



What to know if you are eligible for

TEMPORARY DISABILITY RETIRED LIST



YOU ARE ELIGIBLE FOR TDRL.

You need to do the following to ensure a smooth transition to retirement pay and medical care.

1. Contact your local TRICARE Office

- a. Enroll in TRICARE Prime by the 10th day of the month prior to your retirement date, to take effect on the first day of the following month (DEERS must be reviewed, and updated if necessary, prior to re-enrolling in TRICARE Prime).

NORTH REGION

Health Net Federal Services
1-877-874-2273

SOUTH REGION

Humana Military Healthcare Services
1-800-444-5445

WEST REGION

TriWest Healthcare Alliance
1-888-874-9378

- b. Medical Coverage will stop upon being transferred to TDRL if not re-enrolled.

2. Complete your Survivor Benefit Plan (SBP) DD Form 2656 prior to separation. You are being retired and must make an SBP enrollment election.

- a. Your unit's administration section must complete and you must sign the form.
- b. Note: Failure to complete this form will result in full premiums being deducted from your retirement pay and will delay Defense Finance and Accounting Service (DFAS) in processing your retirement pay.

3. Transfer Your Life Insurance Policy

If you want life insurance and cannot afford the high premiums in the civilian sector then make sure to transfer your Servicemember Group Life Insurance (SGLI) to Veteran Group Life Insurance (VGLI) within 120 days post discharge. If done within this time frame, you do not need additional medical documentation or an additional physical exam.

Visit the VGLI website at www.insurance.va.gov/sglisite/vgli/vgli and watch for a letter in the mail from the VA.

4. Contact Your Local VA Healthcare System

Enroll in Healthcare Benefits and ask if you are eligible for additional entitlements related to your VA disability rating.

Resource Info: Call the VA Healthcare Line at 1-800-827-1000 or to access the VA facility locator go to www2.va.gov/directory/guide/home.asp?isflash=1 and type in your zip code.



Please visit the Wounded Warrior Regiment website at www.woundedwarriorregiment.org and click on the Integrated Disability Evaluation System toolkit which will provide you with more information. You may also contact the Sergeant Merlin German Wounded Warrior Call Center, at 1-877-487-6299 if you have questions.

FREQUENTLY ASKED QUESTIONS ON ASSISTANCE

Who will help me when I report to the hospital for an examination?

Your Physical Evaluation Board Liaison Officer (PEBLO) can provide counseling and assistance to you. They are typically located at Military Treatment Facilities (MTF) or you can request to speak to one by contacting the hospital's Registrar or Patient Administration Division.

What happens if my disability percentage drops below 30% through my TDRL re-evaluation?

It's highly recommended that you demand a formal hearing, and then contact the Sergeant Merlin German Wounded Warrior Call Center at 1-877-487-6299 for guidance and information on the formal hearing process.

What if I elect to receive disability compensation or other benefits from the VA, where can I obtain information or assistance concerning my VA compensation and benefits?

You should call or visit the Veterans Administration regional or local office closest to your home. To access the VA facility locator go to www2.va.gov/directory/guide/home.asp?isflash=1 and type in your zip code or call 1-800-827-1000.

Who can I contact if I have questions about my physical examinations or other matters pertaining to my status on the TDRL?

In addition to the PEBLO at the hospital, you may contact:

- Marine Corps' Disability Section (MMSR-4) at (703) 784-9308/9309/9321
- WWR MEB/PEB Liaison at (703) 432- 1856

What if I do not receive my monthly retirement paycheck or have other problems concerning my pay?

Your retirement pay is the responsibility of the Defense Finance and Accounting Service (DFAS). They can be contacted at 1-800-321-1080.

Who do I need to contact if I change my address or phone number while on TDRL?

You must contact the Marine Corps Disability Section for Separations and Retirement at (703) 784-9308/9309/9321.

What if I didn't enroll in TRICARE Prime before retiring?

If you did not enroll in TRICARE Prime before your retirement date you will automatically be enrolled in TRICARE Standard. You are eligible to enroll in TRICARE Prime after that but must enroll on or before the 20th of the month to have coverage effective the first day of the next month.

THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to Wounded, Ill and Injured (WII) Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Va., coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, Calif., and Camp Lejeune, N.C. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.



UNITED STATES MARINE CORPS WOUNDED WARRIOR REGIMENT

ETIAM IN PUGNA "STILL IN THE FIGHT"

www.woundedwarriorregiment.org | 877.487.6299 |    