

## RECAP CHECKLIST AFTER TRANSITION

1. DD Form 214 (Certificate of Release or Discharge from Active Duty) PLEASE SAFEGUARD YOUR DD FORM 214. Have the DD Form 214 registered at your county court house. Duplicate copies can only be obtained by submitting a written request with Name, SSN, Transition Date, and Signature to:

(a) Over 4 months with Reserve Obligation

Commander, U.S. Army Reserve Personnel Center  
ATTN: ARPC-PAS-EV, 9700 Page Blvd.  
St. Louis, MO 63132-5200

(b) Over 4 months completely discharged

Director  
National Personnel Records Center  
ATTN: Army Branch  
9700 Page Boulevard  
St. Louis, MO 63132-5100

Please allow approximately 6 to 8 months to receive your duplicate copies.

2. Location of VA facilities are located in your Veterans Benefits handout. If you lose the handout contact your nearest VA representative for your needs.

3. Your SGLI (Servicemen Group Life Insurance) is still good for 120 days after your ETS. If elected VGLI (Veterans Group Life Insurance) will start on the 121st day following your ETS. VGLI applications will be sent to you about 60 days after separation; VGLI questions can be asked to a toll free number 1-800-419-1473, 0800-1700 hrs (EST).

4. Dental benefits. You may apply for VA dental examination through your local VA Regional Medical Facility. The time limit is not later than 90 days after Transition.

5. Medical benefits. Your benefits are in accordance with the program you are separating on. The time limitations are stated on the orders. All others, medical benefits end 2400 hours of the day of your ETS.

6. TAMP (Transition Assistance Management Program) Benefits ID Card, DD Form 1173 can only be issued the day after ETS (not Transition Leave). Bring these documents with you: DD Form 214, DD Form 215 (if applicable, Transition Orders, and Picture ID i.e. State license, state ID Card, etc. For family members, bring applicable documents; Birth Certificate, Marriage License, Divorce Decree, Power of Attorney if the sponsor is not available.