rap/tlfs.cfm). The Marines do not have a central lodging number.

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### **Verizon Discount.**

Verizon Wireless offers a discount to all Military Veterans. You are eligible to receive a 15% discount off your monthly access fee. Please keep in mind, you as the Military Veteran must be the Account Owner. Note certain promotional plans may not qualify for this discount.

#### Program Details:

- 15% discount applicable to consumer calling plans with monthly access of \$34.99 and above. As a result, please be sure to register using the primary number on your Family SharePlan if applicable.
- Eligible for a 25% discount on all accessories.
- Equipment Corporate Pricing available with 1 or 2-year agreement pricing.
- A \$35 activation fee applies with a 1-year or 2-year Customer Agreement.

#### Eligibility requirements:

- The eligible Military Veteran must provide a copy of a Department of Defense (DOD) form 214. This is a certificate of Release or Discharge from Active Duty. It lists your name, dates of service and branch of service. The DOD 214 form is commonly referred to as "Discharge Papers."

\*\*\*\*\* **Important** \*\*\*\*\* Please blacken out the social security number before sending a copy.

You may obtain a DOD 214 form by visiting the National Archives Website: [National Personnel Records Center St. Louis.](#)

To request your discount, complete what Verizon refers to as “the employment verification paperwork,” in your case that is the DD214, and fax the information to 800-711-7788 and include your wireless number. Once this information has been received and your eligibility has been verified, allow one to two bill cycles for your discount to be applied to your account.

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**Lyon Air Museum.** *Veterans and their families are welcome at this recently opened air museum that features military aircraft of World War II. All aircraft, including a B-17 Flying Fortress and other famous bombers and attack airplanes are certified airworthy and flyable. Military and classic vehicles are also on display.*



The museum is located on the western side of the John Wayne airport runways at 19300 Ike Jones Road, Santa Ana, CA and can be easily reached from the #405 freeway; south on Bristol to Baker, then east, crossing Airway Avenue to Ike Jones Road which leads directly to the museum hangar. Visiting hours are Monday through Saturday from 0900 to 1500. Veterans discounted admissions price is \$6.00. Additional information may be obtained from (714) 210-4585 or [www.lyonairmuseum.org](http://www.lyonairmuseum.org).

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**Publisher's comment:** If you take advantage of some of your lodging, recreation, space A, etc. benefits and would like to share your experience with other retirees, send us your thoughts/comments/experiences. We would like to hear about them.

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**Reunions.** To list a reunion in *Shift Colors*, e-mail the reunion name, date, phone number and Web site/e-mail address (if applicable) to: [Mill\\_ShiftColors@navy.mil](mailto:Mill_ShiftColors@navy.mil), or call the Navy Personnel Command Customer Service Center toll free at **1-866-U-ASK-NPC (1-866-827-5672)** and ask to submit a reunion to Shift Colors.

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**Volunteers.** Volunteers are needed at more than 100 offices at active-duty, Reserve and Guard bases worldwide. Retired military volunteers and their family members are welcomed in several areas, depending on the base. Retiree activities office volunteers help with several actions including: serving as an information center for space-available travel, TRICARE and base services, offering referrals for financial assistance and pay matters, counseling active-duty personnel nearing retirement, and providing literature on retirement issues. If you are interested in helping at this office, see "How to contact us" below and give us a call. For more retiree activities office locations, visit the Retiree Activities Offices web pages.

**Navy:** <http://www.npc.navy.mil/CommandSupport/RetiredActivities/RAO+Locator.htm>  
(866)-827-5672

**Air Force:** <http://www.retirees.af.mil/raos/> (866) 229-7074

**Army:** <http://www.armyg1.army.mil/retire> (703) 325-2697

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### How to Contact Us

The Retired Activities Office, Naval Weapons Station, Seal Beach, California is located in Bldg. 22, Rm 2. We are here to serve all Armed Forces retirees and are open M-Th 0900 to 1500; Fri 0900 to 1200.. You may contact us at (562)-626-7152 or by e-mailing us at [rao-nwssb@navy.mil](mailto:rao-nwssb@navy.mil)

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