

NON-REGULAR RETIREMENT PLANNING **CHECKLIST**

0 - 6 Months after transfer to the Retired Reserve or Discharge

Transfer to Retired Reserve/Discharge:

Month _____ **Year** _____

- ☐ Get new retired ID cards for yourself and your dependents
- ☐ If applicable, apply for [TRICARE Retired Reserve \(TRR\)](https://tricare.mil/LifeEvents/Retiring/GuardReserve) (<https://tricare.mil/LifeEvents/Retiring/GuardReserve>) and the Federal Employees Dental and Vision Insurance Program (FEDVIP), for dental and vision insurance coverage. See <https://tricare.mil/LifeEvents/Retiring/GuardReserve> and <https://www.benefeds.gov/learn/fedvip/fedvip-enrollment> for additional information.
- ☐ If desired, [convert your SGLI to VGLI](https://www.va.gov/life-insurance/options-eligibility/vgli) (<https://www.va.gov/life-insurance/options-eligibility/vgli>), or to civilian life insurance, and/or [apply for VALife](https://www.va.gov/life-insurance/options-eligibility) (<https://www.va.gov/life-insurance/options-eligibility>).
- ☐ Set up your gray area Future Retiree myPay account at <https://mypay.dfas.mil>.
- ☐ Maintain RCSBP election with the Army Human Resources Command (AHRC), Gray Area Retirements (GAR) Branch.