

ARMY MEDICINE SENIOR SPOUSE



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Happy Spring!

The weather starts to get warmer, the sun shines a little brighter, and life just seems full of new beginnings. We wish you a season of sunshine, flowers, and endless possibilities."

Your Family Programs Team,
Patty Centeno and Tammy Glascoe

AMSS Newsletter | Issue 33, Quarter 2 | April 2025

The quarterly Army Medicine Senior Spouse (AMSS) Newsletter includes news from the Office of the Surgeon General of the Army, VTC information, Resilient Leader Webinars, Family Programs information, National Health Observances, Regional Highlights, and other articles of interest. Is there a topic you want to see included in the AMSS? If so, please email the Chief of Family Programs at: patricia.a.Centeno.civ@army.mil

MEDCOM SPOUSE SUPPORT/RESOURCES

Stay connected by joining educational events

MEDCOM SENIOR LEADER SPOUSE FORUMS IN CONJUNCTION WITH AMEDD PCC

The AMEDD PCC Spouse Forum is designed to help new command spouses prepare for their role as a member of the command team. The Forum will be conducted virtually allowing participants to be engaged while remaining mobile.

QUARTERLY SENIOR LEADER SPOUSE FORUMS

[MEDCOM GO/SES/Flag-level CSM Spouses; Medical Treatment Facility Command Team Spouses (0-6 and 0-5 commands); SRU Brigade and SRU Battalion Command Team Spouses. Purpose: Provides real-time program training, updates and Army initiative presentations by Subject Matter Experts (SMEs). Hosted by the spouse of The Surgeon General (TSG) and Commanding General, USAMEDCOM).

RESILIENT LEADER WEBINARS

The Surgeon General and Commanding General, United States Army Medical Command (USA MEDCOM), invites MEDCOM spouses to participate in the USA MEDCOM Resilient Leader Series. Open to all MEDCOM Spouses for the purpose to build Readiness and Resilience of our MEDCOM Spouses through pertinent and practical topics.

*****Invitation to connect through Zoom Government sent prior to each event*****

SPOUSE ROUND TABLES

Provides an opportunity for AMEDD spouses to participate freely and fully in conversations in order to gather military life insight, suggestions and concerns.

Get information at your fingertips!

SENIOR SPOUSE GUIDE

The guide provides a multitude of resources and daily guidance from Senior Leader Spouses for new Senior Leader Spouses. Topic areas include "Involvement", "Spouse Travel Policy", "Military Terms", "Protocol" and much more! <https://armymedicine.health.mil/Family-Readiness-Programs>

ARMY MEDICINE SENIOR SPOUSE (AMSS) NEWSLETTER

The newsletter includes news from the Office of the Surgeon General of the Army, VTC information, Family Programs information, National Health Observances, Regional Highlights, and other articles of interest.

SPOUSE AWARDS

https://store.militarywives.com/product_info.php?cPath=29_127&products_id=656

Senior Spouse Events for 3rd Quarter FY25

- **AMEDD PCC Spouse Forum**

Subject: "Being Part of the Command Team"

10 April 2025, 1000-1400 EST

Invite RSVP Link: <https://einvitations.afit.edu/inv/index.cfm?i=1050495&k=036147097F5E78>

Meeting ID: 993 681 294 130

Passcode: Fa7KX7PT

Dial in by phone: +1 571-616-7941,,985239176# United States, Engleside (Virginia Beach)

Phone conference ID: 985 239 176#

- **MEDCOM Spouse Educational Event**

Subject: "What We've Learned About Our Military Families in the Last Five years"

15 April 2025, 1330-1430 EST

https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_f0ad3ad5074446cea97b59dd25d5d7eb%40thread.v2/0?context=%7b%22Tid%22%3a%228903a443-af33-4ed4-acf5-ee613bcb2f59%22%2c%22Oid%22%3a%2234177251-e50e-400d-91a5-10040c3b9e00%22%7d

Meeting ID: 993 860 886 762

Passcode: RJ6X4K3c

Dial in by phone: +1 410-874-6747,,127697693# United States, Odenton

Phone conference ID: 127 697 693#

- **AMEDD PCC Spouse Forum**

Subject: "Being Part of the Command Team"

15 May 2025, 1000-1400 EST

Invite RSVP Link: <https://einvitations.afit.edu/inv/anim.cfm?i=1050499&k=036147097F5E74>

Meeting ID: 993 104 656 826

Passcode: rY7jJ2bv

Dial in by phone: +1 410-874-6747,,402307847# United States, Odenton

Phone conference ID: 402 307 847#

- **MEDCOM Spouse Educational Event**

Subject: "Army Family Action Plan (AFAP), The Voice of the Army People"

20 May 2025, 1330-1430 EST

https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3ameeting_f0ad3ad5074446cea97b59dd25d5d7eb%40thread.v2/0?context=%7b%22Tid%22%3a%228903a443-af33-4ed4-acf5-ee613bcb2f59%22%2c%22Oid%22%3a%2234177251-e50e-400d-91a5-10040c3b9e00%22%7d

Meeting ID: 993 860 886 762

Passcode: RJ6X4K3c

Dial in by phone: +1 410-874-6747,,127697693#

How To Find and Choose Your TRICARE Provider

By TRICARE Communications

March 13, 2025



FALLS CHURCH, Va. – If you're looking for a provider, it's important to understand the different types of TRICARE providers you can see. The type of provider you see can determine how much you pay for care and the process for filing claims.

"Before getting care, always find out if your provider is TRICARE-authorized and in your TRICARE contractor's network," said Paul Wuerdeman, lead, provider networks, TRICARE Health Plan, at the Defense Health Agency. "Knowing your provider options will help you lower your costs and find the right care for your needs."

Keep reading to learn about provider types and how to find a provider.

Network providers

Are you wondering which type of provider you should see? There are two main types of TRICARE providers: Network and non-network providers. Network providers have signed agreements to work directly

with TRICARE, as described in the TRICARE Choices in the United States Handbook. Seeing a network provider has several important benefits. Network providers:

- Charge lower costs for your care and won't surprise you with extra bills above what TRICARE allows
- Take care of filing your claims, which means less paperwork for you
- Have agreed to follow TRICARE's rules and procedures for your care

Network providers are often your most affordable and convenient choice. You'll only have to pay your cost-share to a network provider.

Non-network providers

Non-network providers can treat TRICARE beneficiaries, but they don't have direct agreements with TRICARE. There are two types of non-network providers you should know about: participating non-network providers and non-participating providers.

Participating non-network providers will:

- Accept TRICARE's payment rate for your care
- Only bill you for your share of the costs
- Handle your claims paperwork for you

Non-participating providers might:

- Charge you more than what TRICARE allows, resulting in higher out-of-pocket costs
- Ask for full payment before they treat you
- Expect you to file your own claims

Important: Remember to ask non-network providers if they're TRICARE-authorized before getting care—even if they've accepted TRICARE in the past. If they aren't TRICARE-authorized, TRICARE won't pay for any part of your claim.

How to find a provider

You have several options to search for providers:

- Use the Find a Doctor search tool.
- Look through the complete provider network directories on the TRICARE website.

If you live in the West Region, your regional contractor is now TriWest Healthcare Alliance. You can access the TriWest provider directory.

If you live in the East Region, check out the Humana Military network provider directory.

If you live overseas, use the International SOS provider directory to locate nearby providers.

Note: TRICARE has a Preferred Provider Network in the Philippines. Non-network providers in the Philippines must be certified to be covered by TRICARE, except for emergency services. Providers in the PPN:

- Accept network copayments and cost-shares
- File claims for you

Learn more about getting care in the Philippines on the TRICARE website.

Rules for different TRICARE plans

Your TRICARE plan determines the rules for which providers you can see. Here's what you need to know about each plan.

If you have TRICARE Select, TRICARE Reserve Select, TRICARE Retired Reserve, or TRICARE Young Adult - Select Option, you can:

- Visit any provider who is approved by TRICARE

If you have TRICARE Prime, including TRICARE Young Adult - Prime Option:

- You get routine care from an assigned or selected primary care manager.
- Your PCM may be at a military hospital or clinic or a civilian TRICARE network provider.
- You'll need a referral for specialty care and some diagnostic services.
 - o Note: Do you live in the West Region? There is a referral approval waiver in place through March 31. This means you still need to get a referral for specialty care, but you don't need to wait for TriWest to approve the referral before seeing the specialist.
- You can use the point-of-service option to see a non-network provider, but you may have higher costs.
 - o Important: Do you live in the West Region? Through March 31, you won't have to pay POS fees for care received from a non-network provider. The Defense Health Agency has issued a waiver for POS fees, as long as the provider is TRICARE-authorized. Starting April 1, if the provider is still a non-network provider and isn't named on your referral or pre-authorization, you'll need to pay POS fees.

If you have TRICARE Prime Remote:

- You can see non-network providers if no network providers practice in your area.

If you have TRICARE For Life:

- Seeing a Medicare participating provider is the most cost-effective option. Check out the Medicare provider directory to find participating providers near you.
- Medicare pays first.
- You can see any TRICARE-authorized provider.

Keeping costs low

You can take several steps to keep your healthcare costs down:

- Choose network providers whenever possible.
- Check if you need TRICARE's approval before getting treatment.
- Ask providers if they're TRICARE-authorized before making appointments.
- Learn and follow your plan's specific rules about getting care.

To learn more about making appointments and getting the care you need, visit the TRICARE website.

Army Caregiver Assistance

Welcome to the Army Care team and our synchronized network for providing support and resources to caregivers of our Soldiers. The Six-Step Caregiver Process is the cornerstone of the Caregiver role and is now embedded in this website and online-tool. While this is just the first edition of this tool, it is a conduit and foundation supporting a platform for a Caregiver's desire to help other Caregivers work through their own journey. The content on this website is a collaboration of many Army organizations and specialists. As more information is available and more features are designed, they will be added to this site.

The website is driven by and dedicated to Caregivers. As your use and involvement grows, the life of this site will grow. Please feel welcome to pass forward your Caregiver knowledge that sparked the inspiration of this site. If you want to contribute your own story of how this site helped you or other content you think needs to be included, please do so. Thank you for your support and care.

Who is a Military Caregiver?

A military Caregiver is anyone who provides dedicated support with the daily activities and quality of life for a Service member who once was capable of accomplishing ordinary activities on their own. However, now your Soldier is requiring assistance during their recovery from being wounded, Ill, or injured while actively serving in the United States military. If you are supporting an actively serving service member then you are a military Caregiver. Caregivers supporting service members are often family, friends, or acquaintances of service members.

Our service member family consists of Active Duty, Army Reserve, and National Guard Soldiers.

What can this website do for you?

This site is dedicated to supporting Caregivers by increasing awareness and direction for various key issues, outlining a process that shows progression with the military and your military care team, and by supplying you, the Caregiver, with a collection of resources that may help you as you continue to provide care for your Service member. We recognize that every Service member and Caregiver relationship is unique and although we may look the same the approach to how you provide individualized care will be determined by your unique circumstances.

If you are new to the website, we recommend starting by reviewing our process. You will find that we have broken down your military Caregiver experience into 6-Steps that are aligned to key milestones your Soldier will experience on their journey to recovery. If you are currently providing care to a Service member you can use this site as a foot hold to carry you forward from where you currently are with your support.

How can I learn more?

Make sure that you visit our library of curated resources designed to help you navigate the caregiver experience at www.arcp.army.mil/Family-Caregivers.

Association of the United States Army (AUSA) Scholarships



AUSA will award more than 40 national level scholarships on an Annual Basis. The application is now open, and awards will be determined by the end of the summer. AUSA Premium Members, Association Members, and their dependents (to include children, spouses, and grandchildren) are eligible to apply.

Applications are open from February 18, 2025 to May 5, 2025 at 11:59 p.m. (EDT)

Medical Readiness Command, Europe Commander Hosts Townhall



SEMBACH, Germany - On March 12, U.S. Army Brig. Gen. Roger Giraud, Commander of Medical Readiness Command, Europe and Director of Defense Health Network Europe, held a town hall meeting with civilian employees and military personnel assigned to both headquarters. The purpose of the townhall meeting was to provide an update and share information regarding recent changes within the Department of Defense, ensuring transparency and seamless communication across the command. The townhall engagement fostered a sense of trust and teamwork by directly addressing concerns and providing insights into the evolving landscape. This open forum also allowed

Photo by Kirk Frady, Medical Readiness Command, Europe.

attendees to ask questions and gain a clearer understanding of how these changes might impact their roles and the overall mission.

Operation Deploy Your Dress



Operation Deploy Your Dress's (ODYD) primary goal is to improve the quality of life of military families by offsetting the high cost of attending formal military functions, especially for junior servicemembers. ODYD currently "deploys" dresses from thirteen brick and mortar shops at installations around the world. These shops are solely run by military spouse volunteers.

The heart and soul of this organization is the following three pillars:

1. Deploying America's patriotism one dress at a time.
2. Fostering community through volunteerism, while building concrete work experience for military spouses.
3. Upholding military tradition and cultivating camaraderie ODYD assists in bridging the ever-growing gap between the military and civilian communities by offering a tangible way for the American public to show their appreciation for the service and sacrifice of our military servicemembers and their families.

Over the last nine years, ODYD has deployed over 30,000 gowns from multiple shops across the United States and Germany, conservatively saving Military Families \$3 million dollars.

To learn more about ODYD, please visit <https://operationdeployyourdress.org>.

DOD Offers Health Care Flexible Spending Account to Service Members

Feb. 27, 2025 | By C. Todd Lopez, DOD News



SAVE ON HEALTH CARE

HEALTH CARE FLEXIBLE SPENDING ACCOUNT

Enroll During Special Enrollment Period:
MARCH 3-31, 2025

Set Aside **\$100-\$3,300*** Pre-Tax Dollars To Pay For

- + Copays & Cost-Shares
- + Deductibles
- + Dental & Vision
- + Drugstore (FSA-Eligible Products)

TO GET STARTED, TALK TO A FINANCIAL COUNSELOR TODAY

*Contributions are subject to IRS limits, which can vary by tax year. Listed numbers are current as of 2025.

LEARN MORE 

  U.S. Office of Personnel Management
FINRED.USALEARNING.GOV/IFA
January 2025

Enrollment for the new Health Care Flexible Spending Account benefit runs from March 3-31, 2025. Service members can sign up and put as much as \$3,300 in pretax earnings into an account each year, which can be spent on qualifying health care expenses.

“A Health Care Flexible Spending Account is an optional benefit that enables service members and their families to use pretax earnings to pay for eligible health, dental and vision care expenses,” said Ronald T. Garner, the assistant director of military compensation policy within the Defense Department.

Garner said that married service members who are both eligible for an HCFSA can maintain two separate accounts and contribute as much as \$6,600 each year.

Component service members, reservists and National Guardsmen on Active Guard Reserve duty and members of the U.S. Coast Guard Reserve on active duty for more than 180 days are all eligible to participate.

The HCFSA is already available to federal civilian employees and to many in the private sector, but it’s only now available to service members. Garner said it’s something

the department has been working on for a while. TRICARE, he said, is an extensive program, but can’t cover everything, and in some cases, an HCFSA may help.

“No health care, no health insurance program is going to cover every cost, and many costs are unforeseeable,” he said. “For instance, if your child gets sick in the middle of the night, you’re not going to wait until you can go see a doctor to get some cold medicine. You’re going to run down to the local pharmacy and grab some cold medicine and bring it back so that you can take care of your child. That’s a cost that will be covered by the HCFSA.”

Eligible service members should look closely at their own financial situation and how much they expect to spend each year on health care expenses before deciding to contribute, he said, adding that some service members are more likely to benefit from an HCFSA than others.

“I would say that, in my experience, this is going to be really valuable to military families,” he said. “For example, I think that there’s going to be a lot of value to those who have family members who are part of the Exceptional Family Member Program. I think those families tend to incur a lot of expenses and often unforeseen expenses that others do not. I think a program like this is going to be particularly beneficial to that group of service members and their families.”

Typically, enrollment in programs like an HCFSA occurs only during Federal Benefits Open Season, which runs from mid-November through mid-December. With the announcement of the new HCFSA benefit for service members, a special enrollment period is available from March 3-31, 2025.

At other times of the year, Garner said, an array of qualifying life events will also allow service members who are not already signed up for an HCFSA to enroll outside the typical open season. Some of those life-changing events include deployment, a permanent change of station, marriage, or the birth of a child, he said.

According to DOD's "2023 Demographics Profile of the Military Community," about 46.7% of service members are married, and about 36.7% of service members have dependent children. For those members, making sure their families are taken care of and that their financial situation is squared away is something that contributes to military readiness, said Garner.

"When families are more financially secure, the force is more ready and more lethal," he said. "When service members are having to worry less about the welfare of their families and their financial welfare, they are more focused on the mission. And I think that can only benefit the organization."

Use of an HCFSA, for some service members, lowers overall taxable income, putting more money in their pockets to spend in other areas, Garner said. And that means those military families will be more confident that they are taken care of.

"These men and women have given parts of their lives to serve their country and to serve their fellow citizens, and I think that certainly deserves recognition," Garner said. "We become better when we care about the welfare of our service members, not only because of its impact on the mission, but because of its impact on the nation and on those service members and their families."

Before enrolling in the HCFSA, service members should talk with a military tax expert, DOD personal financial manager, or personal financial counselor to learn how to take advantage of the account and how it will benefit them. These services are available at no cost to service members.

Eligible service members can sign up for an HCFSA at [FSAFEDS.gov](https://www.fsa-feds.gov) during this special enrollment period, which runs through March 31, 2025. They can also sign up during the annual federal benefits open season, which runs from mid-November to mid-December, or if they experience a qualifying life event.

Preparing for Transition Every Step of the Way!

The Military Spouse Transition Program (MySTeP) is made for YOU – a military spouse – to support and encourage you throughout your service member’s time in the military. MySTeP will help you plan, prepare and be ready for the life your family wants after transitioning out of the military, whenever that time comes. The information, tools and programs highlighted in MySTeP will connect you with the right resources at the right time to help you successfully navigate military life at every stage of your service member’s career.

Stepping In

Where do I Start?

Start with Stepping In as you begin your journey as a military spouse. Stepping In provides you information, tools and programs to help you navigate military life. Set and reach your goals in the areas of education, employment, finances, and more. Stepping In gives you the confidence and support you need to succeed now while reminding you to always think ahead to life after your service member leaves the military.

Stepping In offers:

- Trusted and reliable information designed for the military-spouse community;
- Engaging videos to help you find answers to common questions about military life;
- Links for quick and easy access to relevant information, tools and programs; and
- Opportunities to easily share information to help others find the resources they need

Learn more at: <https://myseco.militaryonesource.mil/portal/mystep/stepping-in>

Stepping Through

How do I Advance?

Now that you are familiar with military life, Stepping Through can help you thrive along your military journey. Stepping Through provides information beyond the basics to help you grow, develop and achieve even more through this stage of your service member’s career. With Stepping Through, you will continue to learn, make decisions and take actions for a successful transition from military to civilian life.

Learn more at: <https://myseco.militaryonesource.mil/portal/mystep/stepping-through>

Stepping Beyond

What Do I Need to Do?

Whether your service member is preparing to leave the military after four or forty years, Stepping Beyond is for you. Stepping Beyond points you to the information, tools and programs that can help smooth your family’s transition from the military. With topics, such as benefits, healthcare, finances and transition training, Stepping Beyond guides you as you create a plan and informs your decisions and actions to meet your family’s transition goals.

Stepping Beyond offers:

- Trusted and reliable information designed for the military-spouse community;
- Engaging videos to help you find answers to questions about transition-related topics;
- Downloadable and printable fact sheets to equip you with knowledge, resources and confidence to help yourself, your family and your friends successfully transition from the military; and
- Links for quick and easy access to relevant information, tools and programs

Learn more at: <https://myseco.militaryonesource.mil/portal/mystep/stepping-beyond>

PCS & Military Moves

The Defense Department is committed to helping service members and their families to master their move.

Every military move is different. Wherever you are, wherever you're headed, and whoever you're bringing with you, find support and access benefits to help you get settled into your new home.

Moving Your Life

Military INSTALLATIONS – Find information about your new installation including local programs and services, maps, directions and more. <https://installations.militaryonesource.mil>

Plan My Move – Build a customized checklist to organize relocation information. <https://planmymove.militaryonesource.mil>

Basic Allowance for Housing – Look up BAH rates by Zip Code. www.militaryonesource.mil/benefits/basic-allowance-for-housing

Spouse Education and Career Opportunities – Cultivate a portable career, learn about transferring your professional license, find a job, network with employers and more. <https://myseco.militaryonesource.mil/portal>

Military Sponsorship – Sign up to have a friendly face greet you and help you settle in. www.militaryonesource.mil/benefits/military-sponsorship

Ways to Settle into Your New Home Faster – Read an article about different ways to connect with your community. www.militaryonesource.mil/resources/millife-guides/settling-in-to-a-new-home

TRICARE – Learn more about your TRICARE options and what to consider when you move. www.tricare.mil/LifeEvents/Moving

Moving Your Family

School Liaisons – Talk to a professional for help finding schools, transferring credits, locating youth programs and more near your new home. www.militaryonesource.mil/benefits/school-liaison-program

Child Care Programs – Use free tools to find affordable, licensed child care that fits your family's needs. www.militaryonesource.mil/parenting/child-care/military-child-care-services

Military Youth and Teen Programs – Scout out programs, activities and camps for youth and teens. www.militaryonesource.mil/benefits/military-youth-teen-programs

Passenger and Pet Transportation for PCS Moves – Learn more about coordinating your passenger and pet transportation. www.militaryonesource.mil/benefits/passenger-and-pet-transportation-for-pcs-moves

EFMP & Me – Find and customize checklists, resources and referrals to help with relocation and getting settled for families with special medical and/or educational needs. Request a warm handoff from your current EFMP Family Support office to your gaining installation. <https://efmpandme.militaryonesource.mil>

Moving Your Belongings

Defense Personal Property System – Schedule your household goods shipment in DPS and manage your shipment. www.militaryonesource.mil/moving-pcs/moving-personal-property/#dps-support

Arranging a Personal Property Shipment – Learn about types of assignments and PCS entitlements, and access the weight estimator tool and shipping options. www.militaryonesource.mil/resources/millife-guides/preparing-to-move-or-pcs

Shipping Your Car – Explore key points to relocate a privately owned vehicle, or POV, overseas. www.militaryonesource.mil/moving-pcs/living-oconus/how-to-get-your-household-goods-overseas

Learn more at: www.militaryonesource.mil/moving-pcs/plan-to-move/pcs-and-military-moves/#moving-your-family

The Military Spouse Career Accelerator Pilot

Jump-start your career in the industry best suited to your skillset.

Military spouses of currently serving members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force, to include active, reserve and National Guard components, are eligible to apply to the Military Spouse Career Accelerator Pilot. The initiative is a competitive multi-year program that provides spouses with paid 12-week fellowships at employers in various industries and locations.

Host employers provide program fellows with hands-on professional training and mentorship in the civilian workplace. Those who excel in the program and are a fit with their host company may be invited to join the employer as a direct hire.

Applications are accepted year-round on a rolling basis, with new opportunities available continuously.

Frequently asked questions:

Who is eligible?

Career-ready spouses of members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force, including active, reserve and National Guard components are eligible to apply for the fellowship program. Placements are determined based on applicants' educational attainment, previous work experience and employer needs.

Fellowship opportunities are based in the U.S., including Alaska and Hawaii. If you are stationed OCONUS, please consider applying when you PCS from your OCONUS location. You can also check out additional Hiring Our Heroes spouse fellowships for which you might be eligible.

Where will I be placed if I am accepted into the fellowship?

The matching process considers your location, work experience and ability to commit among other factors. Fellowship opportunities are available in person and remotely.

How do I apply?

Visit the Military Spouse Career Accelerator Pilot registration page to start the application process. After answering a few questions to determine eligibility, you will be directed to an external link to complete the application process.

Spouses of members of the U.S. Army, Marine Corps, Navy, Air Force and Space Force, including active, reserve and National Guard components, who are not accepted into the program will be connected with a Spouse Education and Career Opportunities career coach to become career ready.

How long will applications be accepted into the program?

The pilot program will run through December 2025. Applications will be accepted throughout the length of the program on a rolling basis.

Is everyone guaranteed a fellowship?

While we are working hard to fulfill fellowship opportunities for military spouses, we cannot guarantee that every candidate will be placed in a fellowship.

If you are not placed in a fellowship, SECO and Hiring Our Heroes provide an array of additional resources to help you succeed. Contact the SECO Career Center or visit Hiring Our Heroes to explore additional fellowship opportunities.

Who can I contact if I have questions?

If you have questions about the program or application process, email MSCAP@uschamber.com.

The Military Spouse Career Accelerator Pilot supports SECO's overall goal of providing information, tools and resources to assist spouses in finding meaningful career opportunities.

DS Logon

The Defense Department has recently changed the process for identity verification (remote proofing) for DS Logon accounts. In some instances, spouses may be asked to provide information such as photo, driver's license, credit card information, etc. Any information provided will only be used for identity verification and will not be shared outside DOD.

Information regarding the remote proofing process can be found in the DS Logon FAQs at www.dmdc.osd.mil/identitymanagement/app/login.

For help with your DS Logon account, contact the DMDC Contact Center at 800-368-3665.

Are you an employer interested in hosting a Military Spouse Career Accelerator Pilot fellow? Learn more at the Become a Military Spouse Fellowship Host article on MySECO.

Start your MSCAP Fellowship Application: <https://myseco.militaryonesource.mil/portal/initiatives/mscap>

Army Family Team Building

Army Family Team Building (AFTB) is a Family training and readiness program that provides participants with a better understanding of Army culture, as well as the skills and resources needed to become resilient, self-sufficient members of the military community.

Whether you're new to the Army or want to brush up on skills, get a leg up with AFTB. This training program takes you step by step through Army culture, connects you to helpful resources, and empowers you to become a self-reliant member of the Army Family. AFTB training moves through three phases:

- **AFTB Building Personal Growth.** Learn how to improve your personal relationships and communication and stress-management skills. Discover how teams form and grow, how to solve problems, and how to resolve personal conflict. You'll also learn about Army traditions, customs, courtesies, and protocol.
- **AFTB Military Knowledge.** Learn about Army life and how to maneuver through daily challenges, understand Army acronyms, use community resources, attain better financial readiness, and appreciate the impacts of the Army mission on daily life.
- **AFTB Leadership Knowledge.** Thrive in the Army and civilian life by expanding leadership skills, polishing communication techniques, and learning to mentor others into leadership positions. Learn how to find your leadership style, run an effective meeting, manage group conflict, and coach and mentor others.

AFTB helps Families and individuals by:

- Conducting specialized training, making Soldiers, Families, and Civilians more flexible, adaptive, and capable
- Enhancing personal growth and professional development by leveraging technology and an adaptive curriculum to meet the needs of the transforming military
- Employing resources to build and strengthen enduring partnerships, resulting in resilient, strong communities

AFTB uses the Online Learning Management System (OLMS), which requires internet access for the computer-based training. Participants can train virtually anywhere, and they typically receive a certificate (which may be used for promotion points, depending on the course) after completion.

Find your local AFTB program manager. www.armymwr.com/installation

Active Issues Being Worked Toward Resolution

TAB	Proponent	#	Issue Title	Entered AFAP	Origin	Status
SURVIVOR SUPPORT						
1	G-1	769	Employment Priority Placement for all Surviving Spouses	2023	USASOC	Active
2	G-1	773	Remarried Surviving Spouses retain SBP	2020	SAWVG	Active
3	OTJAG	774	Heart Act of 2008	2021	SAWVG	Active
4	OTSG	775	Grief and Behavioral Health Counseling for Survivors	2018	SAWVG	Active
5	OTSG/G-1	777	Custodial Parent/Guardian Access to MHS GENESIS Portal	2024	SAWVG	Active
6	G-1	778	Guardian Access to SBP Annuity Information for Surviving Children	2024	SAWVG	Active
7	OSD/VA Collaboration Office	779	Delay in Dependency and Indemnity Compensation (DIC) Stoppage for Surviving Spouses	2024	Fort Liberty	Active
SOLDIER SUPPORT						
8	G-9	751	Official Designation of Remote or Isolated U.S. Installations	2021	Army	Active
9	G-1	717	Priority Assignment Preference on a Remote and Isolated Installation	2020	Dugway PG	Active
10	G-1	718	Two-Year Remote and Isolated Duty Assignment	2020	Dugway PG	Active
11	G-9	756	Annual Command Wellness Checks for All Soldiers	2022	SMA	Active
12	G-1	757	Post 911 GI Bill	2023	USASOC	Active
13	G-1	780	BAH Reform	2024	USAREC/Fort Sill	Active
14	G-1	*781	Increase Length of Assignment for Soldiers at Duty Stations	2024	USASOC	Active
TAB	Proponent	#	Issue Title	Entered AFAP	Origin	Status
FAMILY SUPPORT						
15	G-1	715	Increase to Family Service Group Life Insurance Coverage	2019	Fort Cavazos	Active
16	G-1/G-4	743	Second Privately Owned Vehicle (POV) OCONUS Entitlement	2021	USAG Wiesbaden	Active
17	G-1	746	Command Sponsorship for Newborns of OCONUS Active Duty Soldiers with less than 12 months of Assignment	2021	USAG Wiesbaden	Active
18	G-4	759	PCS Claims Process	2023	USASOC	Active
19	G-4 & G-9	761	Move.mil Vulnerability Resulting in Danger to Victims of Domestic Violence	2023	Fort Carson	Active
20	OTJAG	776	Dependency Determinations in Support of Military Families with Incapacitated Children	2024	Out of Cycle - MDW	Active
21	G-9	782	Child and Youth Services (CYS) Child Behavioral Specialist Support	2024	JBLM/Fort Sill	Active
22	G-9	783	CYS Cost Per Space in High-Cost Living Area	2024	JBLM	Active
23	G-1/G-9	*784	Background Check Tier 1 (T1) with Child Care Checks for Private Organization Members Who Supervise Children	2024	USAG Wiesbaden	Active
CIVILIAN SUPPORT						
24	G-1	702	Army-wide Voluntary Re-Assignment Program for Civilian Employees	2017	USAG Japan	Active
25	G-1	750	Taxation of Moving Expense Reimbursement for DoD Civilians	2021	USAG Wiesbaden	Active
26	G-1	767	Advocacy for Injured and/or Ill DA Firefighters	2023	Fort Carson	Active
27	OHD	768	Routine Health Assessment for DA Firefighters	2023	Fort Carson	Active
28	G-1	785	Cost of Living / Locality Pay	2024	USACE	Active
29	OTSG/DHA	786	OCONUS On Post Healthcare for DA Civilians	2024	USACE	Active
TAB	Proponent	#	Issue Title	Entered AFAP	Origin	Status
MILITARY HEALTHCARE						
30	OTSG/DHA	697	Active Duty Soldier TRICARE Alternative Medical Services	2017	Fort Liberty	Active
31	OTSG/DHA	698	Active Duty Soldier TRICARE Chiropractic Coverage	2017	Fort Liberty	Active
32	OTSG/DHA	711	Exceptional Family Members Expedited TRICARE Prime Access to Care Standards at New Duty Stations	2019	Fort Greg-Adams & JB San Antonio	Active
33	OTSG/DHA	732	Out-of-Pocket Pharmacy Cost for TRICARE Prime Remote Beneficiaries	2020	TRADOC	Active
34	OTSG/DHA	752	Access to Behavioral Health Care for Active Duty Service Members and Dependents who are Victims of Sexual Trauma	2021	MDW	Active
35	OTSG/DHA	753	Access to Behavioral Health Care for Department of Defense (DoD) Civilians who are Victims of Sexual Trauma	2021	MDW	Active
36	OTSG/DHA	754	Remote Access to Behavioral Health Care for Soldiers and Families	2021	Fort Cavazos	Active
37	OTSG/DHA	762	Mental Health Services for Dependents on or Near the Installation	2023	Fort Johnson	Active
38	OTSG/DHA	764	OCONUS Behavioral Health Care Services for Space available Beneficiaries	2023	USAREUR-AF - Weisbaden	Active
39	OTSG/G-1	787	Service/Family Members Dropped from Tricare Medical Coverage Unexpectedly	2024	NGB	Active
40	OTSG/DHA	788	TRICARE Reimbursement Process for Family Member Tele-Health Behavior Health Services	2024	JBLM	Active
RETIREE SUPPORT						
CAREGIVER SUPPORT						

FAMILY PROGRAMS TEAM



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