



DISABLING SICKNESS OR CONDITION

Resource Guide



Program Operations Manual System: Achieving a Better Life Experience (ABLE) Accounts

<https://secure.ssa.gov/apps10/poms.nSf/lnx/0501130740>

Army Emergency Relief

<https://www.armyemergencyrelief.org/>

American Red Cross: Financial Assistance

<https://www.redcross.org/get-help/military-families/financial-assistance.html>

United States Army Transition Assistance Program

<https://www.sfl-tap.army.mil/content/Transition>

VA Disability Compensation

<https://www.va.gov/disability>

Social Security: Disability Benefits

<https://www.ssa.gov/benefits/disability/>

Social Security: Supplemental Security Income (SSI)

<https://faq.ssa.gov/en-US/topic/?id=CAT-01094>

MyArmyBenefits Disability Calculator

<https://myarmybenefits.us.army.mil/Benefit-Calculators/Disability-Income>

IRS: Tax Withholding

<https://www.irs.gov/payments/tax-withholding>

myPay

<https://mypay.dfas.mil>

IRS: Disability Related Products

<https://www.irs.gov/forms-pubs/disability-related-products>

IRS: Tax Withholding Estimator

<https://apps.irs.gov/app/tax-withholding-estimator>

TRICARE

<https://www.tricare.mil>

TRICARE: Health Plans

<https://www.tricare.mil/Plans/HealthPlans>

Extended Care Health Option

<https://www.tricare.mil/Plans/SpecialPrograms/ECHO>

TRICARE: Vision Care

<https://www.tricare.mil/CoveredServices/Vision>

TRICARE: Dental Care

<https://www.tricare.mil/Dental>

TRICARE: Dental Program

<https://www.tricare.mil/CoveredServices/Dental/TDP>

TRICARE: Qualifying Life Events

<https://www.tricare.mil/LifeEvents>

TRICARE: Open Season

<https://www.tricare.mil/openseason>

EFMP Overview

<https://efmp.amedd.army.mil/index.html>

HRC: Exceptional Family Member Program

<https://www.hrc.army.mil/content/Exceptional%20Family%20Member%20Program>

MyArmyBenefits: Exceptional Family Member Program

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-\(EFMP\)-](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-(EFMP)-)

ARC: Exceptional Family Member Program

<https://www.armyfamilywebportal.com/content/exceptional-family-member-program>

Military One Source: Exceptional Family Member Program

<https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member/>

U.S. Department of Veterans Affairs

<https://www.va.gov/>

milConnect

www.dmdc.osd.mil/milconnect

Veterans' Group Life Insurance (VGLI)

<https://www.va.gov/life-insurance/options-eligibility/vgli/>

Burial and Survivor Benefits for Veterans

<https://www.usa.gov/veteran-burial-benefits>

VA: Life Insurance Calculator

<https://insurance.va.gov/NeedsCalculator>

Federal Student Aid: Total and Permanent Disability Discharge

<https://studentaid.gov/manage-loans/forgiveness-cancellation/disability-discharge>

Center for Parent Information & Resources

<https://www.parentcenterhub.org/>

Exceptional Family Member Program

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-\(EFMP\)-?serv=122](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Exceptional-Family-Member-Program-(EFMP)-?serv=122)

Military OneSource: Special Needs – Resources

<https://www.militaryonesource.mil/family-relationships/special-needs/special-needs-resources/>

Spouse Licensure Reimbursement

https://www.army.mil/e2/downloads/rv7/qualityoflife/ad2020_01_spouse_licensure_reimbursement.pdf

My Career Advancement Account

<https://mycaa.militaryonesource.mil/mycaa>

Military OneSource: Special Needs Organizational Record

<https://www.militaryonesource.mil/?s=special+needs+organizational+record>

Military OneSource: Preparing Your Family Care Plan

<https://www.militaryonesource.mil/family-relationships/%20relationships%20parents-guardians/preparing-your-family-care-plan/>

My Army Benefits

<https://myarmybenefits.us.army.mil/>

VA: DIC Rates for Spouses and Dependents

<https://www.va.gov/disability/survivor-dic-rates/>

VA: Education Benefits for Survivors and Dependents

<https://www.va.gov/education/survivor-dependent-benefits/>

VA: Fry Scholarship

<https://www.va.gov/education/survivor-dependent-benefits/fry-scholarship/>

My Army Benefits: The HEART Act

<https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/The-Heart-Act>

Social Security: Create Your Account

<https://secure.ssa.gov/RIL/SiView.action>

My Army Benefits: Survivor Benefits Calculator

<https://myarmybenefits.us.army.mil/Benefit-Calculators/Survivor-Benefits>

Defense Finance and Accounting Service: Secondary Dependency – General Information

<https://www.dfas.mil/MilitaryMembers/SecondaryDependency/SDC/>

AnnualCreditReport.com

<https://www.annualcreditreport.com>

IdentityTheft.gov

<https://identitytheft.gov/>

Financial Readiness Program

<https://www.financialfrontline.org/>

Forms and Handouts

<https://www.financialfrontline.org/>

Disabling Sickness or Condition Soldier Checklist

Major Purchases Handout

5 Rules of Buying a House Handout

Spending Plan Worksheet Handout

Thrift Savings Plan Handout

TRICARE Overview Handout

Military Retirement Handout

Paying off Student Loans Handout

Education Benefits and Savings Protection Handout

Paying Off Student Loans Handout

Estate Planning Handout

Survivor Benefits Overview Handout

Military Consumer Protection Handout

Sources of Help for Military Consumers Handout

Free Credit Monitoring Handout

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