Transition Orientation
Welcome!
No Food Allowed in the Class Room
Transition Orientation Overview

- Welcome & Introduction
- Transition Center
- Finance
- Transportation
- Education Center
- Child & Youth Services (School Liaison)
- Military OneSource
- Transition Assistance Career Counselors
- Reserve Component
- Performance Triad Campaign
- Post-Government Employment

**********Lunch Break************
TRANSITION CENTER

ETS
CHAPTER
MEDICAL
RETIREMENT
OFFICERS
DD FORM 214
PROCESSING

- MILITARY TO CIVILIAN LIFE

- RESPONSIBLE FOR:
  - ORDERS
  - DD FORM 214

- COPELAND CENTER, ROOM B309

CUSTOMER SERVICE: 287-3513
OPERATIONS

CUSTOMER SVC
0800-1130
1230-1400

DD FORM 214 BRIEFING

- ETS
- CHAPTER
- MED SEP

0730

- OFFICER
- ENL RETIRE
- MED RETIRE

APPOINTMENT

RECEIVE DD FORM 214 ONE DAY PRIOR TO PTDY/LV OR ON SEPARATION DATE

KNOW YOUR CAC PIN NUMBER.
DD FORM 214 DIGITALLY SIGNED!!!!!!

KNOW YOUR AKO ACCOUNT

DD FORM 214 BRIEFINGS HOURS AND DATES MAY VARY ON TRAINING HOLIDAY
ETS

- WORKSHEET (HANDOUT)
  - EMAIL ADDRESS
  - PHONE NUMBER
  - # DAYS TAKING LV
  - OR DA FORM 31

- ETS ORDERS AVAILABLE 90 DAYS PRIOR TO ETS DATE OR START OF LV IF WE HAVE LV INFO

- NOT AUTHORIZED PTDY. PDMRA YES IF IN CONJUNCTION WITH TERMINAL LEAVE. REDUCTION IN FORCE AUTHORIZED PTDY

- PROMOTION ORDERS /DA FORM 4187/ARTICLE 15

- DD FORM 93/SGLV

- RETENTION CHANGES ETS DATE
CHAPTER

- LEGAL REVIEWS
- CDR APPROVES
- UNIT DETERMINES SEPARATION DATE

- ORIGINAL CHAPTER
- WORKSHEET
- POC FOR CHAPTER

- PAY STOPS ON SEP DATE
- DATES CAN BE CHANGED
- SOLDIER GOES AWOL UNIT CLEARS

- SCHOOL DROP SUBTRACT 90 DAYS FROM ETS DATE
- THAT DAY IS 1ST DAY TO TAKE LV OR SEPARATE

- PTDY/LV (SOME CHAPTERS AUTHORIZED)

- MISSING DOCUMENTS
  - AWOL
  - CONFINEMENT
  - PROMOTION
  - DEMOTION

- ESCORT FOR:
  - CHAP 9, 10, 13 & 14

- BAR FROM FORT HOOD IF
  - DRUG RELATED CHAPTER
  - OTHER THAN HONORABLE CONDITIONS

- DFR NO DD FORM 214
MEDICAL

- PHYSICAL DISABILITY BRANCH (PDB) APPROVES
- TC CUTS ORDERS & DD FORM 214 FOR ALL SOLDIERS
- DOCUMENTS NEEDED FOR ORDERS
  - APPROVAL FROM PDB
  - PTDY/LEAVE AUTHORIZATION

- WTB SOLDIERS (not cadre)
  - SFAC PROVIDES
    - CLEARANCE PAPERS
    - ORDERS
    - DD FORM 214

- SOLDIERS NOT IN WTB
  - TC PROVIDES
    - ORDERS
    - DD FORM 214
ENLISTED RETIREMENT

- Retirement request submitted 9 to 12 months prior to requested date
- Need DA Form 4187 and DA Form 31
- Call your technician for appointment
- Optional:
  - ERB
  - LES
  - Personnel file
OFFICERS

- UNQUALIFIED RESIGNATION & CHAPTERS
  - PROCESSED THROUGH S1/G1 (APPROVED BY HRC)
  - TRANSITION CENTER WILL ASSIST WITH:
    - SEPARATION ORDERS
    - DD FORM 214

- RETIREMENT
  - TRANSITION CENTER WILL ASSIST WITH:
    - MFR
    - FORWARD TO HRC
    - RETIREMENT ORDERS
    - DD FORM 214

- MEDICAL SEP/RETIRE
  - TRANSITION CENTER WILL ASSIST WITH:
    - ORDERS
    - DD FORM 214

TECHNICIANS
287-9664
287-6099
DD FORM 214

HISTORY OF MILITARY SERVICE
† DEPLOYMENT
† AWARDS
† SCHOOLS
† PROMOTION
† CHARACTER OF SERVICE
† MOS

ETS, CHAPTERS, MEDICAL SEP BRIEFING
0730 DAILY

OFFICERS & RETIREMENTS APPOINTMENT

DO NOT LEAVE FORT HOOD WITHOUT YOUR DD FORM 214!!!
BRING TO BRIEFING:

- CLEARING PAPERS W/ GREEN STAMP
- ACAP CHECKLIST (DD FORM 2648)
- DA FORM 31 (LEAVE AND/OR PTDY)
- DD FORM 93 (Rec of Emergency Data) & SGLV (Life Ins)
- NG OR RESERVE CONTRACT
- MFR FOR DEPLOYMENTS IF ERB/ORB IS NOT UPDATED
- KNOW PIN NUMBER ON CAC CARD
- UPDATED ERB/ORB AND “LOVE ME BOOK”
  ✓ AWARDS
  ✓ MILITARY SCHOOLS
  ✓ PROMOTION ORDERS
  ✓ REDUCTION (ARTICLE 15)
  ✓ DOCUMENTS TO UPDATE DD FORM 214
NO CHILDREN ALLOWED IN TRANSITION CENTER OR THE BRIEFING. YOU WILL NOT BE SERVICED

GROUP BRIEFING MAY LAST UP TO 6 HOURS

DO NOT MAKE ANY IMMEDIATE PLANS, APPOINTMENTS, OR TRANSPORTATION ARRANGEMENTS THE DAY YOU RECEIVE DD FORM 214
ISSUES

- DOR E4 & BELOW (ERB & LES)
- CURRENT OR UPDATED DD FORM 93 & SGLV
- PHASE 1 PHYSICAL NOT COMPLETED (288-8888)
- REVIEW AND CORRECT ERB/ORB
- SOLDIER GOES AWOL, UNIT CLEARS SOLDIER
- KNOW YOUR “PIN” NUMBER ON CAC CARD, DIGITAL SIGNATURE ON DD FORM 214

DO NOT LEAVE FORT HOOD WITHOUT YOUR DIGITALLY SIGNED DD FORM 214!!!
ETS, Chapters & Retirement
Separation Procedures

Supervisor: Ms. Sharon Sims
(254) 287-0394
or
(254) 287-7373
HOURS AND LOCATION

• Hours of Operation:
  Monday – Wednesday, Friday  0830-1500
  Thursday 1000 – 1500
• Located in Copeland Soldier Service Center, Bldg 18010
• Room Number: A209B
• Phone Numbers:
  
  ETS/CHAPTERS: 254-287-7373

  RETIREMENTS: 254-287-9952
ETS & CHAPTERS

• Process for clearing Finance (TWO steps):
  1) Initial briefing in Room B114, Copeland Center
  2) Once you clear all of Fort Hood and the Unit, you will clear Finance, Room A209B

• Briefings: Note, no children allowed at briefings
  Monday and Thursday
  Time: 0930

• What to Bring:
  3 copies of orders and any/all amendments
  2 copies of leave form w/control number
  Your spouse’ SSN (if dual military)
RETIREMENTS (E1-8; W1-3; O1-4)

• Process for Clearing Finance (THREE steps):
  1) Initial briefing in Room B112, Copeland Center
  2) After clearing all of Fort Hood and the Unit, you will clear Finance, Room A209B
  3) Turn in copy #7 of DD 214

• Briefings: Please, NO children allowed
  Tuesdays
  Time: 1300

• What to bring:
  3 copies of Orders and any/all amendments
  3 copies of DA 31 Leave form with control number
  Your Spouse’ SSN (if dual military)
RETIREMENTS
Sr Grades (E9; W4 & W5; O5 & O6)

• **Process for Clearing Finance (FOUR steps):**
  1) Pick up your installation clearing papers
  2) Call to set up an appt for your initial desk-side Finance briefing
  3) After clearing the installation and the Unit, come to Finance to be cleared
  4) Turn in copy #7 of DD 214 (Final pay will not be released until Finance receives your DD214)

• **Briefings:** Please, NO children allowed
  Hours 0800-1100
  Copeland Center, A209B-2nd Floor by appointment only
  Call 287-9952 to make an appointment
  Briefings are held Tuesdays, Wednesdays, Fridays

• **What to bring:**
  3 copies of Orders and any/all amendments
  3 copies of DA 31 Leave form with control number
  Your Spouse’ SSN (if dual military)
ISSUES

• Still drawing deployment entitlements
  Need memorandum from Unit Commander stating the start and stop date of deployment.

• Rank
  Need copy of ERB and DA 4187 signed by CO for effective date of rank

• Statement of Charges
  CIF, AER, and Education debts(charged against next available pay)

• MGIB Kicker: $600 for $6000.00 (Education Center)
  Payroll deduction (DD 2366-1)

• DTS
  Must clear through your Brigade DTS Office
  No out-standing travel debt

• Terminal Leave
  You should verify your leave balance prior to submitting Terminal Leave for approval. Finance may need copies of leave taken in the last year to verify.

• Revoked/Rescinded Orders
  If anything changes pertaining to your Separation Finance NEEDS to have a copy
Questions?
Welcome to the Transportation Briefing!!

This briefing provides you with general information and guidance regarding your responsibilities for your move.

Detailed information, briefing, and guidance is provided in the “IT’S YOUR MOVE” Pamphlet on the www.move.mil website.
Transportation Briefing

Briefings are offered:
- on-line at: www.move.mil
OR in person at the Copeland Center
* Wednesday - 0900 or 1300; Rm B114

* Friday - 0900; Rm B114 or 1300; Rm A111

Two sessions are available both days.
(Only one briefing is required)
Kiosk is available for self-counseling at Bldg 18010, Room A111A, with an Outbound Tech to assist.
Personally Procured Moves (PPM)

* Briefing is **MANDATORY** for all PPM Moves.

* Appointments are ONLY made at the Transportation Office front desk.

* Orders are required; No Memorandums.

* Briefings are held: Monday-Wednesday-Friday at 0900 in the Copeland Soldier Center, Room A111.
Office Information

Hours of Operation: Monday-Friday: 09000 -1130 & 1300 - 1530
Closed for Lunch 1130 – 1300

Fax #: (254) 287-5608 or (254) 288-2682

Contact: Inbound: (254) 287-2200 #1
NTS: (254) 287-2200 #2
Outbound: (254) 287-2200 #3

Email: hood.dol.ppopns.distro@conus.army.mil

Quality Assurance Section: (254) 287-6152
Education Services Division
Pre-Separation Briefing
The Army Education Center

Bldg 33009, Room G201
761St Tank Battalion Avenue

Hours of Operation:
Monday – Wednesday  0730 - 1600
Thursday 1200-1600
Friday 0730 - 1600
Higher Education Track

Tuesday-Wednesday 0800-1630
Thursday-Friday 0800-1630

Topics:
- College & Degree Selection
- College Cost and GI Bill Selection
- Other Financial Aid
- College Admission

Phone# 285-5700/5707
2\textsuperscript{nd} and 4\textsuperscript{th} Tuesday

- Army ROTC Program 1300

- 2\textsuperscript{nd} Tuesday only
- Army Medical Scholarships
  - 1400
Where can you get $100,000

• For Self

or

• Family
Wednesdays @ 1300

Chapter 30 & 33 GI BILL Briefings

Bldg 33009, RM G201
VA eBenefits Workshop

Immediately Following GI Bill Briefing
On Wednesdays

Bring CAC Card or My Pay Pin
Computer Access provided

Access VA Site for:
Your Benefits, Payment History,
Tricare, Military Records & more
Post 9/11 -
When to make the switch?

• No need to make an immediate selection

• Post 9/11 selection is irrevocable !!!!
ETS & RETIREMENT BRIEFING

MUST HAVE ORDERS

MONDAY, TUESDAY, WEDNESDAY

REPORT TIME 0845

BRIEFING 0900-0945
School Liaison Services

****************************************
Clearing CYSS and the Schools
Located in the River’s Building
Building 121
(Across from the Main Food Court & Military Clothing Sales)

Hours of Operation
0730 – 1630
(Open through lunch)
Withdrawal Procedures for Pre K-12th Grade Students
Related to Out Processing

Please return signed withdrawal paperwork to room 147, Building 121,761st Tank Battalion Ave (Rivers Bldg.) across from the Mainstreet Food Court and Military Clothing Sales.

For elementary and middle school students:
Between August 1 and June 15 (primarily during the school year), contact the school campus(es) directly; take this checklist to the school. In the event that the school is closed please use the Student Services office (KISD only) at 4100 Zephyr Rd. (254) 336-2822.
For High School students, take this form to the High School year round.

Please Print:

Student Name ___________________________ Grade ___________________________

Campus ___________________________ Projected Withdrawal Date ___________________________

- Notify school registrar’s office as soon as you have received an estimated departure date.
- Visit school prior to departure to officially withdraw.
- Ensure parent and student have begun proper withdrawal process at the school to include:
  o Return ID/library card
  o Clear library
  o Clear all charges and fines
  o Clear clinic and attendance office
  o Clear any extracurricular activities

I understand that I will pick up final withdrawal documents on my student’s last day of attendance and all textbooks will be turned in at that time as well as paying any outstanding fines/fees which are owed to the school. ___________________________ (Parent signature)

Signature of School Personnel ___________________________ Date ___________________________

School Stamp (if applicable)
Educational Resources Online

www.Tutor.com/military

www.soarathome.org
School Liaison Officer
Contact Information

Lisa-PerrySmith  254-553-3340
Questions?
Military OneSource
Service Provider Overview
Range of Support

- Community Resources & Referrals
- Financial
- Health Coaching
- Relationships
- Children & Youth
- Special Needs
- Counseling
- Deployment
- Life Transitions
- Moving
- Libraries
- Career & Education
Accessing the Home Page
You can expect:

- 24/7/365 worldwide access
- Master’s-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality
Questions

www.MilitaryOneSource.mil  1-800-342-9647
Region 1
In-Progress
Currently covered by Region 2
Region 2
Edward Cody, E2I
edward.cody.ctr@osd.mil
703-428-7568
Katie Spencer, OWF
katherine.spencer.ctr@osd.mil
703-428-7614
Region 3
Albert Welcher, E2I
adwelcher@pointtransitionsllc.com
757-339-4750
Justin Miller, OWF
jmiller@afsc.com
919-820-0942
Region 4
Derek Jackson, E2I
djackson@manconinc.com
706-951-6331
Jon Ginsberg, OWF
jginsberg@afsc.com
803-412-5244
Region 5
Joseph Graham, E2I
jgraham@manconinc.com
254-319-8391
Michael Maag, OWF
mmaag@afsc.com
512-639-611
Region 6
David Lefforge, E2I
dlefforge@afsc.com
210-793-5611
Erasmo Valles, OWF
evvalles@afsc.com
210-439-0030
Region 7
Shontel Lawrence, E2I
slawrence@manconinc.com
931-302-9675
Chris Self, OWF
cself@afsc.com
931-217-8162
Region 8
Bill Price, E2I
wprice@manconinc.com
316-208-5021
Mike Crowe, OWF
mcrowe@afsc.com
719-433-1459
Region 9
Christopher Burgess, E2I
toburgess@deloitte.com
253-666-4244
Craig Guffey, OWF
cguffey@deloitte.com
202-520-0232
Region 10
Christopher Graham, E2I
cgraham@manconinc.com
619-977-5224
Walt Myhre, OWF
wmyhre@afsc.com
210-896-9535
*As of 23 January 2013; updated quarterly
Continuum of Service

Transition Assistance Career Counselor (TACC) Services

FT Hood, TX
SFC Corona
SFC Rowe
SFC Bain
MSG Corbin

UNCLASSIFIED
What’s In It For Me?

Why see a Transition Assistance Career Counselor?

- **Counsel**: We provide professional and individual counseling on the benefits of continued service within the Reserve Components. We refer Soldiers to the proper agency for specialized services (ie RCCC).

- **Inform**: We inform Soldiers of the benefits they have already earned (ie GI Bill) and how to best utilize these benefits.

- **Liaison**: We liaison between Active and Reserve Component Career Counselors, plus Active Component leadership to better support your needs.

- **Network**: We network Soldiers with civilian job opportunities at their identified home of record (HOR) after separation.

- **Ensure**: Lastly, as Reserve Component Soldiers we understand the current struggles Soldiers face after Active Duty and can help make your upcoming transition successful.
When a Soldier becomes unemployed:

- Soldier loses a **Paycheck**
- Soldier loses **Healthcare**
- Soldier loses **Dental Care**
- Soldier loses chance to **Retire**
- Soldier loses **SGLI**
- Soldier loses **Base Privileges**

When a Soldier becomes unemployed it also impacts their FAMILY (spouse, children, parents, and friends).
Pay Benefits:

- **Battle Assembly Pay (48 MUTAs per Year)**
  - Traditionally known as a “Drill Weekend”
  - Sat/Sun = 4 MUTAs = 4 AD Days

- **Annual Training Pay**
  - Generally 2 weeks

- **Additional Duty Training, ADOS Orders, Tour of Duty for 179 days or more** (subject to funding)

- **AGR Tours**
Reserve Component Pay (Annual)

Pay is based on two weeks of annual training each year and one weekend each month. Chart updated as of 1-Jan-14

<table>
<thead>
<tr>
<th>Rank</th>
<th>4 Years Service</th>
<th>6 Years Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private First Class (E3)</td>
<td>$4,273</td>
<td>$4,273</td>
</tr>
<tr>
<td>Specialist or Corporal (E4)</td>
<td><strong>$4,888</strong></td>
<td>$5,097</td>
</tr>
<tr>
<td>Sergeant (E5)</td>
<td>$5,365</td>
<td>$5,685</td>
</tr>
<tr>
<td>Staff Sergeant (E6)</td>
<td>$5,979</td>
<td>$6,226</td>
</tr>
<tr>
<td>Second Lieutenant (O1)</td>
<td>$7,640</td>
<td>$7,640</td>
</tr>
<tr>
<td>First Lieutenant (O2)</td>
<td>$9,531</td>
<td>$9,727</td>
</tr>
<tr>
<td>Captain (O3)</td>
<td>$10,852</td>
<td>$11,372</td>
</tr>
</tbody>
</table>

**Weekend Pay** for this same E4 = $310.40
Health Care Plan Costs

TRICARE Select Reserve Premiums:

<table>
<thead>
<tr>
<th>Type of Coverage</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Only</td>
<td>$ 51.68 per month</td>
</tr>
<tr>
<td>Member and Family</td>
<td>$204.29 per month</td>
</tr>
</tbody>
</table>

Maximum Out-of-Pocket Costs
The maximum amount you’ll have to pay each fiscal year (1 OCT thru 30 SEP) is called the catastrophic cap. This cap applies to annual deductibles, pharmacy copayments, TRICARE Prime enrollment fees and all other copayments or cost shares you pay for TRICARE-covered services. The cap varies depending on who you are:

☑ Active duty family members: $1,000 per family, per fiscal year
☑ Beneficiaries enrolled in TRICARE Reserve Select: $1,000 per family, per fiscal year
☑ All others: $3,000 per family, per fiscal year

In most cases, you are not responsible to pay for any amounts above the catastrophic cap, but there are some exceptions.
Dental Benefits

TRICARE Dental Program

- Administered by MetLife

- Premium Costs:
  - Select Reserve (USAR/ARNG) & Family Members:
    - Sponsor Only = $10.96 (2014)
    - Sponsor and Family = $93.19 (2014)

- Soldier must have 12 months remaining on their obligation.

- After completing the initial 12 month enrollment period, enrollment may be continued on a month-to-month basis.
Retirement Points

- **Troop Program Unit (TPU) (USAR) / Mobilization day (M-Day) (ARNG):** The average TPU/M-day member will earn 78 points each year; 15 membership + 48 other IDT or 63 IDT + 15 ADT for annual training.

- **Active Duty:** An Active Duty Soldier who transfers to a Reserve Component will earn 365 or 366 active duty points, but will not be able to credit the 15 membership points.

- **Active Guard Reserve Program (AGR):** An AGR Soldier on tour for an entire Retirement Year Ending (RYE) will earn 365 or 366 active duty points, but will not be able to credit the 15 membership points.
Family Readiness:

- Army Strong Community Centers
- Local FRGs to assist your family
- Continued use of Military One Source
- Tax Preparation Assistance
- Networking with other local Soldiers
To schedule an appointment with a Transition Assistance Career Counselor, contact:

**SFC Bain Carol**
(404) 834-2259
[carol.y.bain.mil@mail.mil](mailto:carol.y.bain.mil@mail.mil)

**SFC Corona Luis**
(404) 834-2275
(254) 553-8778
[luis.r.corona2.mil@mail.mil](mailto:luis.r.corona2.mil@mail.mil)

**MSG Corbin Brenda**
(404) 834-2281
(254) 288-3966
[brenda.g.corbin.mil@mail.mil](mailto:brenda.g.corbin.mil@mail.mil)

**SFC Rowe Marvin**
(404) 834-2146
(254) 553-8777
[marvin.h.rowe.mil@mail.mil](mailto:marvin.h.rowe.mil@mail.mil)
Reserve Component Career Counselors

- No other place to get an unbiased discussion of Reserve Component opportunities in both the Army Reserve and Army National Guard
- Part of FT Hood out-processing checklist
- Soldier and RC–specific information
- Required Transition documentation
Questions?
RESERVE COMPONENT BRIEFING

ARMY RESERVE
It's not your everyday job.

GUARD 101
NATIONAL GUARD
RESERVE COMPONENT BRIEFING

Agenda

• Purpose
• Mission
• Goal
• Eligibility
• Incentives
• Benefits
RESERVE COMPONENT
BRIEFING

Mission

To assist the Total Army in achieving its congressionally-mandated end strength by enlisting or transferring qualified Soldiers into the Reserve Component
The Reserve Component force has been involved in every major conflict in American history. The RC consists of the U.S. Army Reserve and Army National Guard

- **Ready Reserve** – a Soldier is to remain in an *Army Reserve* or *National Guard* unit to receive benefits, options, and incentives

**Military Service Obligation (MSO)** –

- **Statutory** – Requires a Soldier to maintain eight (8) years of military status (Federal Law)

- **Contractual** – Requires a Soldier to remain on active military status for a specific time dependent upon a Soldier’s current enlistment, reenlistment, extension, or transfer agreement
RESERVE COMPONENT BRIEFING

GOAL of the III Corps & Fort Hood Reserve Component Counselor’s Office

• Interview 100% of all Soldiers leaving Active duty within 180 days of ETS

• NOTE: This is a mandatory briefing in order to clear the installation

• YOU DO NOT NEED ORDERS TO CLEAR

UNCLASSIFIED
Departing the Army and transitioning back to civilian life?

- All Soldiers - Enlisted, Commissioned, and Warrant Officers
- Schedule briefing with a Reserve Component Career Counselor
  - Benefits, Options, Incentives
- 180 days prior to:
  - ETS
- PLAN your future today!

YOU DO NOT NEED ORDERS TO CLEAR RETENTION
Considering transferring to another branch of service?

- You will not have a break in service
- Not authorized to be in two (2) DoD components at the same time
- Your chain of command is not authorized to release you
- HRC – only agency authorized to release you from the Army
- Review with your Reserve Component Career Counselor
- Easier to clear up any issues earlier, i.e. Flags, PT, Ht/Wt, Bars
Eligibility

You should be aware of basic eligibility IAW AR 601-280

- Age: No Waiver
- Citizenship: Requirement Suspended**
- Trainability: No Waiver
- Education: No Waiver
- Medical and Physical Fitness
- Weight Control: No Waiver
- Rank: RCP does not apply to RC
- Chapter 8 (Pregnancy) if have MSO can transfer
Reserve Component Briefing

Incentives

1. MSO Reduction
2. Stabilization / Deferment
3. Bonus
4. Tuition Assistance
5. Enlistment Periods or MSO
Reserve Component Briefing

Benefits

- TRICARE Reserve Select - Single $51.65
- TRICARE Reserve Select - Family $195.81
- Life insurance - SGLI
- Dental
- Retirement
- Employer Partnership Organization

ARMY STRONG is AC & RC
The Army’s intent is to transition every eligible Soldier into the National Guard or U.S. Army Reserve. Success is based on everyone within the realm of influence to counsel and assist in the decision-making process, as well as making sure their Soldiers attend their briefings to receive the proper information.
All separating Soldiers need to schedule counseling appointments in the

Copeland Soldiers Service Center (Building 18010)

Room A102
Office Hours M-T-W-F 0900-1600
Thursday Morning 0800-1130
Closed Thursday afternoon training 1300-1600
Closed Lunch 1130-1300 Daily
(254) 287-6878
(254) 288-7682
Performance Triad Campaign

MAJ Ronald Cole

An Army-wide Educational Initiative
Moving Towards a **System for Health**

We have a tremendous opportunity to take healthcare outside of our bricks and mortars and extend that into the Lifespace — where people are making decisions on how they sleep, how active they are, and what they eat. And we believe right now the tipping point in the United States is our ability is to help improve the health of our nation.

Lt. Gen. Patricia Horoho,
The Surgeon General and Commanding General of the United States Army Medical Command
The Performance Triad is the first step into the System for Health and is a key enabler of the Army’s Ready and Resilient campaign, the Comprehensive Soldier and Family Fitness program, the DoD’s Operation Live Well program, and the National Prevention Strategy.

The Performance Triad is an initiative to influence Soldiers, Families and our beneficiary populations to improve their sleep behaviors, increase daily activity, and improve nutrition – three key components that directly impact cognitive and physical performance and influence overall health.
Effective Sleep Habits

1. Create a quiet, dark, comfortable sleeping environment.
2. Remove distractions from the bedroom.
3. Stop caffeine at least 6 hours before bedtime.
4. Don’t drink alcohol before bed.
5. Get your exercise in by early evening.
6. Do not go to bed hungry.
7. Maintain a consistent, regular routine that starts with a fixed wake-up time. (Try to get 7-8 hours of sleep)
8. Get out of bed if you can’t sleep.
9. Nap wisely. Napping can be a good way to make up for poor/reduced nighttime sleep.
10. Move the bedroom clock to where you cannot see it.

Resources:
http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx
Army Wellness Center 254-553-6196
Strong Star 254-432-4169
Effective Sleep Habits

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Resources:
http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx
Army Wellness Center 254-553-6196
Strong Star 254-432-4169
Activity

Physical Readiness Training (PRT) improves performance and decreases the likelihood of overuse injuries. Master Fitness Trainers (MFTs) can be unit advisors on physical readiness issues and monitor unit and individual physical readiness programs.

1. Training quality and variety is more important than quantity.
2. Perform Warm-ups (for example, walking prior to jogging, jogging prior to running, etc.)
3. Stretch **AFTER** (not before) working out to relax muscles and increase flexibility.
4. Everybody should move at least 10 minutes of every hour
5. Walk 10,000 steps a day for optimal health and performance.
6. Get 2.5 hours (150 minutes) of moderate-intensity aerobic activity AND muscle strengthening activities on 2 or more days a week.

Resources:

http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx

Army Wellness Center 254-553-6196,

Weigh-To-Live 254-288-8488
1. Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining peak performance and good health.

2. Aim to improve your eating habits by controlling your portions, making healthy food decisions, preparing meals ahead of time, and snacking smart.

3. Build a healthy plate with lean proteins, fruits, vegetables, each day.
   - MyPlate: www.choosemyplate.gov
   - Eat 8 servings of fruits & vegetables each day,
   - Whole grains, and dairy
   - Stay Hydrated - Increase Your Water Intake

Resources:

http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx

The Army Wellness Center 254-553-6196

Weigh-To-Live 254-288-8488

Nutrition Care 254-288-8860
Contact Information

For questions about the Performance Triad (PT) Campaign:

Fort Hood’s PT Action Office
254-288-8488 (Front Desk)
254-553-3379 (Office) or 254-251-1927 (BB)
POST-GOVERNMENT EMPLOYMENT RESTRICTIONS

Regards:
- Working while on Permissive TDY or Terminal Leave
- Travel and Meal Reimbursement for Job Interviews
- Conflicts of Interest

For questions, see your Ethics Advisor at:
- III Corps Admin Law: 287-3655
- 1CD Admin Law: 287-9407
- 3CR Admin Law: 288-0761
Copeland Soldier’s Service Center
Building 18010, 3rd Floor, B Wing (B309)
Computer Lab Hours of Operation:
Monday, Tuesday, Wednesday, & Friday: 0800 – 1700
Thursday: 1300 - 1700

Clearing Hours
Monday, Tuesday, Wednesday, & Friday: 0900, 1000, 1300, 1400
Thursday: 0800 - 1130-1300-1700

Pre-Separation Briefings
Monday- Friday: 0830 (Chapters Only) & 0900 (Scheduled)

288-2227 (ACAP) 288-5627 (JOBS)
www.acap.army.mil
After the lunch break, please be back and seated at 12:30pm for the VA Overview briefing.

Please return between 1145-1225 to scan your ID Card, prior to the start of the 4-hour VA briefing.

Have a good lunch!