PCS “Smooth Move”

You may be familiar with military moves, but moving with a family member who has a serious medical condition creates a whole new set of challenges. Not only will you need to manage your move, but you’ll also need to make sure your family member has access to uninterrupted medical care. The following information is designed to help military families plan their move, while at the same time managing their family member’s illness.

Planning ahead:

- Ensure your family member’s medical (DD2792) and/or educational summary (DD2792-1) are updated
- Create a “command central” for important papers such as orders, passports, travel documents, medical records, and school records to include Individual Education Plan
- Arrange for temporary lodging with assistance from the Relocation Assistance Program
- Make a list of medicines and other medical supplies you’ll need while traveling with at least an extra month supply of medical supplies.
- Have your doctor contact the medical team at your new duty station, if applicable
- Contact your EFMP Family Case Worker as soon as you have orders so they can assist with the PCS process and a warm hand off to the next duty station.
- Prepare your family member for the move by getting them excited about the move

Moving day:

- Keep important papers, medicines, and medical equipment locked away
- Keep emergency phone numbers with you at all times

Adjusting to your new duty station:

- Report to the DEERS office to provide your new contact information
- Report to TRICARE Service Center to confirm enrollment into new region
- Set up an appointment with your family member’s Primary Care Manager to get new referrals for specialty care
- Connect with your EFMP Family Case Worker at your new installation and apply for the EFMP Respite Care Program
- Set up an appointment with the Social Security Administration, Medicaid and other state services, if applicable
- Check out available child care
- Visit your child’s school
- Visit the local fire department
- Take time out for yourself
Military Resources:

MilitaryOneSource: www.militaryonesource.mil

- Plan My Move: http://apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0 Provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment
- Military Youth on the Move: http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0 The one-stop-shop for advice and information on moving, social life, school, and more for kids, pre-teens and teenagers.

Defense Enrollment Eligibility Reporting System (DEERS): www.dmdc.osd.mil/appj/address/login/SelectLogin.do Family members must be registered in the DEERS program to be eligible for TRICARE & EFMP services. The Website will provide the ability to update your status. (800.538.9552)

TRICARE: www.tricare.mil The health care program serving Uniformed Service members and their families worldwide.

- TRICARE North Region; Health Net Federal Services (877.874.2273)
- TRICARE South Region; Humana Military Healthcare Services (800.444.5445)
- TRICARE West Region; TriWest Healthcare Alliance (888.874.9378)
- TRICARE Overseas Region: International SOS Eurasia-Africa (+44.20.8762.8384)

Education Resources:

National Disabilities Rights Network (NDRN): www.ndrn.org; The NDRN is a non-profit organization for the federally mandated Protection and Advocacy System and Client Assistance Programs for individuals with disabilities.

Parent Center Network: www.parentcenternetwork.org; The Parent Center Network provides support to the state’s Parent Training and Information Centers (PTI) that are paid by federal grants through the Department of Education to provide training, information and assistance to families of children with all disabilities ages birth to 26 years. PACER Center (888.248.0822)

National Dissemination Center for Children with Disabilities; www.nichcy.org; NICHCY serves the nation as a central source of information on disabilities in infants, toddlers, children, and youth. Here, you’ll also find easy-to-read information on IDEA, the law authorizing early intervention services and special education and State resource sheets which will help you connect with the disability agencies and organizations in your state.

State Services:

MEDICAID: www.cms.hhs.gov; The Centers for Medicare & Medicaid Services is the federal agency which administer Medicare, Medicaid, and the State Children’s Health Insurance Program. CMS (877.267.2323) Medicare (800.MEDICARE)

Supplemental Security Income (SSI) www.ssa.gov; SSI is a federal income supplement program funded by general tax revenues (not Social Security taxes). It is designed to help aged, blind, and people with disabilities, who have little or no income and provides money to meet basic needs for food, clothing, and shelter. To transfer SSI benefits, once you arrive at your new duty station, call the social security administration at (800.772.1213)