MANAGING YOUR (MY) TRANSITION TIMELINE

CAREER/FINANCIAL RESOURCES:
- American Job Centers
- Assistance from your TAP counselor
- Basic Skills Improvement Opportunities
- Career Path DECIDE
- Credentialing/Apprenticeship (USMAP/COOL)
- Disability Compensation
- DoD Unemployment Compensation for Veterans
- FedVets

Financial Education, Counseling and Training
- Job Counseling and Employment Placement
- Office of Personnel Management Veteran Services
- Senselife mobile application
- Veterans.gov (DoD)
- Vocational Rehabilitation and Employment

Veteran Employment Services Office
- Veteran-owned Businesses (SBA)

EDUCATION RESOURCES:
- Education Benefits (e.g. Post-9/11 GI Bill)
- Community College of the Air Force Transcript
- Professional Education Counseling
- Troops to Teachers (available 3 years post sep.)
- Tuition Assistance

HEALTH AND WELLBEING RESOURCES:
- eBenefits/MyHealthVet Accounts
- inTransition Program
- Mental Health Resources
- Peer Support Services
- Suicide Prevention Information
- VA Health Care/Dental Care
- VA Life Insurance (FGU, FSGL, etc.)
- VA Mental Health Access
- VA Vet Centers
- Wounded Warrior

ADDITIONAL RESOURCES:
- Community Support Resources
- Joint Services Transcripts
- Military OneSource
- National Resource Directory
- Non-military Counseling
- VA Home Loans
- Veterans Military Exchange Online Shopping Benefit


Transition Activities Can Occur As Early As 24 Months For Those Retiring, and No Later Than 365 Days For Those Separating or Transferring

18 - 24 months
- Make an apt. with your local Transition Assistance Program (TAP) Counselor for your individualized initial counseling
- Attend initial counseling and complete your personal self-assessment/Individual Transition Plan (ITP)
- If retiring, schedule/attend Pre-separation counseling (can occur before 365 days, but no later than 365 days)
- Identify a mentor
- Create a LinkedIn account and build your network
- Begin exploring career options/SEO
- Secure your Joint Service Transcript (JST) or CCAF Transcript and Verification of Military Experience and Training (VMET)

12-18 months
- If separating/transiting, schedule/attend Initial Counseling Pre-separation Counseling (can occur before 365 days, but no later than 365 days)
- Explore JSHLbridge or Career Skills opportunities
- Review finances to ensure you are financially ready for civilian life. If retiring, schedule a meeting with a personal financial counselor
- Learn about the VA Home Loan Guarantee Program
- Register for/attend TAP workshops and additional tracks (employment, vocational, entrepreneurial, higher education)
- Create a master resume
- Consider taking CLEP exams

6-12 months
- Begin and refine your job search
- Use your master resume to begin drafting targeted resumes
- Arrange for household goods (HHD) transportation counseling if you plan to relocate upon separation
- Schedule your physical and dental checkups
- Decide if you want to “opt-out” of VA health benefits or not
- If retiring, meet with your Service Retirement Office
- Sign up for a free year of the LinkedIn Premium Subscription
- Complete your Baseline Wellbeing Assessment and Separation Health Assessment
- Start attending career fairs
- Review and update your will and other legal documents
- Consider whether to take terminal leave or sell back your leave balance
- Determine if you are eligible for separation pay or early retirement
- Submit a pre-discharge disability claim under the Benefits Delivery at Discharge (BDD) or Decision Ready Claim (DRC) programs (if applicable)
- Connect with an American Job Center (AIC) near the installation or at your post-separation location

4-6 months
- Complete your Review of Pre-Separation Checklist (DD2648)
- Research your VA health insurance options; register for TRICARE (if you are a retiree)
- Research life insurance options for self and family
- Contact your medical treatment facility to get copies of your health and dental records
- Complete VA Healthcare registration
- Set up a one-on-one session with a VA Benefits Advisor
- Obtain a Veterans’ Preference letter from eBenefits
- Apply for VA Education and Career Counseling Benefits (if applicable)

3 months
- Schedule and complete your Capstone event with your commander or their designee
- Finalize relocation appointments and review your benefits, if applicable
- Begin to prepare your Disability claims for your local VSO if applicable and not completed previously
- If married, make a Survivor Benefit election decision with your spouse
- If retiring, complete DD Form 2146 with a retirement services office or counselor
- Create a Master resume
- Connect with a LinkedIn account and build your network
- Begin exploring career options/SEO
- Secure your Joint Service Transcript (JST) or CCAF Transcript and Verification of Military Experience and Training (VMET)

90 days or less
- If seeking employment, begin applying and interviewing for positions
- Ensure you have multiple certified copies of your DD-214 (Certificate of Release or Discharge from Active Duty) in a fireproof place
- Continue to network and stay involved on LinkedIn and other social media sites
- Register for the VA burial pre-need program
- Apply for VA Dental Insurance (if applicable)
- Apply for Veteran ID card, Veteran’s Health Identification Card, or print Proof of Service card from eBenefits
- Utilize Military OneSource up to 365 days post-transition
- If you’re married, inform your spouse about the benefits offered by Spouse Education and Career Opportunities (SECO)

Statement of Benefits
Your statement of benefits will list the programs, services, and other benefits you qualify for and must be given to you no later than 30 days after your separation date. If qualified, these benefits are available to you as early as your day of separation:

- VA Disability compensation, home loan eligibility, Post 9/11 GI Bill eligibility, other
- DoD: Pay and retirement, healthcare (TRICARE), Space A travel, Commissary, Exchange, MWR, lodging facilities, installation access, and other benefits outlined in the transition guide

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