

CHECK LIST FOR RETIREMENT

BEFORE ENTERING THE RETIRED RESERVE:

1. Ensure you can log into mypay with a username/password, this is easier to accomplish when you still can login with a CAC card. You will need this to print your last W-4's and once you receive retiree pay, you can view it here. <https://mypay.dfas.mil/mypay.aspx>
 2. Have a DS Login username/password, this is easier to accomplish when you still can login with a CAC card. DEERS recommends this because it makes it easier for retiree benefits.
<https://www.dmdc.osd.mil/identitymanagement/app/login>
 3. Download your entire iPERMs file once you get close to your retirement date for your records. There are three buttons on the top left side, if you click download, it will download your entire file.
<https://iperms.hrc.army.mil/rms/login.jsp>
 4. If you wish to receive a copy of your medical file, please contact SSG Jay Ostboe, 701-791-3719 or jay.m.ostboe.mil@mail.mil He will have you sign a release and then put your records on a disk.
 5. Review your Retirement Point Account Statement to ensure everything is on there and if you qualify for EARLY AGE DROP.
 6. Be sure to check the Human Resources Command Retirement Page and review what will happen before 60 or when you are eligible to receive your pay.
<https://www.hrc.army.mil/content/Gray%20Area%20Retirements%20Branch>
 7. Be aware of all Tricare changes or usage that applies to your situation. <https://tricare.mil/>
 8. If you have a TSP visit <https://www.tsp.gov/index.html> and ensure you know your username and password.
 9. Possibly update wills, be prepared to convert SGLI to VGLI if you want*, SSLI if you have it, and review any other assets you may have before leaving. Everything is easier when you have a CAC card.
 10. Be sure DEERS/RAPIDS is up to date with addresses, email, and dependent ID cards as well. To make an ID card appointment it can be scheduled at: <https://idco-pki.dmdc.osd.mil/idco/> at a site near you.
 11. Stay in contact with RSO in reference to any major life events (i.e. marriage, divorce, death, or new dependents etc.) This can affect your Survivor Benefit Plan election coverage.
- * Your SGLI coverage ends 120 days after you separate from service. If you would like to continue your coverage, you can apply for Veterans' Group Life Insurance (VGLI). You have one year and 120 days to apply for VGLI. If you apply within 240 days of your date of separation, you will not need to provide proof of good health. If you apply for VGLI after 240 days, you may need to answer health questions. The maximum amount of VGLI coverage you can apply for is limited to the amount of SGLI coverage you have upon separation from service. To obtain more information and apply, visit <https://www.va.gov/life-insurance/options-eligibility/vgli/>
12. Updates are on the public webpage at: <https://www.ndguard.nd.gov/ndng-retireesveterans> . To stay in constant contact with the retirement community you sign up at: <https://forms.osi.apps.mil/r/dWAwQChFpv> or use the QR code

