



**20th Fighter Wing  
Retiree Activities Office**  
504 Shaw Drive  
Shaw AFB, SC 29152  
803-895-1098  
[rao@shaw.af.mil](mailto:rao@shaw.af.mil)

Still Serving: The Retiree Activities Office serves as an information center for retirees of all military services, their spouses, including widows or widowers. We serve as a liaison between the retiree and active duty communities to keep you updated on matters that relate to your status as a military retiree, to provide information and services necessary or appropriate and to represent retirees at the base level

**Message from the Director**

Welcome to 2013. We welcome you to the Shaw AFB RAO Website:

<http://www.shaw.af.mil/units/retireeactivitiesoffice/index.asp>

We trust you will find the information contain herein helpful. We have attempted to provide as much information as possible to assist you in searching for answers to your questions/problems. Links to a variety of websites are provided to assist you. If you can't find the answer to a particular problem or need additional assistance call us at 803-895-1098 or email us at [rao@shaw.af.mil](mailto:rao@shaw.af.mil)

I am TSgt, USAF Retired, Ed Haldeman and your volunteer director of the Shaw AFB Retiree Activities Office. The RAO is a unique office on Air Force Bases across the United States and overseas in that it is completely manned by retirees and/or spouses of retirees for the benefit of military retirees. We are the interface between the active duty force and the "retiree force".

This year we'd like you to make a New Year's Resolution to get involved with one of the many Veterans' Organization out there. Keep yourself energized with a purpose. Call us and we can put you in touch with the VFW, American Legion, The Retiree Enlisted Association (TREA) and the Air Force Sergeant's association. These organizations need our membership and active support to actively support veterans on Capitol Hill.

If you are interested in helping us to make a difference in the lives of Retirees in and around Shaw AFB, I encourage you to call and ask about volunteering. All we need is a minimum of two

hours of your time. Call our office at 803-895-1098 to inquire about volunteer opportunities. We need you and the 15,000 retirees in our area of operation need you as well. If you simply would like to come in a talk and exchange a few "war" stories with us that would be ok too.

**Hot Topics**

Winter Safety – Have your car checked for winter, and before long trips. It just makes sense.

**WHAT'S HAPPENING at Shaw**

**AFSA:** Welcomes Retirees to their Numbers. If you belong to another Veterans Organization come out and get a dual membership. The more members our groups have the more they are noticed when we lobby for veterans.

Need to let your congressman know what you're thinking go to our website and send them a letter/note:

<http://www.capwiz.com/hqafsa/issues/?style=D>  
You don't have to be a member of AFSA to use this link!

**Health and Wellness Center:** (803) 895-1216

The HAWC will be introducing a new program in January 2013, New Year New You.

It's Your Lucky Year. The New Year New You: 2013, its Your Lucky Year event is an 8 week Lifestyle Management Challenge designed for you. This is not another 'Shaw's Biggest Loser'. This NEW program is designed to help you live a healthier and happier life. Do you have enormous amounts of stress and have a challenging time

relaxing? Maybe you have great intentions to increase your physical activity, but have no idea where to start. Perhaps you want to lose a few pounds? From being too busy to cook meals and create a healthy diet to managing your tobacco, caffeine and alcohol use, this program will give you weekly goals and activities to complete that are meaningful to help keep you challenged and motivated!!

Tracks include: Physical Activity, Nutrition, Wellness- Physical/Mental, Food and Physical Activity Tracking. (Flyer attached). -- Stop by the HAWC (Building 901). January 2013, 14-18 - between (0800-1600), to register. Registrants will receive a registration packet to follow/complete during the program. Registration deadline is 1600hrs on 18

January 2013. There are ONLY 100 SLOTS AVAILABLE. New Year New You begins 21 January 2013 and ends 17 March 2013.

Please contact the HAWC staff at 895-1216 if you have any questions. Have a great safe, healthy and happy holiday!!!

**DFAS Review Issues:** Are You Ready? The year is now officially more than halfway over, which means that everyone's favorite season is on its way. That's right, tax season! As you begin planning for this hectic time, DFAS would like to help you start getting ready as well. Following are issues to review to see if action is required on your part. If so, click on the website provided for instructions on how to proceed:

**Getting Paper Checks in the mail is ending.** The Department of the Treasury has announced that all payments from the federal government must be made electronically and not by paper check beginning March 1, 2013. If you're still getting a paper check, sign up for direct deposit today. Refer to:

<http://www.dfas.mil/retiredmilitary/newsevents/newsletter/treasurymandateft.html>.

**Getting Your 1099R by Snail Mail?** If you choose to receive your 1099R from DFAS in the mail, it's important to make sure the mailing address you have on file with us is current. Refer to: <http://www.dfas.mil/retiredmilitary/newsevents/newsletter/snailmail1099.html>.

**Want to Convert to Electronic 1099R?** You can have your tax statement weeks earlier on MyPay

than it takes to arrive in the mail. Find out how to switch to electronic 1099R. Refer to <http://www.dfas.mil/retiredmilitary/newsevents/newsletter/wanttoconvert.html>.

**Getting Your 1099R by Email?** If you get your 1099R electronically, and your email address has changed, you need to update it in MyPay. Refer to <http://www.dfas.mil/retiredmilitary/newsevents/newsletter/email1099.html>.

**Delta Dental Premium has Change.** If you've enrolled in the TRICARE Retiree Dental Program, you may notice a change in your Oct. 1 payment. This change is due to the regularly scheduled annual adjustment in your monthly premiums. Refer to <http://www.dfas.mil/retiredmilitary/newsevents/news/deltadentalchange.html>.

**New Fast Forms Have Arrived.** Automated versions of the DFAS 2558 Authorization to Start or Stop an Allotment and the DFAS 2866 Retiree Change of Address/State Tax Withholding Request are now available. Refer to <http://www.dfas.mil/retiredmilitary>

[Source: DFAS Newsletter 17 Sep 2012]

**“Tricare for Life” when traveling outside of the United States and U.S. Territories.**

A chink in your medical benefits Armor? If you are traveling internationally, maybe! If Tricare for Life members are traveling outside of the U.S. **or even on a cruise**, they should be aware and consider that Medicare coverage and Tricare for Life does not provide coverage.

The Tricare for Life coverage will become Tricare Standard. Tricare Standard has a deductible and then only it will cover a portion of the bill. The members should read the Tricare for Life handbook or online edition for additional information about traveling to other countries and cruises concerning medical emergencies or coverage.

You may look into purchasing a supplemental Policy, **this is a very good idea**, for the trip but read the fine print carefully before you buy to be certain the supplement will meet all your needs outside the U.S. **Some of the insurance providers have riders on their policies that also cover potential custom travel coverage that might be needed to return to the U.S.**

**Tricare Prime Update 14:** This October retirees have seen their TRICARE Prime enrollment fees

increased to \$269.28 per year for individuals and \$538.56 per year for retirees with families. However, retirees should know that TRICARE is warning that these enrollment fees could increase again when Congress passes the final FY 2013 budget. Retirees can choose to pay the enrollment fees annually, quarterly or monthly. But they must keep in mind that TRICARE Prime enrollment fees are non-refundable, in most cases. TRICARE is recommending that retirees pay either monthly (through automatic deduction/charge) or quarterly due to the chance enrollment fees may increase again before the end of the fiscal year. NOTE: To date there have been no changes to TRICARE for Life – enrollment remains free to retirees over age 65. The current fee payments for TRICARE Prime are:

Annual Payment: Individual: 269.76- Family: \$538.56  
Quarterly Payment: Individual: 67.32 - Family: \$134.64  
Monthly Payment: Individual: 22.44 - Family: \$44.88

An exception to the fee increase applies to survivors of active duty deceased sponsors and medically retired uniformed service members and their dependents. Their fees remain frozen at the rate in effect at the time they are classified in the Defense Enrollment Eligibility Reporting System (DEERS) as survivors or medically retired and enrolled. Fees remain frozen as long as there is no break in their TRICARE Prime enrollment. Payment requirements differ slightly for each region. Retirees enrolled in the TRICARE Prime in the North, South and West regions can pay by allotment from retired pay, online, pay-by-phone, and through electronic funds transfer and first time TRICARE Prime enrollees can pay the initial enrollment fee by check. TRICARE North and West beneficiaries can also pay by recurring credit card charges. TriWest currently offers beneficiaries the added ability to pay by check monthly. Refer to: [http://tricare.mil/mybenefit/Download/Forms/PrimeFee\\_FS.pdf](http://tricare.mil/mybenefit/Download/Forms/PrimeFee_FS.pdf) TRICARE Prime Fact Sheet for additional info.

[Source: Military.com 11 Oct 2012]  
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### **TURNING AGE 65 SOON**

Beneficiaries (age 64) need to be aware of the necessity of signing up for Medicare Parts A and B before his/her 65th birthday to avoid interruption of TRICARE benefits. **TRICARE eligibility for all benefits (including pharmacy) ends when one**

**becomes eligible for Medicare Part A, regardless of age.** It can be continued with the purchase of Part B. A beneficiary should contact Medicare three months before the 65th birthday and request enrollment in both Part A and B. However, TRICARE benefits will terminate when eligible for Part A regardless of any other health insurance. Beneficiaries turning age 65 receive a letter from the Defense Manpower and Data Center (DMDC) reminding them about the requirement to sign up for Part B in order to retain TRICARE benefits. For information on signing up for Medicare call (800) 633-4227 or go to [www.medicare.gov](http://www.medicare.gov).

**WARNING TO VETERANS:** An Organization called Veterans Affairs Services (VAS) is providing benefit and general information on VA and gathering personnel information on veterans. VAS is not affiliated with the VA in any way. The Department of Veterans Affairs request that if you have been contacted by or assisted by VAS employees to assist with the preparation of claims for benefits that you please pass the information on to Mr. Daugherty at the address below.

Michael G. Daugherty, Staff Attorney, Department of Veterans Affairs, Office of General Counsel (022G2)  
810 Vermont Avenue, NW, Washington, DC 20420  
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### **NOTE:**

Our 2012 ended with the passing of our director. Robert Edwin Sullivan, age 68, beloved husband of Wava Stanley Sullivan, died on Thursday, Dec. 20, 2012, at Tuomey Regional Medical Center.

### **Veterans Organizations**

American Legion POST / Phone Numbers:

15) 803-773-9644  
175) See webpage  
202) 803-773-4811

DAV / 803-840-1001

VFW / POST / Phone Numbers:

3034) 803-773-3090  
10813) 803-934-8013