

# FORCECOM

## Newsletter

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February is....

February 2015

**Black History Month:** Check out happenings in your community on ways to observe and participate in this part of American history. Find out if there is a local event, base event, or even something on TV to celebrate Black History Month

**Dental Health Month:** If you or your child(ren) have not been to visit a dentist recently, now is a great time to set up your appointment. Dental care is separate from TRICARE, so visit <http://www.tricare.mil/CoveredServices/Dental.aspx> to find out what is covered, and dental providers in your network

**American Heart Month:** Heart disease is the #1 cause of death in men and women, and top cause for disease and disability. Many people are not aware of an existing heart condition. For information about American Heart Month, heart health, and prevention, visit <http://www.heart.org/HEARTORG/>

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## Pay Day Reminders

Military paydays are the 1<sup>st</sup> and the 15<sup>th</sup> of every month. If payday falls on a weekend, or a holiday, it will be the business day before. Some banks make military pay available a day before the scheduled day; this is a courtesy and should not be expected.

If at any time you have questions regarding pay, contact your assigned Administrative Yeoman or Servicing Personnel Office (SPO). Remember, you must have power of attorney to discuss the matter if the service member is deployed

As a reminder, if at any time you are in need of financial assistance, CG SUPRT is available to help

## Pharmacy Co-pay Increase

Beginning this month, pharmacy co-pays will increase \$3 in all categories except generic drugs filled by TRICARE mail order pharmacy. Prescriptions filled at MTF (military treatment facilities) will continue to be free.

For more information visit <http://www.tricare.mil/Costs/PrescriptionCosts.aspx>

## Scholarships

Two scholarships are currently accepting applications. One is the 2015 Coast Guard Foundation Scholarship and the other is the Fallen Heroes Scholarship Fund.

To apply, visit

<https://1coastguardfoundationscholars.communityforce.com/Funds/Search.aspx>

## Special Needs

Some information has been released regarding the Special Needs Program (SNP). If you are enrolled in the SNP, or would like to get enrolled, please contact me so I can forward you the information. Active duty members should have received the information as well, but I will be happy to help you as well!

## Tax Filing Service (Reminder)

Starting January 13<sup>th</sup>, CG SUPRT will launch H&R Block Tax service online for free (free offer is only valid through the CG SUPRT website). Access the software only through the link provided by CG SUPRT. Make sure you have all of your tax documents ready before filing, including 2013 tax return.

Once the site launches, and you have all the required documents, you may file your taxes. Even if the IRS opening date has not arrived, you may complete your e-file and the H&R Block system will submit the return once the date opens. Active duty, selected reserve members, spouses and dependent children, civilian CG employees, and their household members and dependents are eligible to use the free service. If you are prompted to enter payment, call CG SUPRT. You are allowed 1 Federal and up to 3 state returns per user. Visit [www.cgsuprt.com](http://www.cgsuprt.com) for more information.

For questions about the service or your return, call 1-855-247-8778 to speak with a tax consultant. Trained consultants will be available M-F, 0900-2000.

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## FORCECOM

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Thank you for the opportunity to serve as your ombudsman. Please know that I am here to help in any way. You can reach me by email or phone.

There are many resources available to Coast Guard families. If I am not sure of the best way to help you, I will find out.

Looking forward to a great 2015!

-Holly Aber

FORCECOM Ombudsman



*Semper  
Paratus*

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## Links & Information

Coast Guard Support: available 24 hours a day, 7 days a week. Toll free number:  
1-855-CGSUPRT (247-8778)

Confidential professional counseling, education, and referral services to help you with variety of issues:

- marital problems
- work concerns
- child care
- K-12 education concerns
- pet care
- depression and anxiety
- career transitions
- adoption
- moving and relocation

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

Health, Safety, and Work Life Service Center (HSWL) There is an app available at the app store (iPhone and Android). The app has lots of great information to get you connected to many resources, as does the website.

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

[www.uscg.mil/worklife/default.asp](http://www.uscg.mil/worklife/default.asp)

[www.uscg.mil/mwr](http://www.uscg.mil/mwr)

[www.uscg.mil](http://www.uscg.mil)

[www.tricare.mil](http://www.tricare.mil)

[www.Ready.gov](http://www.Ready.gov)

<http://www.uscg.mil/worklife/ready>

