



Retiree Activities Office

Yokota AB, Japan

Newsletter



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July/August 2018

A publication of the Yokota Retiree Activities Office (RAO) whose mission is to support the base commander in providing information and assistance to military retirees, their family members, and surviving spouses residing in the local area. Articles appearing in this newsletter are compiled from various government sources. Information has been edited and reprinted for the benefit of our retiree population. While every effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy or currency can be given nor should be assumed.

Retiree Appreciation Day: Saturday the 28th of July the Retiree Activities Office in partnership with the 374AW will be sponsoring a Retiree Appreciation Day here at Yokota AB. This event will run from 1000 – 1400 in the main ballroom of the Enlisted Club. All retirees, spouses and surviving widows are invited to attend.

Base representatives from various organizations at Yokota (Medical Group, Military Personnel Flight, Mortuary Affairs, Veterans Affairs, AAFES, Commissary, A&FRC, Red Cross, Legal Office, etc.) are scheduled to attend. Information tables and booths will be set up to answer your questions and provide assistance.

Please help get the word out to any retirees and surviving spouses you know that may not be getting this newsletter.

2018 Celebrate America: The 374th Force Support Squadron will be sponsoring the annual Independence Day celebration on 3 July from 2-10 PM at the Samurai Training Grounds here at Yokota AB, with numerous activities and entertainment. There will be live bands at 6:30PM and 8:30PM; fireworks at 8PM; food and beer garden, and thousands of dollars in prizes to be given away.
(Source: 374th FSS)

374th Medical Group Information:

Did you know that the 374th MDG offers TRICARE beneficiaries 24 hour access to a live nurse?

The Military Health System (MHS) Nurse Advice Line (NAL) is now available to our TRICARE beneficiaries here in Japan, including those over the age of 67.

The Nurse Advice Line offers professional health advice from a team of Registered Nurses (RNs). The RNs help callers make informed decisions about when and where to seek health care or whether the medical problem can be safely treated with self-care at home.

Call the Nurse Advice Line through the appointment line number at DSN: 225-8864, or from your cell phone by using the Japan International Toll Free Number at 0066-3382-1820.

Did you know that you are part of the Air Force Medical Home at the 374th MDG?

You are assigned to one health care team who will work directly with you and your family. Your team includes a provider, a nurse, medical technicians, and an administrative technician who will partner with you to provide prevention, wellness, acute and chronic care.

A Medical Home is a place of care where patients are treated with respect, dignity, and compassion, which allows for a strong and trusting relationship between the patient and their care team.

As a patient, you can select or change your health care team at any time by using TRICARE Online at: www.tricareonline.com, or by visiting the TRICARE office on the first floor.

Did you know that the 374th MDG can refill some medications without an appointment?

If you are on chronic medication and need a refill, you do not need to schedule an appointment. Simply request a refill from your Air Force Medical Home team through the Patient Portal at www.tricareonline.com or through the secure message tool at <https://mil.relayhealth.com>

Did you know that the 374th MDG has a limited walk-in clinic?

The Family Health Clinic offers a range of services to patients aged 18+ on a walk-in basis daily from 0800-1100 and from 1300-1500 for the following issues:

- Sore throat
- Urinary Tract Infection (UTI) symptoms
- STI symptoms
- Pregnancy test

- Depo Provera shot
- Wart treatment follow up (**AFTER** initial evaluation by PCM)
- B12 injections (if patient has a prescription for B12 injections, just pick it up from the pharmacy and bring the injection to the Central Check-in to be administered by a nurse)
- Blood pressure checks (for established patients)

Just visit the central check-in desk to be seen for these issues!

374th Medical Group Closure dates for July

4 July: Independence Day Holiday
18 July: MDG Training Day

The Urgent Care Clinic and Inpatient Unit will remain OPEN (Source: 374th MDG Facebook Page)

The Special Survivor Indemnity Allowance (SSIA) 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 an 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 Special Survivor Indemnity Allowance (SSIA).

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

www.dfas.mil/retiredmilitary/survivors/

TRICARE Retiree Dental Program

(TRDP) Reminder: The current TRDP will end December 31, 2018. Delta Dental has been the only Dental Carrier under the current program. Under the new Federal Employees Dental and Vision Insurance Program which will be administered by Office of Personnel Management (OPM) effective 1 January 2019 there are up to 10 Dental Carrier options to choose from. Research by our office shows that 6 of these carriers will provide dental coverage for international clients.

Even if you are enrolled currently with TRDP you enrollment automatically ends on December 31, 2018. In order to be covered for 2019 you will need to enroll with a carrier during open season which is currently scheduled from November 12 through December 10. For more information go to: TRICARE.benefeds.com (Source: TRICARE)

Yokota Military Retiree Association

(YMRA): The YMRA will be holding its next Two business breakfast meetings on Saturday, 7 July 2018 and Saturday 4 August 2018 in the Yokota Enlisted Club dining room. All retirees, their spouses and widows of retirees regardless of branch of service are invited. The business side of things starts at 0900. If you want to enjoy a free breakfast please order by 0830. (Source: Yokota RAO)

RAO Contact Information:

Located: Building 535, (Airman & Family Readiness Center), Room 108

Office hours: 0900-1200 Monday, Thursday, Friday and 0900-1500 Tuesday, Wednesday

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URL: The RAO has a web page at: **www.yokota.af.mil** where you can find previous editions of our newsletters and links to other sites that may be of interest.

Facebook: Contact us on the Yokota facebook page



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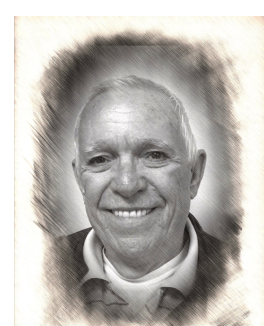
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Comments and suggestions on the content of this newsletter are always welcome.