

AGENDA

- Relocation
- Passenger Travel
- IPAC
- Distribution Management Office (DMO)
- Behavioral Health
- Tricare
- Personal Financial Manager (PFM)
- Pass & Registration (PMO)
- Admin Break
- Exceptional Family Member Liaison (EFMP)
- School Liaison Program (SLP)
- Command Pay and Personnel Administrator (CPPA)





PHASES OF RELOCATION

*With OCONUS to CONUS moves, a Re-entry phase is also experienced



Outbound Interview

PCS Checklist for Marines Departing MCAS Iwakuni

1 OUTBOUND INTERVIEW (OBI)
$\hbox{-} Complete your Outbound Interview located in the Travel Tab of MOL. (Ensure CAC expiration date is annotated). \\$
- Port Call (Flight) Request-The date of departure must be a Saturday (mode of travel is the Patriot Express). An Exception To Polic (ETP) Letter is required to request a flight on a different day. Upload approved ETP in your OBI prior to submitting to the S-1.
* Traveling with Dependents – Fill out and upload DD Form 884 (received from S-1) and a copy of dependent's passports.
* Traveling with Pets – Fill out the info on OBI and coordinate with the AMC Terminal, Bldg. 723, to schedule the weighing of your pet and cage.
* Shipping a vehicle – If flying to your previously authorized VPC, then upload documents into OBI. Coordinate with DMO's Vehicle Processing Center. Bldg. 100 (phone 253-3516).
-TAD/FAP – Verify with S-1 to make sure your record is not reflecting a TAD/FAP status, if you are then an endorsement needs to b generated by the S-1 and submitted via EPAR.
- Submit the completed interview to your S-1 shop for verification and approval. Once OBI is approved, IPAC will submit the OBI to DMO for booking of flights.
* Please upload all documents below into your OBI *.
2PCS FOR SUCCESS CERTIFICATE (Please schedule upon receipt of orders or no later than 90 days before detach date)
- Complete the PCS for Success class for the completion certificate (a half slip of paper received from Bldg. 411 Phone 253-6161).
3PMO CERTIFICATE
- Obtain a certificate from PMO stating that all vehicles, weapons, and bikes have been properly handled (a half slip of paper received from the pass and registration Bldg. 608).
4CHECKOUT SHEET
- Complete the checkout sheet received from your S-1 shop. (If gear is missing IPAC will need the FLIPL NAVMC 6 before CIF can sign the checkout sheet.)
Additional Documents (If Applicable):
HOUSEHOLD GOODS SHIPMENT (UNACCOMPANIED/RESTRICTED TOURS ONLY)
- Submit the Bill of Lading for your unaccompanied household goods shipment to obtain 4 days of proceed during PCS travel. Coordinated through DMO Bldg. 100.
HOUSING TERMINATION (ON/OFF BASE)
- Obtain NAVMC 11051 (Family Housing Voucher Termination) from the Housing Office, Bldg. 200, after your final housing inspection. IPAC requires a copy to terminate your Overseas Housing Allowance or Government Quarters.
Additional Notes:

Ensure all applicable steps are completed in a timely manner to avoid any delays in your PCS process (Please do not wait the week of to submit/upload all your documents). Keep copies of all submitted forms and certificates for your records. Contact your 5-1 shop or IPAC if you have any questions or need further assistance. By following this checklist, you can ensure a smooth transition during your PCS from MCAS Iwakuni.

IPAC EMAIL: IWKN HHS HQ IPAC@USMC.MIL IPAC OUTBOUND BRANCH: 253-7212/7182/5523

NAVMC 11799

CUI (when filled in)

MCO 1320.11

SPONSORSHIP REQUEST						
		PRIVACY ACT	STATEMENT			
In accordance with the Privacy Act of 1974 (Public Law 93-579), this notice informs you of the purpose for collection of information on this form. Please read it before completing the form. AUTHORITY: 10 U.S.C. 5013; 10 U.S.C. 5041; E.O. 9397, as amended; and SORN NM05000-2.						
PURPOSE: The information collected provide information and support to inc ROUTINE USES: Information will be the applicable routine uses are publis Article-View/Article/570436/nm05000- DISCLOSURE: Information is volunta Command-assigned sponsor. RECORD MANAGEMENT: This form M-5210.1.	oming person accessed by hed in the au 21. ry; however,	nnel. authorized personnel with thorizing SORN available failure to complete this fo	n a need-to-know to meet at: https://dpcld.defense. rm may limit the manner,	the purpose. gov/Privacy/S	A complete list an SORNsIndex/DOD- and support availab	d explanation of wide-SORN- ble from your
Grade Name						MOS
Address (Street, City, State, Zip Code)			Unit Phone (Commercial)	Unit Phone (DSN)	
Current Mailing Address (Street, City,	State, Zip C	ode)	Email Address			
Estimated Detach Date	Date Arrival Date		MCC/RUC of New Assignment			
Leave Address (Street, City, State, Zi	Code)		Marital Status	Spouse's Na	ame	
Unit Phone (DSN)		Email Address		Anticipated	Mode of Travel	
Children Name's and Ages						
☐ I DO ☐ I DO NOT desire	government	quarters (unless mandate	d by base policy).			
My family size will require: 2 military family housing, DD Form 1740	3 C 3 to the hous	4 bedrooms. I ina office.	have have not	forwarded	an application for a	an assignment to
I have dog(s) and cat(s).						
Specific information/assignment requ						

NAVMC 11799 (2-22) (EF)

CUI (when filled in)

Controlled by: USMC CUI Category: PRVCY LDC: DL ONLY

Reset Form

Page 1 of 1

AEM Form Designer 6.5

Previous versions are obsolete

Print Form







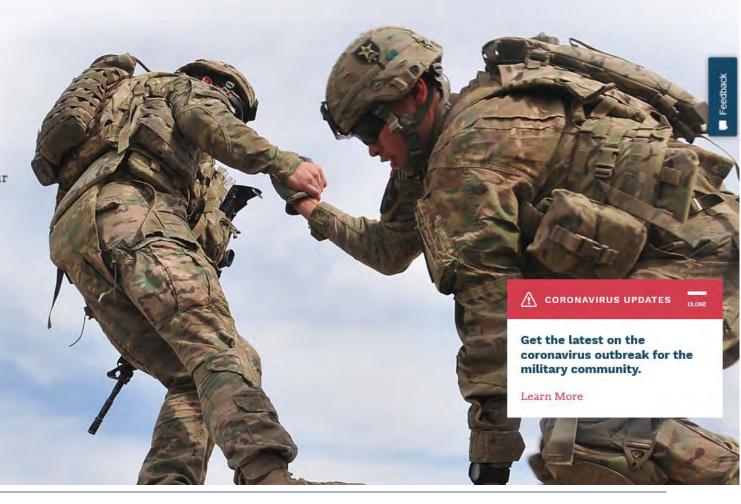


WELCOME TO

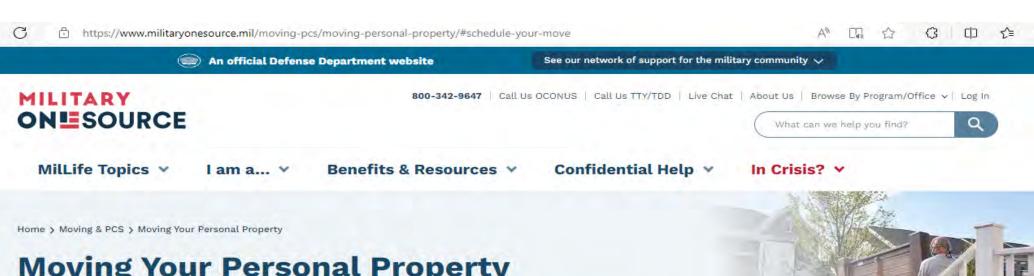
MILITARY ONESOURCE

We know the measures put in place to protect our military community during the coronavirus outbreak may have a significant impact on your life. Here's how we're helping.

COVID-19 SUPPORT







Moving Your Personal Property

The Defense Personal Property Program provides quality moving and storage services to Defense Department and Coast Guard personnel and their families.

Overview MilLife Guides Benefits Resources Products Articles

Ensure each step of your move is successful by being prepared and informed. Browse our resources, fact sheet library and customer service pages before getting started.

Ready to schedule your move?

Use the Defense Personal Property System, or DPS, to schedule your move, track your shipment or file a claim. Need assistance accessing DPS? Contact DPS Customer Service.

LOG IN TO DPS

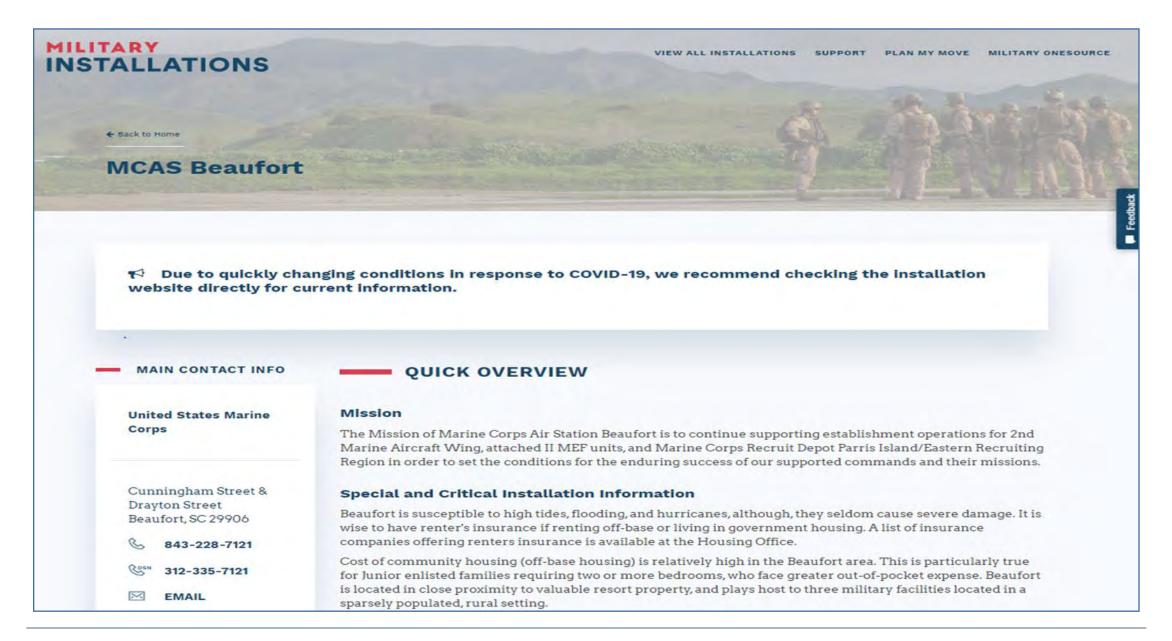
Related Topics

Preparing to Move

Settling in After Moving

OCONUS/Overseas Moves







Welcome to Plan My Move Plan My Move creates a custom checklist for your move, filled with information about the tasks you need to complete and how to complete them. Your checklist is tailored to the unique needs that you or your family have. Fill out the information below to start building your checklist. Where are you currently stationed? Type the name of your current installation Q I CAN'T FIND MY CURRENT INSTALLATION Where are you moving to? Type the name of your new installation Q I CAN'T FIND MY NEW INSTALLATION Who are you? Service Member Family Member / Loved One



TRANSITION: Plan for the unexpected



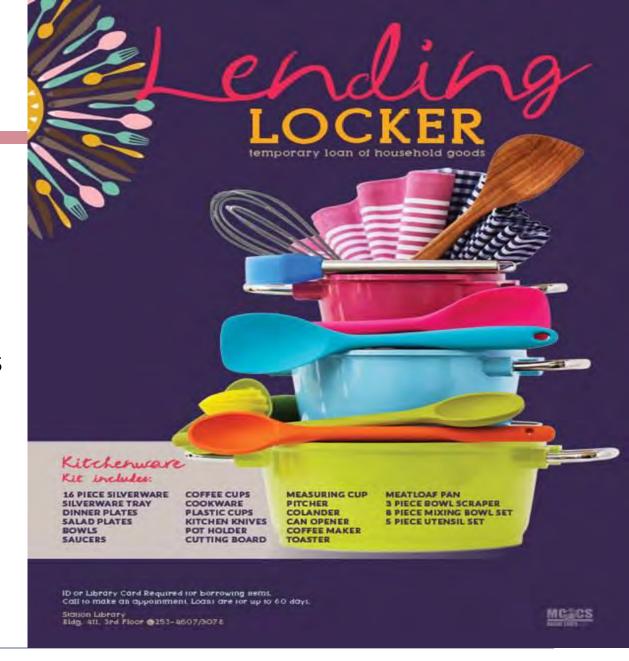
- Request a sponsor
- PCS documents: Original Orders, Area Clearance (OCONUS), Vehicle, Medical, Marriage certificate/Birth certificates, EFMP records, Passports, Employment records, Military ID, POAs, Pet Records etc.
- Financial: travel hotels, rental car, and other miscellaneous expense receipts, banking, contracts

- Service Member: uniforms, sponsor communication
- Checking out of Iwakuni: housing, vehicle, bikes, post office
- Keep/update inventory of belongings. Packing Valuables, Electronics & Mold
- Community Pantry



LENDING LOCKER

- Outbound: Bldg. 411, Suite 101
- Inbound: Contact IR&R at new duty station
- Available to accompanied Service Members (limited availability)
- MCASI: can be utilized for up to 30 days (extensions available upon request)





Military Housing Division PCS Process

- Outbound personnel are requested to submit notice to vacate 30-60 days for on-base housing.
- A minimum of 30 days notice to vacate is required for off-base housing.
- PCS Orders must be provided when submitting notice for on-base housing. Off-base residents can submit orders after 30 day vacate notice is provided.
- Special Power of Attorney for spouse if service member cannot attend vacate inspections
- Vacate date is scheduled around pack out dates, flight dates and TLF check-in dates.



Military Housing Division PCS Loaner Furniture Policy

- Reference: MCASO 11101.3S, 14 June 2022
- Outbound personnel are limited to 30 day use of loaner furniture.
- It is recommended that HHG pick-up be scheduled no earlier than 40 days prior to scheduled departure date.
- Visit Housing Division immediately after scheduling HHG pick-up to ensure availability of loaner furniture.
- Housing Office MCASI: 253-5541



Housing Resources

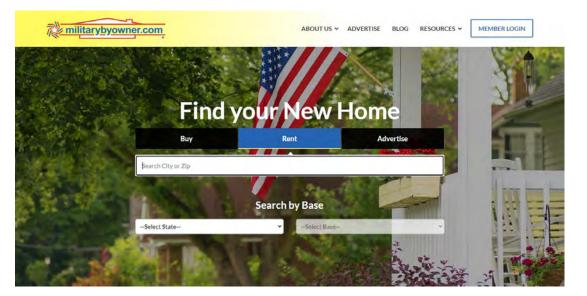
■ WWW.Homes.Mil



WWW.Militarybyowner.Com

The housing Early Assistance Tool (HEAT)

Housing Early Assistance Tool Housing Surveys BEFORE you PCSt				
HOME TYPES OF HOUSING LEARN M	ORE ABOUT HEAT			
Welcome to the I	lousing E	arly A	ssistar	ice Tool
HEAT allows Service Members to g begin the process of applying for				
If you are certain of your next duty station and ha station isn't known you can select multiple location locations.				
Select your Location(s):				
Current Duty Location Branch of Service:	~			
Current Duty Location:	~			
Projected Branch of Service:	ALL V			
	AIR FORCE ACADEMY ALBANY GA MCLB ALTUS AFB ANKARA SUPPORT FAC	CILITY	Ô	
Projected Duty Location:	ANNAPOLIS MD NSA ARNOLD AFB	44		





Resources





https://careers.usmc-mccs.org/



Spouse Education & Career Opportunities





Preparing for transition every step of the way!

The Military Spourie Transition Program (MySTeP is made for YOU – a military spoure – 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 conses. The information, tools and programs highlighted in NySTeP will comenct you with the right resources at the right time to be a consecutive or the program of the program in the military. In all we were the program in the program in the program in the military in the program in the military. In the program in the military, it is deviced in the military in the program in the military. It is deviced in the military in the program in the military, it is deviced in the military. In the military, it is deviced in the military, it is deviced in the military. It is deviced in the military in the program in the military is deviced in the military. It is deviced in the military in the program in the military is deviced in the military. It is deviced in the military is deviced in the military



QUESTIONS?

For Assistance: Information, Referral and Relocation 253-3357





IPAC BRIEF: PCS FOR SUCCESS

OUTBOUND POC



IPAC Director

CWO4 Vanny J. Sim

315-253-4997

IPAC Deputy Director

CWO3 Eddie Medina

315-253-7117

IPAC SNCOIC

MGySgt Phong Nguyen

315-253-3254

Outbound OIC

CWO3 Eddie Medina

315-253-7117

Outbound SNCOIC

GySgt Santhies Ambeau

315-253-7313

Outbound NCOIC

Cpl Steve Cannady

315-253-7110

IWKN_HHS_HQ_IPAC@usmc.mil

SEMPER FIDEUS

REFERENCES

- MCO 1300.8 (Personnel Assignment Policy)
- MARDADMIN 373/20 (GTCC Policy)
- MARADMIN 307/16 (Outbound Interview)
- Joint Travel Regulations (JTR)
- MCO 1000.6 (ACTSMAN)
- MCO 7220.21 F (Advance Pay)
- III MEF/MCIPACO 7220.1 (TLA)
- MCO 7220.56A— (Entitlement to BAH at Locations other than PDS)
- MARADMIN 402/19 (Guidance regarding initiation of overseas screening)
- FPM Vol 2 ()



USEFUL SITES

Find your POV in government storage:

www.PCSMYPOV.com

Defense Travel Management Office Website:

http://www.defensetravel.dod.mil/site/travelreg.cfm



Outbound Interview (OBI)



OBI: STARTING

Start your Outbound Interview located in the Travel Tab of MOL. (Ensure CAC expiration date is annotated). Submit the completed interview to your S-1 shop for verification and approval. Once your OBI is approved, IPAC will submit the OBI to DMO for booking of flights.

Please obtain an IPAC checklist from the PCS for Success class or your S-1. Ensure all applicable steps are completed in a timely manner to avoid any delays in your PCS process.

*Any changes to the OBI will require re-approval.



OBI: PORT CALL REQUEST

- **Port Call (Flight) Request** The date of departure must be a Saturday (mode of travel is the Patriot Express). DMO requires minimum 14 days to book flights and 21 days if you have pets.
- * **Traveling with Dependents** Fill out and upload DD Form 884 (received from S-1) and a copy of dependent's passports into your OBI.
- * **Traveling with Pets** Fill out the information on OBI and coordinate with the AMC Terminal, Bldg. 723, to schedule the weighing of your pet and cage.
- * **Shipping a vehicle** If flying to your previously authorized Vehicle Processing Center (VPC), then upload documents into the OBI. Coordinate with DMO's VPC. Bldg. 100 (phone 253-3516).

*Any changes to Port Call Request needs to be submitted to the IPAC via chain of command for S-1 approval.



OBI: TYPES OF TRAVEL

- 1. Direct Travel to new Permanent Duty Station (Airfare only).
- 2. Flight to Vehicle Processing Center (VPC).
- 3. Flight to a Designated Location.
- 4. Mixed Modes (Airfare and POV). Dual POV is also authorized when a dependent with a valid US drivers license will be driving a separate vehicle. Request must be selected in OBI.



OBI: EXPEDITE AND EXCEPTION TO THE POLICY

Expedite Letter – An Expedite Letter is required for Marines who are departing sooner than 14 days due to reasons out of their control. The letter must be signed by the CO and uploaded into OBI.

Exception to Policy - An Exception To Policy (ETP) Letter is required to request a flight for a day other than Saturday or a Commercial Flight. The reason must be due to a Mission Requirement and not for personal reasons. The letter must be signed by the CO and uploaded into OBI.

*DMO will be the Approving Authority for Commercial Flights.



OBI: DEPENDENTS

Dependents Authorized Travel

- Are your dependents listed to travel on your Basic Orders?
- DD Form 884 (Request for Dependent Travel) and valid passport(s) are required to be submitted into your OBI.

Acquired Dependents

 Non-command sponsored/Non-SOFA status dependents will NOT be authorized transoceanic travel to CONUS. Travel and entitlements will begin at the nearest port of entry in CONUS to next PDS (i.e. Seattle, WA). (MCO 1300.8)



OBI: PCS LEAVE, PROCEED, & TRAVEL DAYS

- PCS Leave Leave days are submitted through OBI and not through MOL.
- Travel Days (FPM Vol 2. Chapter 3)
 - Everyone will rate one (1) transoceanic travel day.
 - Additional travel days will be calculated by IPAC based on actual flight time or mileage.
- POV Travel Days Authorized when not flying directly to your PDS. Days are determined based on mileage when driving your POV from one authorized location to another.
- **Proceed -** You may rate 4 days proceed only if on an unaccompanied tour and you relocate dependents and/or household goods (this applies to single Marines as well) (MARADMIN 667/12).



OBI: CONSECUTIVE OVERSEAS TOUR (COT)

Personnel executing a Consecutive Overseas Tour must complete an *Area Clearance and medical screening for the next PDS.

*Area clearance is still required for Okinawa and Hawaii.

COT incentive must be taken while traveling to next PDS unless Marine is checking directly into his next PDS without any delays.

NO PORTCALL CAN BE CONDUCTED UNTIL IPAC HAS AREA CLEARANCE DOCUMENT!!!!



OBI: OVERSEAS SCREENING

Overseas Screening/suitability package can be obtained from Medical. Package must be completed and submitted to request an area clearance. All required documentation must be provided to MCAS Manpower office (Jean Lamkin) located in Bldg. 1 on the 2nd floor.

Overseas Screening Package Forms:

DD form 2807 (Report of Medical History)

NAVMED 1300/1 (Suitability Screening for Service Member)

NAVMED 1300/16 (Report of Suitability) Page 1 and 2 need to be filled out by Marine's command

DD form 2992 (Medical Recommendation for Flying or Special Operational Duty (if applicable))



OBI: Delays

- **-TAD/FAP** Verify with S-1 to make sure your record is not reflecting a TAD/FAP status, if you are then an endorsement needs to be generated by the S-1 and submitted via EPAR.
- -Obligated Service Please make sure you have the obligated service to serve your next. If obligated time is not being met, then a waiver is required by your monitor (MMEA/MMOA) through TFRS message (Enlisted) or Naval Message (Officers).
- -IIF (Formerly CIF) Marines should be turning in their gear at a minimum 60 days from their detaching date. If Marines are missing gear, then a NAVMC 6 will be issued by the IIF to fill out and route through Chain of Command and IPAC. The IPAC will fill out the form and run the checkage (if applicable), IIF will stamp checkout once that is complete.
- -Housing If you reside in On Base or Off Base Housing, then you will need to provide the IPAC with Housing Voucher showing termination of your quarters. We highly recommend that you schedule your Final Inspection no later than the Tuesday before checking out.



OBI: Status

MEMBER

NOT STARTED: MEMBER HAS NOT STARTED THEIR OBI.

MOL IN PROGRESS: MEMBER IS CURRENTLY WORKING THEIR OBI AND HAS NOT SUBMITTED IT.

MOL SUBMITTED: MEMBER HAS SUBMITTED THEIR OBI TO THEIR S-1.

S-1

MOL REVIEWED: S-1 REVIEWER HAS REVIEWED THE MEMBERS OBI.

MOL RETURNED TO REVIEWER: S-1 ADMIN CHIEF/ CERTIFIER HAS RETURNED THE OBI TO THE S-1 REVIEWER.

MOL RETURNED: S-1 HAS RETURNED THE OBI BACK TO THE MEMBER. MEMBER NOW HAS POSSESION OF THEIR OBI.

ADMIN RETURNED: IPAC HAS RETURNED THE OBI BACK TO THE MEMBER. MEMBER NOW HAS POSSESION OF THEIR OBI.

MOL APPROVED: S-1 HAS APPROVED THE MEMBERS OBI FOR IPAC TO TAKE ACTIONS.

*Verify with your S-1 to find out the status of your Outbound Interview before coming to the IPAC.



PCS & ENTITLEMENTS



ENTITLEMENT: ADVANCE RETURN OF DEPENDENTS (ARD)

Upon receipt of Basic Orders, member may elect to have their dependents to travel in advance. The
member must request the ARD through the OBI. The OBI needs to be submitted in a timely manner to
make sure spaces are reserved, especially, if pets are involved.

*Immediately upon dependents leaving, an audit must be conducted at the IPAC. The flight itineraries are required.

Entitlements

- COLA (B) or COLA (O) will be started. COLA (1-5) will terminate upon dependent(s) departure.
- BAH rate at new PDS requires an approved letter from HQMC: MMIB-3. If member is residing in family
 type Govt Quarters (On/Off Base Housing) or receiving OHA, then BAH will not commence until housing
 is officially terminated. Housing Termination Voucher is required to stop family type Govt. Quarters.



ENTITLEMENT: GOVERNMENT TRAVEL CHARGE CARD

(MARADMIN 001/16 MARADMIN 373/20)

- The use of GTCC is mandatory during PCS travel and for the following travel expenses:
 - Personally Procured Moves (PPM)
 - Temporary Duty Under Instructions (TEMINS)
 - Temporary Lodging Allowance (TLA)
- Your PCS orders will list 80% of your entitlement/reimbursement amount, the amount is only a predetermination and may be less or more if anything changes during PCS travel.
- IPAC is NOT responsible for activating or adjusting your GTCC.
- The GTCC is managed by your unit APC or S-1. They are able to activate, adjust, increase, or review your GTCC. Ultimately, the member is responsible to make sure their GTCC is ready for PCS.

^{*} We highly recommend you access the CitiBank website to be able to view the status of your GTCC account.

STATES MARINER CORPS

ENTITLEMENT: PER DIEM

- Per Diem covers the meals and incidentals incurred during authorized daily travel
 - Flat Per Diem when driving a POV: \$178 per day (at 100%)
 - Lodging, Meals, and Incidentals.
 - First day of travel equals 400 miles, every 350 miles after equals one more day.
 - Commercial Per Diem: paid at current Locality Rate
 - Meals and Incidentals.
 - Maximum lodging rate when in authorized delay or awaiting transportation status EX: If utilizing commercial transportation, (i.e. airplane) service members rate only one day of travel, and only one day of per diem for the <u>locality rate</u> of their new duty station.
 - For both Commercial travel and MALT (driving)
 - Dependents <u>12 & OVER get 75%</u> of what Member is paid.
 - Dependents **UNDER 12 get 50%** of what Member is paid.



Entitlement: Monetary Allowance in Lieu of Transportation (MALT) JTR par. 050205

A traveler who is authorized PCS travel by POV is allowed one day of travel for the first 400 miles between authorized official points. If the distance is greater than 400 miles, then divide the remaining miles by 350 to determine the number of authorized travel days. If the remainder is 51 or more, one additional

\$0.21 per mile per vehicle as of Jan 2024, regardless of how many dependents are in the vehicle.

Dual POV can be authorized.

Disclaimer:

MALT for PCS travel is not intended to reimburse all the costs of operating a vehicle. It is a payment for POV travel based on the official distance between authorized locations. Mileage reimbursement payable to service members and/or Dependents driving a Privately Owned Vehicle (POV)*

# of Travel Days	Miles authorized
1	400
2	750
3	1100
4	1450
5	1800
6	2150
7	2400
8	2750
9	3100

ENTITLEMENT: ADVANCE PAY



(MCO 7220.21F)

- DD Form 2560.
- Base pay multiplied by months requested and Tax Deducted (20%).
- You can request Advance Pay:
 - -Within 30 days of PCS or 60 days after reporting to next PDS.
 - -31 to 90 days before PCS.
 - -61 to 180 days after arrival at PDS (requires more justification)

OPTIONS AND QUALIFICATIONS

- 1 month of Advance Pay to be paid back in 12 months or less (Normal Parameters).
 - 2 or 3 months of Advance Pay to be paid back up to 24 months or less (<u>Outside Normal Parameters</u>).
 - All service members Advance Pay form must be completed and signed by your Commanding Officer.



ENTITLEMENT: DISLOCATION ALLOWANCE

(FPM Vol 2.)

Purpose Of DLA

- To partially reimburse a member for the expenses incurred in relocating the member's household upon executing PCS orders. DLA is a flat amount.
- A service members grade and dependency status on the PCS orders determines the amount of DLA.

With Dependent Rate

- DLA will be checked if dependents do not relocate
- No Single Type Government Quarters upon arrival to next PDS.

Without Dependent Rate (Own Right)

- Members who are establishing a household (E-7 and above)
- Members (E-6 and below) who relocate to a duty station where adequate government quarters is not provided, may be eligible for DLA Own Right



TEMPORARY LODGING ALLOWANCE (TLA)

TEMPORARY LODGING ALLOWANCE (TLA)

(III MEF/MCIPACO 7220.1, Ch. 3 & III MEF/MCIPACBUL 1754, & DODFMR VOL7A CH68)

Qualifications

- Members with command sponsored dependents vacating government quarters.
- Members with command sponsored dependents vacating a local residence.
- Unaccompanied Members are not authorized TLA regardless of the type of tour (Except single members authorized to reside off base with a statement of non-availability-CNA).

Reimbursement

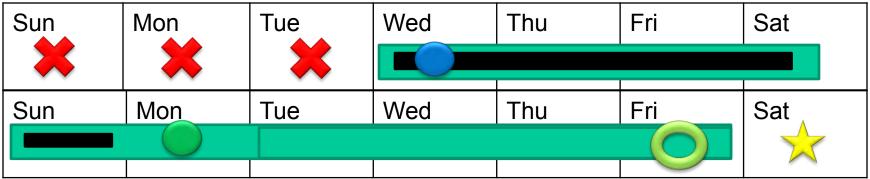
- Vacating Gov't quarters 10 days max w/ 5 days of overlap.
- Vacating local residence 10 days max w/ 5 days of overlap.
- Overlap days (5 days max) days spent in quarters and in TLF.
- Note: If cooking facilities are available the daily per diem is reduced by 50%

Claim

- Submitted by IPAC Iwakuni upon your departure.
- o Members must obtain Government Quarters Termination Form from Base Housing Facility.
- Members must provide zero balance lodging receipts by Friday.

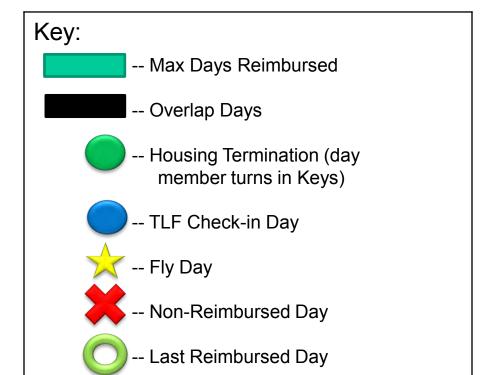


TEMPORARY LODGING ALLOWANCE (TLA)



This member would be reimbursed for 10 total days with 5 overlap days

Note: Housing should brief this to you upon scheduling for final inspection.





TLA: Per Diem

Please refer to "www.defensetravel.dod.mil" for Per Diem rates.

Eligible Recipients	Lodging %	M&IE %
Service member or one dependent (total one person)	100	65
Service member couples (total two persons - % each when lodging together)	65	65
Service member and one dependent, or two dependents (total two persons – percentage together)	100	100
Each additional dependent age 12 and older	35	35
Each additional dependent under age 12	25	25

Ex: Family of 4

Member 65% + Spouse 35% + Depn.12+yo 35% + Depn. U-12yo 25% = 160%

**LODGING max reimbursement: This Family of 4 can occupy as many hotel rooms as they wish. They will be reimbursed up to the maximum daily rate based on their %.



Departing MCAS Iwakuni



Departing: Pay

- Overseas COLA Will stop the day prior to detachment.
- CONUS COLA Starts on the date of arrival at new PDS.
- Overseas Housing Allowance (OHA) Stops on the termination of lease/contract.
- Discounted Meal Rate (Mess hall deduction) Stops date of detachment.
- Basic Allowance for Housing (BAH) BAH-Transit starts on the date of detachment and continues until you report into your new.
- BAH (at new PDS) Will commence the day you report to your new PDS. Marines who reside in the barracks will receive BAH-Partial



ARRIVING TO NEXT PDS

- <u>Check-In</u>: This will be completed through the Travel Tab in MOL in the Inbound Interview at your next command.
- Travel Settlement: This will be completed through the Travel Tab in MOL in the Travel Voucher link at your next command.
- BAH @ Locality: Housing Allowance for the New PDS begins the day of Reporting to the command.

o TLE:

- Calculated the same as TLA
- Added to the 1351-2 as a part of the travel settlement



REQUIRED DOCUMENTS FOR ORDERS

Before coming into IPAC, the following items **need** to be uploaded into your OBI.

Required Documents

- PCS for Success Sheet
- PMO Sheet
- Unit Checkout Sheet
- Bill of Lading (If applicable)
- Housing Termination Voucher (If applicable)
- Expedite/ETP Letter (If applicable)



CHECKOUT

Checking out of IPAC

- o Monday-Thursday Prior to Detachment Date. (MCASO 5001.1, Ch. 4)
- Turn in the required documents and sign your orders.
- You will need PCS Orders to get on your AMC flight.

MEMBERS MUST BE COMPLETELY CHECKED OUT BY 1630, THURSDAY-FLIGHTS WILL BE CANCELLED FRIDAY AT 0800. YOUR COMMAND WILL BE NOTIFIED!





Do You Rate an Award?

You can be granted a waiver for the following awards depending on your unit



Overseas Service (OSR)

- 12 or more consecutive or accumulative months.
- Waiver/Endorsement can be granted up to 14 days.
- Documented on Pg.11, signed by CO.



Sea Service Deployment (SSDR)

- 90 consecutive/accumulative days (UDP).
 12 months (Permanent Personnel).
- Waiver/Endorsement can be granted up to 30 days.
- Documented on Pg.11, signed by CO.

What Do You Need to Do?

 Upload Waiver/Endorsement from CO and Page 11 into your OBI, the award will be reported with your transfer by IPAC. If it is not uploaded, you can provide it to your next command/IPAC..



Please Ask, Don't Guess!





DISTRIBUTION MANAGEMENT OFFICE (DMO)

PERSONAL PROPERTY



UNCLASSIFIED

STATES MARIANT CORPS

OVERVIEW

- What do I need?
- Outbound Process
- JTR Weight Allowance
- Weight Limitations
- Types of Shipments
- Unauthorized Items
- Non-Temporary Storage

- POV Shipment
- Change in Plans
- Member's Responsibilities
- Carrier's Responsibilities
- Loss/Damage Claims Process
- At your Destination

SEMPER FIDELIS

WHAT DO I NEED?

• Must have a copy of Web Orders (for PCS) or DMO for TMO Endorsement Letter (for EAS/SEPS/RET) with appropriate data and/or funding.

Decide what type of shipment(s) you will select (HHG/UB) and the estimated weight.

Power of attorney (if needed).



OUTBOUND PROCESS

Register for a DPS account via Military OneSource:

https://www.militaryonesource.mil/moving-housing/moving/pcs-and-military-moves/

• Provide a lead time of 3 weeks for scheduling. If the dates you are requesting are less than the 3 weeks, contact DMO to see if there are sooner available dates.

- Once shipment received by DMO. A counselor will reach out to you requesting a signature for the following forms:
 - DD1299 (Shipment Application)
 - DD 1252 (US Customs and Border Declaration)
 - DD 1797 (Personal Property Counseling Checklist)





JTR WEIGHT ALLOWANCES/ WEIGHT LIMITATIONS

RANK	W/DEPENDENTS	W/O DEPENDENTS
O-6 – O10	18,000	18,000
O-5/W-5	17,500	16,000
O-4/W-4	17,000	14,000
O-3/W-3	14,500	13,000
O-2/W-2	13,500	12,500
O-1/W-1	12,000	10,000
E-9/MGYSGT/SGTMAJ	15,000	13,000
E-8/MSGT/1SGT	14,000	12,000
E-7/GYSGT	13,000	11,000
E-6/SSGT	11,000	8,000
E-5/SGT	9,000	7,000
E-4/CPL	8,000	7,000
E-3-E1	8,000	5,000

- YOU, NOT YOUR TRANSPORTATION
 OFFICE (TO) OR TRANSPORTATION
 SERVICE PROVIDER (TSP), ARE
 RESPONSIBLE FOR STAYING WITHIN
 YOUR AUTHORIZED WEIGHT
 ALLOWANCE. TO INCLUDE THE
 COMBINED WEIGHTS OF HHG,UB,
 AND NTS
- THE TO AT ORIGIN OR DESTINATION CAN AUTHORIZE A REWEIGH OF YOUR PERSONAL PROPERTY SHIPMENT AT YOUR REQUEST AT NO COST TO YOU.
- THE MEMBER IS FINANCIALLY RESPONSIBLE FOR ALL TRANSPORTATION COSTS AS A RESULT OF EXCEEDING THE AUTHORIZED WEIGHT ALLOWANCE.



PROFESSIONAL BOOKS PAPERS & EQUIPMENT PBP&E/PRO-GEAR

SERVICE MEMBER PBP&E/PRO GEAR

- You must separate professional items from the rest of your property so they may be packed, marked, and weighed separately.
- The weight of PBP&E/Pro-Gear does NOT count against the total weight of your shipment(s).
- Max weight allowed for ProGear:2,000lbs.



SPOUSE PBP&E/PRO GEAR

- Spouses are authorized 500 pounds for PBP&E/PRO-Gear.
- Items MUST be necessary for employment or community support activities at the next duty station or a later destination.



EXCLUDED FROM PBP&E/PRO-GEAR

- Commercial products for sale/resale used in conducting business
- Sports equipment
- Office furniture
- And more...







For more information visit the JTR Appendix A



TYPES OF SHIPMENTS

HOUSEHOLD GOODS (HHG)

Personal Property that belongs to you

- Furniture
- Cabinets
- Desks
- Bookcases
- Large TV's

UNACCOMPANIED BAGGAGE (UB)

Items needed immediately at your destination

- Seasonal clothing
- Dishes/Utensils
- Infant care/Crib
- TV(42" or less)
- No furniture

UNAUTHORIZED ITEMS



- Items for re-sale (i.e., increase quality of the same item)
- Live animals
- Firearms/ammunition
- Poisons
- Flammable/corrosive materials (i.e., lighter fluid)

- Cologne/perfume
- Medicine (i.e., prescription, OTC, vitamins, herbs, supplements)
- Personal Care Products (i.e., lotion, gel, shampoo, nail polish, liquid foundation)
- Foods (i.e., any meat, milk, egg or by-products)





NON-TEMPORARY STORAGE

Non-Temporary Storage (NTS):

 Only authorized if stated on basic orders (EXAMPLES: Retirement, TEMINS orders, and traveling to a weight restricted location).

Non-Temporary Storage Release (NTSR):

- A new set of orders must be presented IOT release from the storage facility or to extend the NTS.
- Must have a physical address to conduct a NTSR.



POV SHIPMENT

• Visit **PCSMYPOV.COM** or email **IALYokohama@ialpov.us** to obtain documents needed prior to scheduling an appointment.

- During the initial counseling, DMO will provide the member with DD FORM 1797 or DD FORM 3163 to ship a POV.
- It is the Members responsibility to coordinate transportation to the nearest VPC (Yokohama) (Contact the VPC to ask about possible drop off location in Iwakuni).



CHANGE IN PLANS

Any changes requires 48 hours notification to prevent any excess cost on member.

- All changes require appropriate justification prior to approval
 - Good cause may include, but is not limited to orders modification or cancelation, hospitalization, or pending legal actions.



MEMBER'S RESPONSIBILITIES

A few items to keep in mind prior to pack-out:

- Unplug electrical appliances
- Remove all items hanging from walls
- Dispose of unnecessary items/perishable items
- Distinguish household goods from unaccompanied baggage
- Separate items that you do not wish the packers to take (i.e. passports, orders)
- Must be present between 0800 1700 (unless told other wise)
- Ensure cleanliness of residence
- Review all inventory sheets

You and your family can stop HHG operations anytime if you feel uncomfortable with TSP Representatives in your home.

If anyone is sick before, during, or after the move, let the TSP Representatives or the DMO know.

If you suspend operations, please contact DMO QA section to report the issue and request a new moving date.

DMO QA Section can be reached at DSN: 315-253-6366/5575.



CARRIER'S RESPONSIBILITIES

- Any disassembled items at origin by the carrier will be reassembled at destination.
- Packing and preparing your household goods
- Protecting all finished surfaces in your home
- Appropriately marking each box
- Removing excess packing materials prior to departure





LOSS/DAMAGED CLAIM PROCESS

Ensure the carriers provides you with a DD Form 1850 "Joint Statement of Loss or Damage At Delivery"

- File claim (DD Form 1850/1850R) via **DPS**.
- 180 calendar days from the date of delivery to file w/carrier
- For full replacement value to take effect, claims must be completed within 9 months of delivery
- Claims NOT completed in 9 months will only receive the depreciated value
- Carrier has 30 calendar days to make contact with the member and 60 calendar days to settle claim
- You have 2 years from the date of delivery to finalize the claim with carrier
- Contact destination DMO for any additional assistance/guidance with filing claim if needed
- List all damaged and missing items on (front) of DD Form 1850 while the carrier is present
- Any damaged/missing items discovered after carrier has departed will be annotated on the (reverse side) of DD Form 1850R "Notice of Loss or Damage"



DELIVERY DAY

Upon arrival at destination:

- The TSP will notify you upon the arrival of your HHG at the destination and will coordinate a delivery date that aligns with your preferences
- You or your representative MUST be present during delivery.

Prior to delivery, you are responsible for:

- Cleanliness of your residence
- Identifying the placement of bulk items in your home.



Note: All members are authorized **90 days SIT** (referred to as Storage-In-Transit) at destination. Extension of additional 90 days may be authorized by contacting destination DMO.



DISTRIBUTION MANAGEMENT OFFICE

QUESTIONS





DISTRIBUTION MANAGEMENT OFFICE (DMO)

PASSENGER TRAVEL



UNCLASSIFIED

TOPICS

- Member Responsibilities
- Incentive Travel
- Patriot Express
- Pet Information
- Authorized Destinations
- FAQ



Member Responsibilities

- Complete your <u>Outbound Interview (OBI) via MOL.</u>
 - Ensure you input accurate personal information.
 - Members with pets will require a 21-day travel performance period.
 - Members with **NO pets will require a 14-day** travel performance period.

Contact your S-1 for your GTCC to be activated and ensure enough funds are allocated.



Member Responsibilities

- Check emails to verify the <u>travel itinerary sent by DMO</u>.
 - PET OWNERS: After DMO sends the itinerary, YOU ARE RESPONSIBLE for contacting the commercial airline to confirm pet reservations.
- Contact IPAC for any modification of your travel.
- You must <u>check out with IPAC</u>. Otherwise, your <u>tickets will get canceled</u>.



Incentive Travel

MEMBERS MUST COORDINATE WITH THEIR <u>UNITS</u> <u>S-1</u> TO BEGIN APPROVAL PROCESS FROM HQMC

- DMO will provide a Cost Comparison letter from PDS HOR PDS.
- Members submit the package to MMIB-3 for approval.
- Members provide a copy of the approval letter from MMIB-3 to IPAC & DMO.
- DMO arranges travel depending on the incentive (COT, IPCOT, OTEIP).

SEMPER FIDELIS

PATRIOT EXPRESS

- Check-in:
 - No earlier than **0730**
 - No later than **1030**
- Early Baggage Check-in:
 - The day prior, from <u>1430 1630</u>
 - Each passenger traveling on the Patriot Express is authorized **2 pieces of luggage**, not to exceed 70 lbs.
 - Carry-on can not exceed 45 linear inches
 - Excess baggage cost: **\$125**.
 - Fees must be paid in cash.

All times are subject to change, for more info, please visit:

https://www.mcasiwakuni.marines.mil/Organizations/Station/AMC-Passenger-Terminal/



PET TRAVEL

- Only cats and dogs are considered pets.
- Pet shipments on AMC flights are limited to two pets per Family.
- If DMO has NOT received the Port-Call Request, please provide a Pet form from the AMC Terminal.
- You are entitled to receive up to \$2,000 for transportation expenses of your (1) pet.

THE PET WAITING LIST **DOES NOT** CONFIRM YOUR SEAT OR PET SPOT ON THE AMC. TO **CONFIRM**, A PORT-CALL REQUEST MUST BE SENT FROM IPAC.

SEMPER FIDELIS

PET TRAVEL

- Pet must be able to stand up, turn around & lie down naturally in a kennel.
- Soft cages are authorized for "in-cabin" travel only.
- For pets in the "belly" of the aircraft, all cages must be HARD cages. NO SOFT SIDED cages
- Size must be no more than 18"L x 11"W x 10.5"H.
- Pet fees and weight, which include the kennel, are:
 - > Under 70 lbs. \$125.00
 - > 71 140 lbs. \$250.00
 - > 141- 150 lbs. \$375.00
 - > Fees must be paid in cash.

AUTHORIZED DESTINATIONS



- Next Permanent Duty Station
- Seattle, WA. (APOD)
- Designated location (unaccompanied tour/relocation area of family members)
- Vehicle Processing Center (VPC)

For incentive travel, destinations may vary depending on the information stated in the approval letter from MMIB-3.



FAQ

Can the Gov. fly me to my leave location aside from my PDS?

- LICWO (Ticket exchange)
- Self-procurement through the TMC (PCS & Circuitous travel only)

How can I fly commercially and not on the AMC Patriot Express?

- Obtain an Exception To Policy (ETP) Letter signed by an O-5 or above

What if I miss my flight in Seattle, WA, due to a delay on AMC Patriot Express?

- lwakuni's AMC Terminal will issue a memorandum prior to your departure



DISTRIBUTION MANAGEMENT OFFICE

QUESTIONS





WHERE ARE WE LOCATED

Located in Building 100 Rm 119 (across from the South Side Chow Hall)
Hours of Operation:

Mon, Tues, Thurs, & Fri 0730 – 1630 Wed 0730 – 1300

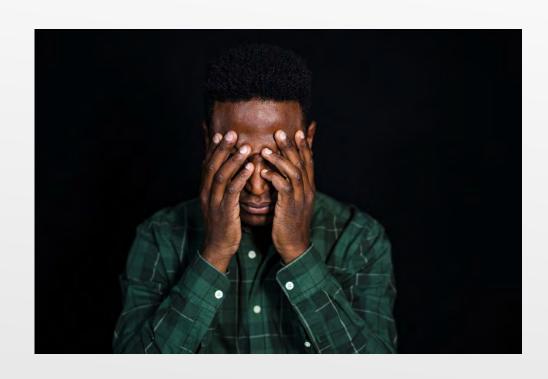
CLOSED ON FEDERAL HOLIDAYS

- Front Desk: Ms. Maria 253-4076
- Personal Property/Passenger SNCOIC: Sgt. Wormley 253-5821
- Personal Property/Passenger SNCOIC: Sgt. Cuevas 253-7437
- Group email PPO: mcasiwakuni.dmo.personalproperty@usmc.mil
- Group email PTO: mcasiwakuni.dmo.passengertravel@usmc.mil

MANAGING STRESS INDUCED FROM PCS

Marine and Family Programs
Behavioral Health

PCS SEASON CAN BE STRESSFUL!



The process of relocating during the PCS season can induce stress in response to changes to:

- Living Arrangements
- Employment
- Schools
- Routines
- Social Activities
- New Support Networks

PCS brings change, change, and more change...



WHAT IS STRESS?

The **typical** reaction the body has when changes occur. Your body can respond to these changes physically, mentally, or emotionally.



While a certain amount of stress is required to help people to stay alert, focused, and motivated...high levels of stress can cause physical symptoms and emotional symptoms like:

- Physical Muscle tension, constipation, headaches, racing heartbeat, sleep problems (too much, too little), sweaty palms, frequent colds or flu.
- Emotional anger, anxiety, forgetfulness, impatience, irritability, mood swings, poor concentration.

TIPS TO MANAGE STRESS



- 1. Focus on what you can control.
- 2. Plan ahead. *MilitaryInstallations or PCS Action Point Marine For Life Cycle)
- 3. Take care of yourself.
- 4. Ask for help.

LOCAL RESOURCES FOR SUPPORT

Family Advocacy Program:

- Warrior Maintenance: Stress Management for Marines and Families
 - o Provides education about stress and how to manage it effectively.
 - When: Every Wednesday from 1400 -1500
 - o Where: Building 411 Room 216
 - o Contact: Alicia.I.Davenport.Naf@usmc.mil or 253-4526/0827-79-4526

Community Counseling Program:

- Healthy Thinking Workshop
 - Provides a platform to develop healthy and/or helpful thinking through psychoeducation and skill development.
 - When: Every Tuesday from 0800-0900
 - o Contact: <u>Behavioral_Health_Iwakuni@usmc.mil</u> or 253-6553/0827-79/6553

DSTRESS Line:

- > Anonymous Marine-to-Marine phone and chat support service to manage stress in all forms.
 - o Operates 24/7
 - o Contact: <u>www.dstressline.com</u> or 1-877-476-7734; 253-7734; 0827-79/7734

Permanent Change of Station

Coordinating Your Medical Coverage Before, During, and After Your Move

DHA

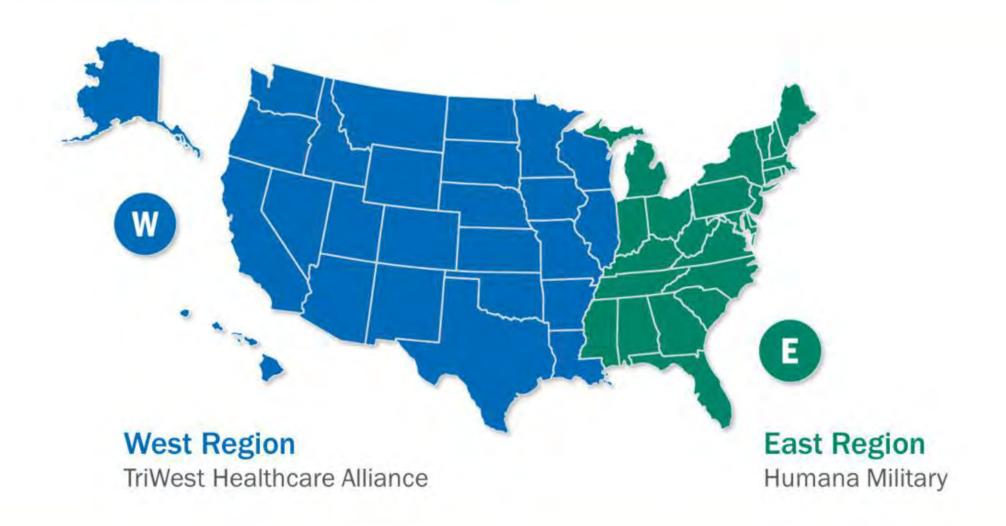


Today's Agenda

- What Is TRICARE?
- Planning for Your Move
- Getting Care While Traveling
- TRICARE Benefit at Your New Location
- Other Important Information
- Your Checklist
- For Information and Assistance

What Is TRICARE?

TRICARE Stateside Regions



TRICARE Overseas Program

Latin America and Canada

Canada, the Caribbean Basin, Central and South America, Puerto Rico, and the U.S. Virgin Islands

Eurasia-Africa

Africa, Europe, and the Middle East

Pacific

American Samoa, Asia, Australia, Guam, India, Japan, New Zealand, Northern Mariana Islands, South Korea, and Western Pacific remote countries



Planning for Your Move

Staying Covered When Moving

- Active duty service members must be enrolled in a TRICARE Prime option.
- Do not disenroll from TRICARE Prime, TRICARE Prime Remote, or TRICARE Select. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.
- Verify your current information in the Defense Enrollment Eligibility Reporting System.
- Inform your current regional contractor about your upcoming move.
- Learn about TRICARE options in your new location.

Ongoing Medical Care

Before moving, sponsors and dependents should:

- Request copies of medical and dental records
- Fill and refill prescriptions
- Plan ahead for routine medical care
- Keep a list of providers' phone numbers
- Coordinate services for family members with special needs

Getting Care While Traveling

How To Get Care During Your Move

Type of Care	TRICARE Prime or TRICARE Select
Emergency (immediate)	Call 911 or go to the nearest emergency room
Urgent (within 24 hours)	See any TRICARE-authorized provider
Prescriptions	 Military hospital or clinic pharmacy: www.tricare.mil/mtf TRICARE retail network pharmacy:

TRICARE Benefit at Your New Location

Keep DEERS Information Up To Date



Being able to use TRICARE depends on keeping DEERS up to date.

Update DEERS after you have a life event, like getting married or divorced, moving, giving birth, adopting a child, retiring, and other changes.



Go to an ID Card Office (https://idco.dmdc.osd.mil/idco)

Note: You must use this option to add family members in DEERS.



Log in to https://milconnect.dmdc.osd.mil.



Call 800-538-9552.



Fax 800-336-4416.

TRICARE Prime Enrollment

- Updating DEERS does not transfer your TRICARE Prime enrollment.
- You may call your current regional contractor to transfer TRICARE Prime enrollment.

OR

- Complete the TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager Change Form (DD Form 2876).
- Ways to access the form:
 - Log on to https://milconnect.dmdc.osd.mil. Click Benefits and then Beneficiary Web Enrollment
 - Online: www.tricare.mil/forms

TRICARE Prime and TRICARE Prime Remote

- TRICARE Prime:
 - Available near a military hospital or clinic and other areas with established TRICARE networks, or in areas where the US Family Health Plan is offered
- TRICARE Prime Remote and TRICARE Prime Remote for active duty family members:
 - Available to ADSMs who live and work in remote locations (more than 50 miles from a military hospital or clinic) and eligible family members residing with them
 - Find out if you live in a remote area at <u>www.tricare.mil/planfinder</u>.

US Family Health Plan

USFHP Service Areas



- TRICARE Prime option
- Six service areas
- May not get care at military hospitals or clinics or use military pharmacies
- Must enroll
- Learn more at www.tricare.mil/USFHP.

TRICARE Overseas Program Options

- ADSMs and command-sponsored family members:
 - TRICARE Prime Overseas
 - TRICARE Prime Remote Overseas
 - TRICARE Select Overseas (for family members only)
- Family members who aren't command-sponsored:
 - TRICARE Select Overseas
- International SOS Government Services, Inc. administers the TRICARE Overseas Program benefit.
- Website: www.tricare-overseas.com

Service Members: Active Duty Dental Program

- The Active Duty Dental Program provides authorized civilian dental care for ADSMs who are either:
 - Referred from their military dental clinic (also known as a military dental clinic) in CONUS (continental U.S.) locations
 - Remotely located in both CONUS and OCONUS (outside the continental U.S.) locations
- The ADDP is administered by United Concordia.
 - If you're in the CONUS service area, call United Concordia at 866-984-2337.
 - If you're in the OCONUS service area, call United Concordia at 844-653-4058.
- For eligibility and benefit details, go to www.addp-ucci.com.

CONUS: Getting Care With ADDP

CONUS Locations

- If you're assigned to a duty station that has a military dental clinic, they'll determine if
 you need to be referred for civilian dental care.
- If you're remotely located, you:
 - Must use a United Concordia network dentist to receive ADDP-covered dental care.
 - Must have an Appointment Control Number before getting nonemergency dental care.
 - You can schedule dental care after you get an ACN.
 - For specialty or other dental care, you need an authorization from your civilian dentist before scheduling care.
 - If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit www.addp-ucci.com.

OCONUS: Getting Care With ADDP

OCONUS Locations

- If you're assigned to a duty station that has a military dental clinic, they'll provide your dental care. There is no civilian referral for dental care option.
- If you're remotely located, you:
 - Must be enrolled in TRICARE Prime Remote Overseas
 - Must have an Appointment Control Number before getting nonemergency dental care
 - Should call United Concordia for assistance with finding a dentist, obtaining an ACN, and scheduling your appointment
- For specialty or other dental care, your civilian dentist will submit an authorization to request approval.
- If you need emergency dental care, you don't need an authorization or ACN.
- For a list of covered services and costs, visit www.addp-ucci.com.

TRICARE Dental Program

When Moving

- Do not disenroll family members from TDP.
- Update your address with United Concordia
- Find a participating dentist at www.uccitdp.com or call:
 - 844-653-4061 (CONUS)
 - 844-653-4060 (OCONUS toll-free)

Other Important Information

Pharmacy Options

Military Pharmacy



- Usually inside military hospitals and clinics
- Get up to a 90-day supply

TRICARE Pharmacy Home Delivery



- Must use this option for some drugs
- Get up to a 90-day supply

TRICARE Retail Network Pharmacy



- Fill prescriptions without submitting a claim
- Get up to a 30-day supply

Non-Network Pharmacy



- Pay full price up front and file a claim to get a portion of your money back
- Get up to a 30-day supply

Your Checklist

Moving With TRICARE (1 of 2)

Before You Move

- Don't disenroll from TRICARE Prime or TRICARE Select.
- Contact your current regional contractor to begin transferring enrollment.
- Verify DEERS information.
- Fill prescriptions.
- Get copies of medical and dental records.
- Make sure you have your current PCM's phone number.
- Coordinate special care needs.

Moving With TRICARE (2 of 2)

On the Road

- For urgent care, no referral is required for non-ADSMs.
 - Note: If you're an ADSM, you need a referral for any nonemergency care you get from a civilian provider.
- For emergency care, no referral is required; call 911 or go to the nearest emergency room.

After You Move

- Update DEERS.
- □ Finish transferring TRICARE Prime or TRICARE Select enrollment, if applicable.
- ☐ If you're enrolled in the TRICARE Dental Program, provide your new contact information to United Concordia.

For Information and Assistance

Contact Information

Regional Contractors

- TRICARE East Region
 Humana Military
 800-444-5445
 www.tricare.mil/east
- TRICARE West Region
 TriWest Healthcare Alliance
 888-TRIWEST (888-874-9378)
 www.tricare.mil/west
- TRICARE Overseas Region
 International SOS Government
 Services, Inc.
 www.tricare-overseas.com/contact-us

Dental Contractor

- TRICARE Active Duty Dental Program
 United Concordia Companies, Inc.
 CONUS: 866-984-2337
 OCONUS: 844-653-4058 (using country-specific access codes)
 www.addp-ucci.com
- TRICARE Dental Program
 United Concordia Companies, Inc.
 CONUS: 844-653-4061
 OCONUS: 844-653-4060
 www.uccitdp.com

Resources

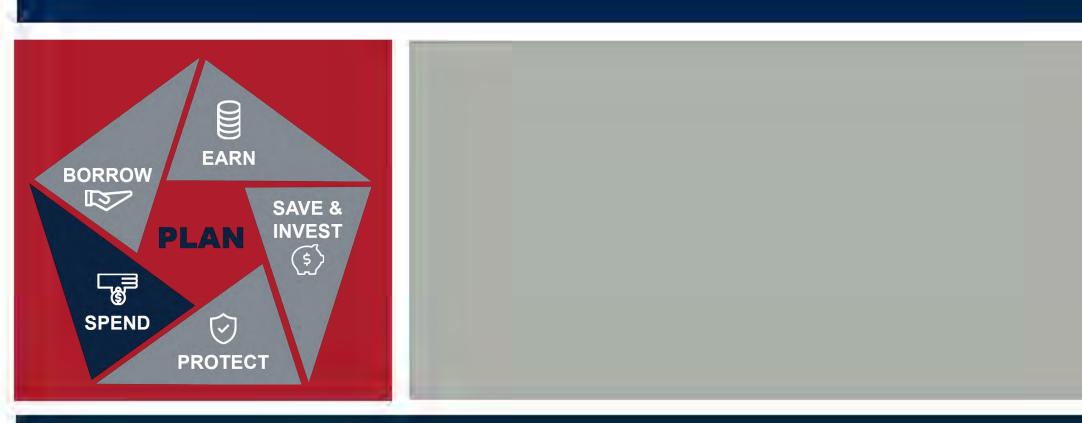
TRICARE Website: www.tricare.mil



- TRICARE Publications: www.tricare.mil/publications
- milConnect: https://milconnect.dmdc.osd.mil/

Financial Planning for Permanent Change of Station (PCS)

Basic



Lesson Objectives

- Estimate travel expenses associated with an upcoming PCS
- Apply strategies to ensure a smooth and costeffective PCS



Expenses Before the Move

- House hunting trip
- Move-out costs
- Car preparation
- Loss of spouse's income
- Medical and dental
- Pets
- Passports and visas

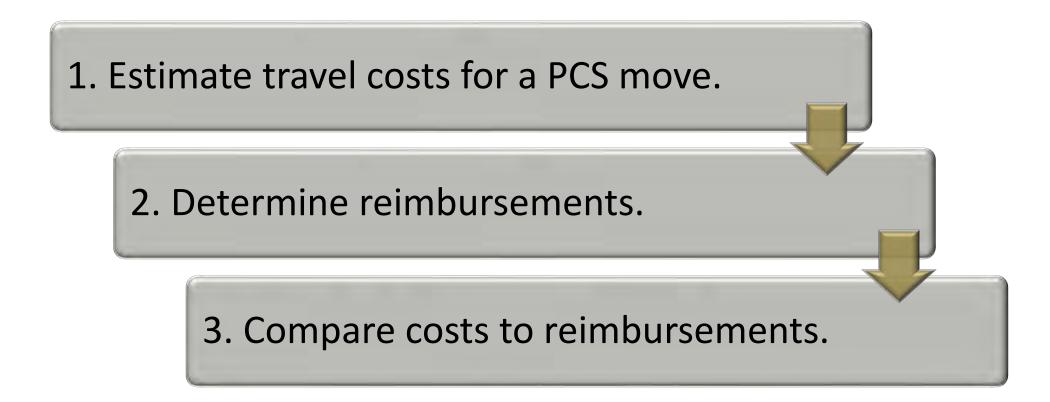


Expenses During the Move

- Driving your POV
- Overnight accommodations
- Food
- Tolls
- Recreational costs



Activity: Estimating Travel Costs and Reimbursements



Expenses After the Move

- Temporary lodging and food
- Rental deposits/house closing costs
- Utility deposits
- Laundromat
- Cleaning supplies/food staples

- Home furnishings
- Insurance
- Car registration/ licenses/personal property tax
- Childcare and school

Activity: Financial Tips for a Smooth Move

1. Review the tips for a smooth PCS move. 2. Select the three tips you find most useful. 3. Share with the class.

Lesson Summary

- Estimate travel expenses associated with an upcoming PCS
- Apply strategies to ensure a smooth and costeffective PCS



Personal Financial Manager Program

Personal Financial Manager Program
253-6439
Building 411 Room 101

Finance Manager
Tony Kreitzer
253-7186

Anthony.kreitzer@usmc-mccs.org

OMBIwakuni.PersonalFinancialManagement@usmc-mccs.org

Financial Counselor
Mitchell Davis
080-4098-2533

<u>Davism11@magellanfederal.com</u>



Provost Marshals Office

Checkout / PCS / EAS

Brief

SOFA Permit Extensions

1. Verifiable proof of extension in order to extend SOFA Permit:

- ☐ AA form (Must digitally signed by the Unit Commanding Officer) ☐ IPCOT or MOD orders
- ➤ If SOFA Permit (4EJ) is expired required to retake the SOFA permit test
- > Stateside drivers license must be valid
- ➤ PCS out of Japan and return must attend welcome aboard indoctrination and retake the SOFA permit test
- ➤ SOFA permits (4EJ) automatically expires upon PCS or transfer back to CONUS
- ➤ PCS within United States Forces Japan Installations (remaining in Japan and assigned to another base) SOFA Permit (4EJ) will remain valid till expired. (Only applicable if personnel did not execute PCS orders back to CONUS and returned)

Vehicle De-Registration

(Sell or Junk)

- 2. Vehicles must be de-registered or transferred (7) days prior to PCS back to CONUS.
- ➤ Per USFJI 31-205 ALL SOFA personnel prior to PCS, EAS, transfer, termination or change of status must de-register all SOFA owned vehicles
 - ➤ Allow 1 week (5 business days) from start to finish
 - 1. MCAS Iwakuni Pass and Registration Office is **not** the Yamaguchi prefecture Land Transportation Office (LTO)
 - a. 1.5hrs south (one way) of MCAS Iwakuni
 - ➤ Must present proof of title transfer or de-registered title to check out
 - (Your name is no longer on the vehicle title)
 - ➤ Title transfers (last processing time: 1545) selling
 - ➤ Power of Attorney (POA), (last processing time: 1545) granting permission for a POA holder
 - 1. POA holder must be self sponsored SOFA status personnel (no dependents) and possess a valid SOFA operators permit

Vehicle De-Registration

(Sell or Junk)

2. Continued (POA).

- 2. Ranks E6 and below must obtain authorization from the unit Commanding Officer in order to assigned responsibility of a vehicle to a POA holder
 - a. Buyer and Seller must be present
 - b. Vehicle must be sold or transferred 7 days prior to flight departure date or POA expiration date.
- 3. POA Must be original or certified true copy (copies are not accepted)
- 4. Expired POA, must request new and original POA from titled owner
- 5. POA holder must have possess valid property damage insurance (PDI) on the responsible vehicle
 - a. If POA for purpose of PCS the POA holder does not need to possess their own PDI, however, PDI must remain valid on the vehicle throughout the POA valid period

Vehicle De-Registration

(Sell or Junk)

2. Continued:

- 6. Remove and return the Road Tax Decal to MCAS Iwakuni Pass and Registration office (these are serialized and property of MCAS Iwakuni)
- 7. All documents on the vehicle must be valid (No copies).
 - Title
 - Road Tax (Receipt)
 - Recycling fee receipt
- 8. Japanese Compulsory Insurance (JCI) must be valid

PCS'ng within Japan

3. If PCS'ng within Japan:

- 1. Personnel can PCS with vehicle.
 - a. Will be required to complete a Prefectural change (new LTO registration at new USFJ duty station)
- 2. All documents must be valid (No copies).
 - Title
 - Road Tax (Receipt)
 - Recycling fee receipt
- 3. Must be owner of the vehicle (named on the title) not a POA holder
 - a. If you are a POA holder vehicle must be sold or de-registered 7 days prior to PCS, EAS, expiration date of POA or change of status, which ever occurs first
- 4. Must maintain valid PDI and valid JCI
- 6. Remove and return the Road Tax Decal (these are serialized and property of MCAS Iwakuni)
 - Temp Pass will be provided (if requested)

PCS'ng within Japan

- 3. If PCS'ng within Japan: (Continued)
 - 7. <u>If reporting to new USFJ duty station on or after 1 April of current year</u>, you must pay the originating Prefecture Road Tax prior to arrival at new USFJ duty station
 - (If not paid your new Prefectural change request will not be accepted or processed)

Road Tax and Shipping

4.Road Tax

a. If deregistering or transferring your vehicle on or after 1 April – annual road tax must be paid. (This includes POA)

5. Shipping your vehicle

- 1. Must obtain document from shipping agency containing expected shipping date.
- 2. De-registration for shipping request documents will be provided from MCAS Iwakuni Pass and Registration Office
 - a. Request documents can be provided up to 3 weeks prior to shipping date
 - b. Must remove and return road tax decal (these are serialized and property of MCAS Iwakuni)
 - c. Temporary pass will be issued
 - d. Drop the vehicle off at the pickup/drop off location
 - e. Complete the de-registration requirements (The Pass and Registration Office is NOT the Land Transportation Office). Give yourself at least 5 business days.
- 3. Present Export Certificate to Pass and Registration Office.

Check Out

6. Pass and Registration – Check Out

- ➤ Verify personnel does not have any vehicle registered with GOJ (Must provide any of the following (as applicable):
 - 1. Transferred (Sold) (Must present proof of a title change has been completed)
 - 2. De-registered (Must present proof of de-registered title)
 - 3. De-registered for shipping (Must present proof of Export Certificate)
 - 4. Assigning a responsible agent (POA holder) (Must be completed and recorded within the PMO system prior to checking out)
 - 5. PCS orders for another USFJ duty station (Present valid PCS orders must state departure date and report date to another USFJ duty station)

7. PMO Pass and Registration half sheet for IPAC

Summary

- 1. You are required to de-register all SOFA plated vehicles/motorcycles prior to departing MCAS Iwakuni (unless PCS to another USFJ installation)
- 2. Remove and return to Pass and Registration the Road Tax decal
- 3. Give yourself at least 1 week (5 business days) prior to your departure date to fully complete any LTO required transactions.
- 4. MCAS Iwakuni Pass and Registration is not the LTO no official processing of GOJ vehicle related paperwork or documents is completed aboard MCAS Iwakuni
- 5. Check your SOFA permit expiration date if extension is required provide supporting documents and request to renew/extend prior to expiration date.
- 6. Pass and Registration will not check you out if you are still titled (named) on a GOJ registered vehicle or if the vehicle is not de-registered with the LTO.

Questions?

MCAS Iwakuni
Pass and Registration Office
253-3161 / 253-4626

Exceptional Family Member Program PCS w/Success

Community Support Center Building 625 | Room 206B

Hours of Operation

0730-1630

Monday – Friday

Phone Numbers 253-5601/6219/3480





Brighid Gates

EFMP Training, Education & Outreach Specialist

Yadira Rojas EFMP Family Case Worker

Yasmin Leon
Program Manager

Email

SMBIWAKUNIEFMP@USMC.MIL

Mission & Purpose



EFMP Warm Hand Off Process (USMC)

- Transition supports begin as PCS orders are validated by HQ EFMP
- Coordination occurs between losing and gaining EFMP installation offices.

90 days prior to PCS

- PCS Family Needs Assessment completed by losing installation
- Family Case Worker (FCW) shares info w/ gaining installation FCW

30 days prior to PCS

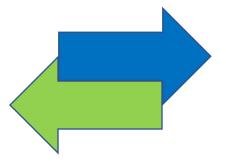
- FCW from gaining installation introduces self (can be 90 days prior)

When Marine has detached

- Losing installation FCW alerts gaining installation FCW

Upon arrival at new installation

- case is transferred
- FCW contacts Marine and provides assistance as needed



NAVY EFMP PCS



NAVY EFMP CONTACT

Michael J. Spiltener, MS, AFC Regional Work and Family Life Coordinator Commander Naval Region Japan N91

Yokosuka, Japan

DSN: 315.243.2075

COM: 011.81.46.816.2075

michael.j.spiltener.naf@us.navy.mil

MOVING CHECKLIST

- Notify your Case Liaison when selected for orders.
 - Case Liaison will discuss Warm Hand Off.
- Update NFAAS with new contact information upon arrival to new duty station. RESOURCES
- https://efmpandme.militaryonesource.mil/
- https://planmymove.militaryonesource.mil/
- Resource Guides (provided by Case Liaison)

Moving Resources

www.militaryonesource.mil

ROC – Resources, Options and Consultation

The **EFMP ROC** is a ready, **one-source** access point to the Resources, Options and Consultations available to **military** families with special needs through **Military OneSource**

www.parentcenterhub.org/resources

Supporting the **Parent Centers** Who Serve Families of Children with Disabilities



www.understood.org

Help your child thrive. Chat with experts, connect with parents and get tips on parenting kids with reading, writing, math, organization, attention issues and more.

Positive Change of School



School Liaison Officer

Serves as the communication point of contact between:

- 1. Station Commander (CO, SgtMaj and XO)
- 2. Civilians and Contractors (students must be on orders)
- 3. Military Agencies
- 4. School age students (PreK-12)
- 5. Educators, SME on Education Laws and School Policies
- 6. All military connected families of all branches (active duty and retirees)

School Liaison Program Mission

- Promote awareness of the unique Edu. needs of military children and facilitate successful school transitions.
- Establish relationships between schools & command to support the success of youth (SAC, IAC, PEDAC, RAC)
- Identify & coordinate community resources to reduce the impact of the mobile military lifestyle on military school-age children and families
- Assist parents with communication with school officials (transition)
- Partner with local school districts to improve educational options for all students living in on-base or off-base communities.
- If this information does not address a specific concern, please do not hesitate to contact me for more information.

School Liaison, 1 2 3 Steps



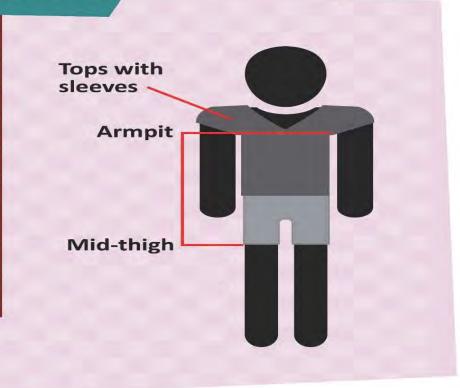
SCHOOL DRESS CODE

Students MUST wear:

- Tops with sleeves (sleeveless tops/dresses are permitted for school sponsored formal events such as prom)
- Solid clothing (not transparent or translucent) that fully covers the top and bottom from armpit to mid-thigh
- Shoes (shoes must be safe for the school environment)
 - * Bedroom slippers shall not be worn, except for school activities approved by the principal
 - * Open toe shoes with a strap across the heel are allowed

Students CANNOT wear clothing with:

- · Language or images promoting violence
- Language or images that depict, promote, or advocate the illegal use or sale of drugs, alcohol or tobacco products; violent conduct; curse words; pornography; that contain threats or expressions which are violent, discriminatory, lewd or obscene; or that advocate or promote any other illegal item or activity or the use of same
- Derogatory speech/imagery targeting groups based on race/color, ethnicity/national origin, sex/gender, sexual orientation, disability, religion, or any other characteristic protected by law
- Headgear that obscures the face (except as a religious observance or health purpose); clothing items with hoods attached can be worn but must not obscure the face or cover the head
- * Teachers/courses can require certain attire as part of the curriculum (for example: physical education, culinary) that may include specific dress
- * DoDEA issued athletic uniforms and athletic practice attire outside of the DoDEA school dress code is permitted when worn by participants during athletic practices and sports events





School Transition Checklist

- Withdrawal grades & Progress Reports
 - notify the school 2 weeks in advance that our child will be leaving
 - request official transcript: 2 copies sealed and hard copy
 - may link school registrars to transfer records
 - Accelerated Withdrawal May, 2025 and December, 2025
- Immunization records
- Birth Certificates
- IEP's/Gifted Education/achievements Bring a hard copy to your new school
- Military orders to show proof of authorized trave and residency

Common Education Issues



- Inconsistencies of course options
- Scholarship availability
- Credit transfers
- Special Education challenges
- Extracurricular eligibility
- PCS absences from school
- Lack of continuity

- * School calendars/schedules
- * Graduation requirements
- * Transfer of records
- * School quality
- * Senior moves
- * ACT/SAT
- * Cultural changes

Help Your Child Deal With Change

- Military children move 6 to 9 times during parent military career
- Maintain family routines wherever possible
- Eat, sleep, exercise whenever possible
- Let children write a worry list, and you provide positive responses
- Avoid long lectures, instead share own experiences
- Locate a Youth & Teen Center/Boys & Girls Club
- Academically involved parents learn more about child/youth development
- Childhood depression: moping, crying, yelling, defiant, inattentive
- Request work to help your child keep current during transfer
- Children are priority. Change is the reality. Collaboration is the strategy.

School Expectation/Transition 22-23

- Tradition in-class & Dual Enrollment
- School year dates (August to July)
- Home School (optional)
- School Meal Program
 Prices Elem \$3.50 MS and HS \$3.75
- Enrollment Conformation (online)
- Student Sponsorship
- Communication & Awareness



Help can be hard to come by, but School Liaisons are Always Ready to Answer Your Call



Questions or Concerns?

Contact me without hesitation!

Keith Carr, M.HR, CYSA Installation School Liaison MCAS Iwakuni, Japan 253-3691 or 080-4753-3060 Building 9540, Room 108 ombiwaschoolliaison@usmc-mccs.org keith.carr@usmc-mccs.org





- * Stamps difference between detaching and departing
- * General PCS travel entitlements
- * Dependent travel entitlements DEA, DDT/ADT, Passports
- * OCONUS PDS
- * Pets
- * COT/IPCOT
- * Station allowances

*How it works

- *When you receive orders, take a copy to your CPPA to start your transfer package. This is when you request a date you want to transfer.
- *The transfer date has to be approved by the CO or the OIC in order to have flights booked.
- *Bring your itineraries, receipts, and copy of your transfer package including your orders with you to your next command.

*Petachment date and Departure date

- *Ensure your PCS orders are stamped before you leave.
- *Make sure your orders are stamped for the same day as your original flight date. Make sure your new command stamps your orders for the same date you landed.

*General entitlements

- *"The order directs travel to, from, or between official points and serves as the basis for the trip and associated reimbursements" per JTR 010206.
- *Navy will only pay for your flights based on what your orders say.
- *Navy will reimburse you for expenses you incurred based on where your orders take you.

* Rependent entitlements

- *Dependents must be command sponsored in order to travel at government expense.
- *Command sponsored dependents are entitled to travel in accordance with your PCS orders except TDY locations unless your TDY is 180 days or longer.

*JTR 0504

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----OFFICIAL INFORMATION DISPATCH FOLLOWS-----

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ZNR UUUUU

R 151401Z SEP 15 ZYB

FM PERSUPP DET BAHRAIN

TO PERSUPP DET YOKOSUKA JA

INFO COMNAVFORJAPAN YOKOSUKA JA

USS RONALD REAGAN

DMA DET BAHRAIN

BT

UNCLAS

SUBJ/DEPENDENT ENTRY APPROVAL, USN, XXX-XX-//

MSGID/GENADMIN/PERSUPP DET BAHRAIN //

POC/K.TAKPANI/PS1/ PERSUPP DET BAHRAIN /

/TEL:318-439-6232 / E-MAIL: KOMLAN.TAKPANI@ME.NAVY.MIL//

GENTEXT/REMARKS/-RMKS/1. THE FOLLOWING REQUEST IS SUBMITTED FOR DEPENDENT ENTRY APPROVAL./

- A. RATE/RANK:
- B. NAME:
- C. NAMES OF FAMILY MEMBER(S)/RELATION TO MEMBER/DATE OF

MARRIAGE/BIRTH:

- 1) DATE OF MARRIAGE:
- 2) SPOUSE:
- 3) SON: DOB: GRADE: N/A
- 4) SON: DOB:
- 5) SON: DOB:
- D. SPONSOR/DEPENDENTS CITIZENSHIP: US
- E. ORIGIN DUTY STATION: MANAMA, BAHRAIN
- F. ADDRESS OF FAMILY MEMBER(S):

TELEPHONE NUMBER:

- G. DATE DEPARTED CONTINENTAL UNITED STATES: N/A
- H. MONTHS SEPARATED FROM FAMILY MEMBER(S): N/A
- I. TRANSFER DIRECTIVE AUTHORITY: COMNAVPERSCOM 311116Z MAR 15,
- BUPERS TC NO. 2055.
- J. DETACHMENT DATE
 - 1) REQUESTED DEPENDENT TRAVEL DATE:
- K. ULTIMATE DUTY STATION:...
- L. ESTIMATED DATE OF ARRIVAL AT NEW DUTY STATION:
- M. HOUSING PREFERENCE: N/A.
- N. PASSPORTS: OFFICIAL (NO-FEE) PASSPORTS ARE IN PROGRESS.
- O. EXPIRATION OF ACTIVE OBLIGATED SERVICE: N/A.
- P. SNM AND DEPENDENTS COMPLETED OVERSEAS SCREENING IAW WITH MILPERSMAN 1300-302.
- Q. N/A//



* Referred Rependent Travel

- *Command sponsored dependents can travel at a different time from you.
- *In order to receive the pay entitlements for it, Advance Dependent Travel (ADT) or Delayed Dependent Travel (DDT) is required.
- *ADT and DDT are reviewed and approved by PERS 451 or N130.

*OCONUS PRS

- *If you have orders to an overseas location in a foreign country, refer to the foreign clearance guide for entry requirements.
- *Some countries require items such as Nofee/official/diplomatic passports, NATO orders, special duty screening, etc.
- *If you have a foreign spouse, they must meet the immigration requirements via the embassy of the country you are transferring to.
- *Every country has different rules.



- *Some countries will require you and your dependents to obtain a government passport in order to enter the country. There are different kind of government passports to include:
- No-fee, Official, Diplomatic
- *Government passports must be obtained in order for flights to be booked.
- *For questions regarding passports, please refer to Base Legal.

*PCS WITH PETS

- * Package must be provided as soon as possible, pet space is VERY limited and cannot be guaranteed.
- * Pets are NOT an entitlement as it is a courtesy on a first come, first serve basis. Service member's are ultimately responsible for the transportation of their pet(s).
- * For commercial flights, you have to contact the airline and confirm the space. All airlines have different policies.

*

*PCS WITH PETS

- * A Service member on a PCS order with an effective date of January 1, 2024 or later, as defined in Appendix A, may be authorized reimbursement for the costs related to the relocation of one household pet that arises from a permanent change of station. A household pet is a cat or a dog, owned for personal companionship. A Service member is responsible for following rules for importing and exporting a pet to and from the United States in order to be eligible for reimbursement. Denial of entry could result in denial of reimbursement. See How to Compute a Permanent Change of Station (PCS) Order's Effective Date.
- * CONUS Reimbursement for the actual cost of all expenses is limited to \$550 per PCS move.
- * OCONUS Reimbursement for the actual cost of all necessary expenses described above in connection with the movement of a pet is limited to \$2,000 per PCS move.
- * JTR 050107

*CONSECUTIVE OVERSEAS TOUR (MPM 1050-410)

What is COT?

-Consecutive Overseas Tour (COT) is a travel entitlement for members who receive back to back OCONUS assignments. This entitlement allows member (and dependents) one FREE roundtrip ticket to HOR or alternate location if cost effective. If a member wants to defer COT entitlement, approval must be written in orders otherwise member must Use/Lose COT.

How can I find if member is entitled?

-If member is entitled, verbiage under Special Instructions in orders will specify and should read as "Member is entitled to Consecutive Overseas Tour (COT) leave travel." The verbiage MUST be in the orders otherwise there is no entitlement.

REQUIRED DOCS FOR COT

- *PRR with selected location (HOR/Alternate)
- *DD form 4, NAVPERS 1070/74 (HOR), or Command Memo
- *Endorsed Orders (Utilize COT, Alternate COT, Defer COT)
- *Page 13 (Utilize, Decline, Defer)
 - *If member is deferring COT, he or she must receive authorization from PERS-40CC or the cognizant detailer for officers

COT (CONTINUED)

- MEMBER IS ENTITLED TO CONSECUTIVE OVERSEAS TOUR (COT) LEAVE TRAVEL. IF HOME OF RECORD (HOR) IS LOCATED IN CONUS, AND THIS PCS ORDER INCLUDES TEMPORARY DUTY REQUIRING THE MEMBER TO TRAVERSE CONUS, OR FLIGHT REQUIRES THEM TO FLY THRU CONUS TO ARRIVE AT THE NEW PDS, COT TRAVEL SHALL BE USED ENROUTE UNLESS A DEFERRAL IS AUTHORIZED BY PERS-40CC FOR ENLISTED SAILORS OR THE COGNIZANT DETAILER FOR OFFICERS. THOSE MEMBERS NOT REQUIRED TO TRAVERSE CONUS TO COMPLETE THEIR PCS TRANSFER OR MEMBERS WITH A HOR IS LOCATED OCONUS, MAY ELECT TO DEFER THEIR COT LEAVE TRAVEL UNTIL AFTER REPORTING TO THE NEW PDS. REFER TO 3TR ARTICLE 7060 AND MPM 1050-410 FOR DETAILED INFORMATION REGARDING COT LEAVE TRAVEL. THE COST OF ROUND TRIP TRAVEL FOR THE MEMBER, AND ELIGIBLE DEPENDENTS, TO THE HOME OF RECORD OR ALTERNATE AUTHORIZED PLACE, AS AUTHORIZED UNDER JTR 7060, IS CHARGEABLE TO THE LINE OF ACCOUNTING IN THIS PCS ORDER. - IF ACCOMPANIED ORDERS AND NOT PRESCRIBED ELSEWHERE, THESE

DEPENDENTS CAN TRAVEL

QHA STQP

- *All entitlements stop automatically upon release of a loss.
- *With that being said, OHA's have to be manually stopped AFTER the loss posts if it's reflecting a date other than the detachment date.
- *If you live off base, be sure to turn in the housing checkout sheet to your ADMIN.



- *Transfers package are preferred to be submitted 30 days prior to transfer. Transfers with pets are preferred 60 days prior. Do not hold on to your transfer package.
- *PRR modifications must be submitted 10 days before original flight date, if submitted after 10 days the member will need a justification.
- *Start your packages as soon as possible.



*Questions?

* THE END *