

## Quick Guide for Websites

Benefit	Website/Link
<b>STEP 1: Plan for Your Transition</b>	
DoD Curriculum Participant Guides	<a href="http://www.dvidshub.net/unit/DoDTAP">www.dvidshub.net/unit/DoDTAP</a>
DoD TAP	<a href="http://www.DoDTAP.mil">www.DoDTAP.mil</a>
VA Benefits and Services Participant Guide	<a href="https://benefits.va.gov/transition/tap.asp">https://benefits.va.gov/transition/tap.asp</a>
DOL Curriculum Participant Guides	<a href="https://www.dol.gov/agencies/vets/programs/tap">https://www.dol.gov/agencies/vets/programs/tap</a>
DMDC myAccess	<a href="https://myaccess.dmdc.osd.mil/">https://myaccess.dmdc.osd.mil/</a>
<b>STEP 2: Build Your Transition Team</b>	
<b>Army</b> – Transition Assistance Program Centers	<a href="http://www.armytap.army.mil">www.armytap.army.mil</a>
<b>Navy</b> – Fleet and Family Support Centers	<a href="https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html">https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html</a>
<b>Air Force</b> – Airman/Military and Family Readiness Centers	<a href="https://www.afpc.af.mil/Airman-and-Family/Transition-Assistance-Program/">https://www.afpc.af.mil/Airman-and-Family/Transition-Assistance-Program/</a>
<b>Marine Corps</b> – Career Resource Centers	<a href="https://www.usmc-mccs.org/services/career/transition-readiness">https://www.usmc-mccs.org/services/career/transition-readiness</a>
<b>Coast Guard</b> – Health, Safety and Work-Life Services Center	<a href="https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Work-Life-Field-Offices/">https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Work-Life-Field-Offices/</a>
American Job Centers (AJC)	<a href="https://www.careeronestop.org/LocalHelp/AmericanJobCenters/american-job-centers.aspx">https://www.careeronestop.org/LocalHelp/AmericanJobCenters/american-job-centers.aspx</a>
VA Vet Centers	<a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a>
Military OneSource	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
MSO/VSO	<a href="https://www.va.gov/vso/">https://www.va.gov/vso/</a>
National Resource Directory	<a href="https://nrd.gov">https://nrd.gov</a>
Military Life Cycle Modules	<a href="https://TAPevents.org/courses">https://TAPevents.org/courses</a>
Transition Online Learning	<a href="https://TAPevents.org/courses">https://TAPevents.org/courses</a>
<b>STEP 3: Know Your VA Benefits</b>	
VA Benefits and Services Participant Guide	<a href="https://benefits.va.gov/transition/tap.asp">https://benefits.va.gov/transition/tap.asp</a>
VA Disability Benefits	<a href="https://www.va.gov/disability/">https://www.va.gov/disability/</a>

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Benefits Delivery at Discharge (BDD)	<a href="https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/">https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/</a>
VA Health Care	<a href="https://www.va.gov/health-care/">https://www.va.gov/health-care/</a>
Women’s Health Care	<a href="https://www.va.gov/health-care/health-needs-conditions/womens-health-needs/">https://www.va.gov/health-care/health-needs-conditions/womens-health-needs/</a>
Women’s Health Transition Training	<a href="https://www.va.gov/womenvet/whtt/">https://www.va.gov/womenvet/whtt/</a>
Transition and Care Management (TCM)	<a href="https://www.oefoif.va.gov/caremanagement.asp">https://www.oefoif.va.gov/caremanagement.asp</a>
VA Mental Health Care	<a href="https://www.samhsa.gov/find-treatment">https://www.samhsa.gov/find-treatment</a>
VA Dental Care	<a href="https://www.va.gov/health-care/about-va-health-benefits/dental-care/">https://www.va.gov/health-care/about-va-health-benefits/dental-care/</a>
VA Education and Training Benefits	<a href="https://gibill.custhelp.va.gov/app/answers/detail/a_id/947">https://gibill.custhelp.va.gov/app/answers/detail/a_id/947</a>
Transfer Post 9-11 GI Bill	<a href="https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/">https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/</a>
Montgomery GI Bill (MGIB)	<a href="https://www.va.gov/education/about-gi-bill-benefits/montgomery-active-duty/">https://www.va.gov/education/about-gi-bill-benefits/montgomery-active-duty/</a>
Montgomery GI Bill Selected Reserves (MGIB-SR)	<a href="https://www.va.gov/education/about-gi-bill-benefits">https://www.va.gov/education/about-gi-bill-benefits</a>
Personalize Career Planning and Guidance (PCPG)	<a href="https://www.va.gov/careers-employment/education-and-career-counseling/">https://www.va.gov/careers-employment/education-and-career-counseling/</a>
Veteran Readiness and Employment (VR&E)	<a href="https://www.va.gov/careers-employment/vocational-rehabilitation/">https://www.va.gov/careers-employment/vocational-rehabilitation/</a>
VA Home Loan Program	<a href="https://www.va.gov/housing-assistance/">https://www.va.gov/housing-assistance/</a>
VA Life Insurance	<a href="https://www.va.gov/life-insurance/">https://www.va.gov/life-insurance/</a>
State VA Benefits	<a href="https://www.va.gov/statedva.htm">https://www.va.gov/statedva.htm</a>
VA Vet Centers	<a href="https://www.vetcenter.va.gov/">https://www.vetcenter.va.gov/</a>
VA Solid Start	<a href="https://benefits.va.gov/transition/solid-start.asp">https://benefits.va.gov/transition/solid-start.asp</a>
<b>STEP 4: Plan for Health/Mental Care and Health Insurance</b>	
SHPE/SHA with TRICARE	<a href="https://www.tricareonline.com/">https://www.tricareonline.com/</a>
Access Medical Records	<a href="https://www.tricare.mil/Resources/MedicalRecords">https://www.tricare.mil/Resources/MedicalRecords</a>
Medical History Form, 2807-1	<a href="https://dcp.psc.gov/ccmis/forms/FORMS_medical_m.aspx">https://dcp.psc.gov/ccmis/forms/FORMS_medical_m.aspx</a>
DoD InTransition	<a href="https://www.pdhealth.mil/resources/intransition">https://www.pdhealth.mil/resources/intransition</a>
Suicide Prevention Resources	<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>
Suicide Crisis Line Chat	<a href="https://www.veteranscrisisline.net/get-help/chat">https://www.veteranscrisisline.net/get-help/chat</a>
DoD Safe – Sexual Assault Resources	<a href="http://safehelpline.org/">http://safehelpline.org/</a>

<b>Benefit</b>	<b>Website/Link</b>
State/Local Health Care/Mental Health Services	<a href="http://www.statelocalgov.net">www.statelocalgov.net</a>
Qualifying Life Event (QLE) - Separating	<a href="https://www.tricare.mil/LifeEvents/Separating">https://www.tricare.mil/LifeEvents/Separating</a>
Qualifying Life Event (QLE) - Retiring	<a href="https://www.tricare.mil/LifeEvents/Retiring">https://www.tricare.mil/LifeEvents/Retiring</a>
Qualifying Life Event (QLE) - Deactivating	<a href="https://www.tricare.mil/LifeEvents/Deactivating">https://www.tricare.mil/LifeEvents/Deactivating</a>
TRICARE	<a href="http://www.tricare.mil">www.tricare.mil</a>
TRICARE Plan Finder	<a href="http://www.tricare.mil/planfinder">www.tricare.mil/planfinder</a>
Retired Veteran Under 65	<a href="https://www.tricare.mil/Plans/Eligibility/RSMandFamilies">https://www.tricare.mil/Plans/Eligibility/RSMandFamilies</a>
Federal Insurance (FEDVIP)	<a href="http://www.benefeds.com">www.benefeds.com</a>
Federal Long Term Care Insurance Program (FLTCIP)	<a href="http://www.LTCFEDS.com">www.LTCFEDS.com</a>
Continued Health Care Benefits Program (CHCBP)	<a href="https://www.humanamilitary.com/beneficiary/benefit-guidance/special-programs/chcbp/">https://www.humanamilitary.com/beneficiary/benefit-guidance/special-programs/chcbp/</a>
Transition Assistance Management Program (TAMP)	<a href="https://www.tricare.mil/TAMP">https://www.tricare.mil/TAMP</a>
Health Insurance Marketplace	<a href="http://www.healthcare.gov/veterans">www.healthcare.gov/veterans</a>
Local Healthcare Assistance	<a href="https://localhelp.healthcare.gov/#">https://localhelp.healthcare.gov/#</a>
<b>STEP 5: Plan for Civilian Employment/Vocational Training</b>	
DOL Participant Guides	<a href="https://www.dol.gov/agencies/vets/programs/tap">https://www.dol.gov/agencies/vets/programs/tap</a>
DOL Vets	<a href="http://www.veterans.gov">www.veterans.gov</a>
Veteran and Military Transition Center	<a href="http://www.careeronestop.org/veterans">www.careeronestop.org/veterans</a>
Transition Employment Assistance for Military Spouses (TEAMS)	<a href="http://www.Veterans.gov/MilSpouses/Events">www.Veterans.gov/MilSpouses/Events</a>
Career One Stop/American Job Centers	<a href="http://www.CareerOneStop.org">www.CareerOneStop.org</a>
State Job Banks	<a href="https://www.careeronestop.org/JobSearch/FindJobs/state-job-banks.aspx">https://www.careeronestop.org/JobSearch/FindJobs/state-job-banks.aspx</a>
Unemployment Compensation	<a href="http://www.careeronestop.org/veterans/toolkit/find-unemployment-benefits.aspx">www.careeronestop.org/veterans/toolkit/find-unemployment-benefits.aspx</a>
O*NET Online	<a href="https://www.onetonline.org/">https://www.onetonline.org/</a>
My Next Move for Veterans	<a href="http://www.mynextmove.org/vets/">www.mynextmove.org/vets/</a>

<b>Benefit</b>	<b>Website/Link</b>
Verification of Military Experience and Training (VMET)	<a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a>
Licensing/Certification Training	<a href="http://www.careeronestop.org/FindTraining/">www.careeronestop.org/FindTraining/</a> <a href="https://www.dol.gov/agencies/vets">https://www.dol.gov/agencies/vets</a>
Apprenticeships	<a href="http://www.apprenticeship.gov">www.apprenticeship.gov</a>
COOL - DoD	<a href="https://www.cool.osd.mil">https://www.cool.osd.mil</a>
COOL - Army	<a href="https://www.cool.osd.mil/army/index.htm">https://www.cool.osd.mil/army/index.htm</a>
COOL – Marine Corps	<a href="https://www.cool.navy.mil/usmc">https://www.cool.navy.mil/usmc</a>
COOL - Navy	<a href="https://www.cool.navy.mil/usn/">https://www.cool.navy.mil/usn/</a>
COOL – Air Force	<a href="https://afvec.us.af.mil/afvec/Public/COOL/">https://afvec.us.af.mil/afvec/Public/COOL/</a>
COOL – Coast Guard	<a href="https://www.cool.osd.mil/uscg/">https://www.cool.osd.mil/uscg/</a>
MilGears	<a href="https://milgears.osd.mil/">https://milgears.osd.mil/</a>
GI Bill and Apprenticeships	<a href="https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/on-the-job-training-apprenticeships/">https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/on-the-job-training-apprenticeships/</a>
Apprenticeship	<a href="http://www.apprenticeship.gov">www.apprenticeship.gov</a>
United States Military Apprenticeship Program (USMAP)	<a href="https://usmap.netc.navy.mil/usmaps/static/index.htm">https://usmap.netc.navy.mil/usmaps/static/index.htm</a>
DoD SkillBridge	<a href="https://dodskillbridge.usalearning.gov">https://dodskillbridge.usalearning.gov</a>
Volunteering	<a href="http://www.VolunteerMatch.org">www.VolunteerMatch.org</a>
AmeriCorps	<a href="https://www.americorps.gov/members-volunteers">https://www.americorps.gov/members-volunteers</a>
Uniformed Services Employment and Reemployment Rights Act (USERRA)	<a href="https://www.dol.gov/agencies/vets/programs/userra">https://www.dol.gov/agencies/vets/programs/userra</a> <a href="http://www.esgr.mil">www.esgr.mil</a> <a href="http://www.benefits.va.gov/guardreserve">www.benefits.va.gov/guardreserve</a>
<b>STEP 6: Learn about Federal Employment</b>	
Transition to Federal Hiring Course	<a href="https://tapevents.org/courses">https://tapevents.org/courses</a>
OPM Federal Hiring Course	<a href="http://www.usajobs.gov/notification/events">www.usajobs.gov/notification/events</a>
USA Jobs	<a href="http://www.usajobs.gov">www.usajobs.gov</a>
Feds Hire Vets	<a href="https://www.fedshirevets.gov/">https://www.fedshirevets.gov/</a>
Veteran Employment Program Offices (VEPO)	<a href="https://www.fedshirevets.gov/veterans-council/agency-directory/">https://www.fedshirevets.gov/veterans-council/agency-directory/</a>
<b>STEP 7: Plan for Future Education</b>	
Managing Your Education Track – Online Version	<a href="https://TAPEvents.org/courses">https://TAPEvents.org/courses</a>

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Managing Your (MY) Education	<a href="https://TAPEvents.org/courses">https://TAPEvents.org/courses</a>
Defense Activity for Non-Traditional Education Support (DANTES)	<a href="http://www.dantes.doded.mil">www.dantes.doded.mil</a>
Joint Service Transcript (JST)	<a href="https://jst.doded.mil/jst/">https://jst.doded.mil/jst/</a>
CCAF	<a href="http://www.airuniversity.af.mil/Barnes/CCAF/">http://www.airuniversity.af.mil/Barnes/CCAF/</a>
State/Local Education Benefits for Veterans	<a href="https://www.military.com/education/money-for-school/state-veteran-benefits.html">https://www.military.com/education/money-for-school/state-veteran-benefits.html</a>
Department of Education Federal Aid	<a href="https://studentaid.ed.gov/sa/">https://studentaid.ed.gov/sa/</a>
Upward Bound Program	<a href="https://www2.ed.gov/programs/triovub/index.html">https://www2.ed.gov/programs/triovub/index.html</a>
<b>STEP 8: Consider Starting a Business</b>	
SBA - Boots 2 Business- Online Version	<a href="https://TAPEvents.org/courses">https://TAPEvents.org/courses</a>
Veterans Business Outreach Center (VBOC)	<a href="http://www.sba.gov/vboc">www.sba.gov/vboc</a>
System for Award Management (SAM)	<a href="https://www.sam.gov">https://www.sam.gov</a>
Mentor-Protégé Program	<a href="https://www.sba.gov/">https://www.sba.gov/</a>
VA Small and Veterans Business Program	<a href="https://www.va.gov/osdbu/programs">https://www.va.gov/osdbu/programs</a>
DoD Procurement Technical Assistance Center Program (PTACs)	<a href="https://www.aptac-us.org">https://www.aptac-us.org</a>
<b>STEP 9: Explore Additional Information and Benefits</b>	
FBI Extremism Tip Line	<a href="https://tips.fbi.gov/">https://tips.fbi.gov/</a>
Immigration Status	<a href="https://www.uscis.gov/">https://www.uscis.gov/</a>
Thrift Savings Plan (TSP)	<a href="https://www.tsp.gov/changes-in-your-career/leaving-the-federal-government/">https://www.tsp.gov/changes-in-your-career/leaving-the-federal-government/</a>
Survivor Benefit Plan (SPB)	<a href="https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/">https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/</a>
Military Protections and Tax Benefits (MLA and SCRA)	<a href="https://www.consumerfinance.gov/practitioner-resources/servicemembers/">https://www.consumerfinance.gov/practitioner-resources/servicemembers/</a>
Office of Housing and Urban Development (HUD)	<a href="https://www.hud.gov/program_offices/comm_planning/veteran_information">https://www.hud.gov/program_offices/comm_planning/veteran_information</a>
Voting Assistance	<a href="http://www.fvap.gov/links">www.fvap.gov/links</a> <a href="http://www.fvap.gov/military-voter/transition">www.fvap.gov/military-voter/transition</a>

Benefit	Website/Link
Adaptive Tools for Service Members	<a href="https://www.cap.mil/">https://www.cap.mil/</a>
American Travel Forces	<a href="http://www.AmericanForcesTravel.com">www.AmericanForcesTravel.com</a>
<b>STEP 10: Know Where to Go for Assistance</b>	
DoDTAP	<a href="http://www.dodtap.mil">www.dodtap.mil</a>
DOL Vets	<a href="https://www.dol.gov/agencies/vets">https://www.dol.gov/agencies/vets</a>
VA Veterans Resources	<a href="https://www.va.gov">https://www.va.gov</a>
VA - Healthcare	<a href="https://www.va.gov/health-care/">https://www.va.gov/health-care/</a>
VA – Disability	<a href="https://www.va.gov/disability/">https://www.va.gov/disability/</a>
VA - Education	<a href="https://www.va.gov/education/">https://www.va.gov/education/</a>
VA - Records	<a href="https://www.va.gov/records/">https://www.va.gov/records/</a>
SBA Office of Veteran Business Development	<a href="https://www.sba.gov/about-sba/sba-locations/headquarters-offices/office-veterans-business-development">https://www.sba.gov/about-sba/sba-locations/headquarters-offices/office-veterans-business-development</a>