



MAG-11
HEADQUARTERS
SERVICE MEMBER WELCOME ABOARD
PACKAGE



**MAG-11 HQ
SERVICE MEMBER WELCOME ABOARD PACKAGE
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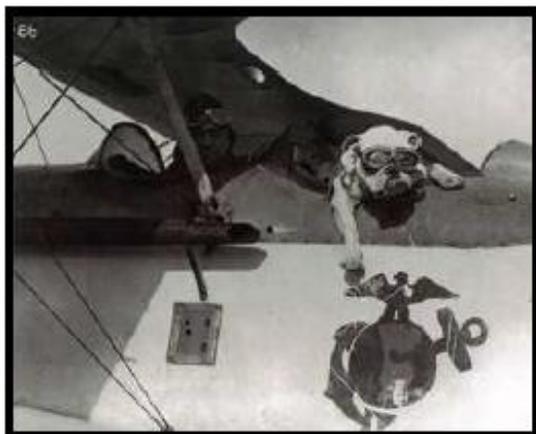


History/Mission Statement:

Commissioned in Quantico, VA on 1 August 1941 as the Marine Corps' first Aircraft Group, Marine Aircraft Group 11 (MAG-11) has a distinguished history. MAG-11, as part of the 3d Marine Aircraft Wing, is comprised of four F/A-18 Fighter Attack Squadrons, an F/A-18 Fleet Replacement (Training) Squadron, one Marine Aerial Refueling and Transport Squadron (flying the KC-130J), a Marine Wing Support Squadron, and a Maintenance Aviation Logistics Squadron. The flying squadrons of MAG-11 fly over 42,000 hours annually with the primary mission of providing air support to Marine Air Ground Task Force (MAGTF) Commanders.

The full history of MAG-11 can be found at:

<http://www.3rdmaw.marines.mil/Units/MAG11/History.aspx>





Welcome Aboard Message from the MAG-11 Commanding Officer

On behalf of our Marines, Sailors and families, welcome to the Marine Aircraft Group 11 Family. We hope your transition to this unit is a smooth one. I assure you that any needs you or your loved ones may have during this move can be met by members of my staff.

You are joining the Oldest and Proudest MAG in the United States Marine Corps. You will find that MAG-11 strives for "*excellence in combat readiness*" so that we can respond rapidly and effectively to defend our great Nation. MAG-11 will be most ready when our nation is least ready.

Combat readiness is not achieved by simply being trained and equipped for engaging the enemy. MAG-11's combat readiness is enhanced through focused efforts designed to build resilience towards the military lifestyle, while in combat or at home, in our Marines, Sailors and loved ones. When our service and family members are able to take a proactive approach to life's challenges through education and support resources, situations in their lives can be addressed before becoming serious problems. Left unaddressed, these problems often cause degradation to the individual's and unit's mission readiness.

Readiness means being prepared for separations (deployments, exercises, training evolutions, advanced courses) and life events (marriage, birth, divorce, PCSing, car and home purchase, medical issues, education), and is gained through knowing where to turn for assistance and education in the face of unexpected challenges. The Commandant of the Marine Corps stresses that "Marines take care of their own – period." The Marine Corps has an enduring commitment to every Marine and their family. I can assure you, that commitment is alive and well at MAG-11.

To support and facilitate sound and strong personal and family readiness, every unit has a Family Readiness Officer (FRO) who is equipped to provide individual training, advice, and to be able to direct Marines, Sailors and their loved ones to needed resources. Simply put, the FRO at MAG-11, Ms. Katrina Langley, is your expert in personal and family readiness matters. Whether you are permanent personnel to MAG-11 Headquarters or temporarily assigned, I ask that you not delay in checking in with her or seeking out her services for personal and family readiness needs. The MAG's ability to successfully deploy units into combat depends on it.

Once again, welcome. My wife Lynne and I are honored to have you and your loved ones join the MAG-11 Scorpion family.

Semper Fidelis,

Rick A. Uribe
Colonel, U.S. Marine Corps



Welcome Aboard Message from the MAG-11 Sergeant Major

Welcome aboard the Marine Corps Air Station Miramar, home of Marine Aircraft Group 11.

You are joining a formidable and storied Marine Aircraft Group, the Oldest and best in the Marine Corps. With this great distinction comes a level of expectation that I ask you to make your own. I ask that all Marines and Sailors of MAG-11 hold themselves to the highest standards and embody the core values of Honor, Courage, and Commitment. At all times, we must be mission orientated. We must take care of one another, our family, and remain at a high state of readiness.

Our Family Readiness Officer, Sgt Ryan A. Heaton, is here to help you and your families make the transition to MAG-11 a smooth one. He is a valuable member of this command who will assist you with any of your family needs. Take a few moments, read the welcome aboard package, and use its contents to its fullest intent. It is vital to the success of our Family Readiness Officer's mission that you assist him in the completion of all required paperwork contained in this packet.

In closing I want to encourage you take advantage of the full spectrum of opportunities that Southern California, this Air Station, and this fine Aircraft Group has to offer. Be it your first assignment or last, I wish you and your family great success in your military journey. Seize the moment!



Semper Fidelis,

Ronald Jenks

SgtMaj R. M. Jenks



Welcome Aboard Message from the MAG-11 Family Readiness Officer

On behalf of the Commanding Officer, I would like to take this opportunity to welcome you to the Marine Aircraft Group 11 family. My name is Sergeant Ryan A. Heaton, and I am the MAG-11 Headquarters Family Readiness Officer. I am here to assist you and your family in all areas of morale and readiness while in CONUS and deployed.

The Marine Corps has defined family as any unit the Marine is born into, sworn into, or married into. Our Commandant's message is that a Marine makes an enduring commitment to the Corps and the Corps, in turn, makes an enduring commitment to every Marine-and to his/her family.

I will send e-mails at least once monthly, no more than once weekly. These e-mails will contain information that should be read so you can have a better understanding of what is taking place within the Unit. There will be events for everyone to take part in along with a bunch of resources to help you out with any types of problems you may have. I do strongly urge you to feel free to contact me if you need any recourse that is not sent through e-mail for help with any types of problems that may come up. I am trying to get the mindset for to stay proactive instead of reactive. Depending on life changes (baby, marriage, divorce) I have packets of information and recourses that will assist as you make a life transition. If there is ever anything that you may need, please know that I have an open door policy.

The Marine Corps has introduced a new method for our units to relay information. The eMarine site is a user friendly, secure hub where members of the MAG-11 Family can get information about the unit, events, resources, photos, chat forums and more. Sponsors must register and then family members (up to 5) can be invited to join. Our site is located at www.emarine.org.

My end vision for MAG-11's Family Readiness Program is to gather as many people together that I can to unite them into an organization that looks out for one another and their families. I as the Family Readiness Officer have all the resources for families, however, why should I wait for a phone call or e-mail to get the resources out? I want to pass the knowledge to Marines, spouses and relatives like you so you can pass it off to others and try to recruit more to this cause. If you are interested, contact me and let me know if you are willing in becoming part of something that can change people's lives in a positive way. I am only one person that wants to make a difference and can only do so much. You have the power to help and leave a legacy within the Marine Corps! I look forward to meeting you during your check in process and would be happy to answer any questions you may have.

Ryan A. Heaton

Sgt Ryan A. Heaton
MAG-11 HQ Family Readiness Officer
Office: (858) 577-4554
Ryan.A.Heaton@usmc.mil

TOP TEN REASONS TO SEE THE FRO



10. New Parent Support/Child Care

I can put you in touch with numerous programs that will benefit both you and your new baby. I can probably also get you some FREE stuff...and when it is time for you/your spouse to go back to work, I can give you Day Care and subsidy info!

9. Money Matters

Being broke ain't no joke. I can't give you a loan, but I can help find someone who might! Also, let's get you on a budget while we're at it!

8. New to the Marine Corps

If you are newly married and you don't have an ID card, don't know what an LES is, or even where to find the commissary - come my way.

7. School, Job or Both?

Once your spouse is tired of spending every day out in that Southern Cali sun, I can help them get Tuition Assistance for school and even help them find paid employment. If they want to Volunteer, well I can help with that too.

6. PCS If you are coming or going, I can help you with everything from planning the move to all the lowdown of your new home area.

5. We are all Exceptional...

... But some more than others. If any of your family members have special medical or educational needs let's get them the care they deserve.

4. Family Counseling

We don't all get along all the time - and that's OK. Come see me and I can get you set up in a FREE counseling program that can help you and your spouse get back that loving feeling.

3. Community Happenings

I can let you know what's happening on and around base for every season. Don't sit at home when something great is going on right outside your door!

2. Deployment Support

You're Marine just deployed, the kids are acting up and your Mother-in-law is a nervous wreck. There's no need to worry. I can help your family with everything from free child care, care package rules, Red Cross Messages, deployment updates, return info and everything in between.

And the number 1 reason to come and see your FRO.....

1. Life happens...

...We understand that life has it's ups and downs. It seems like everyone is there for the ups, and at times no one is there for the downs. We are here to help you through all of it!

PLEASE MAKE SURE YOU UPDATE THE FRO:

- Changes to Address
- Changes to Email address
- Changes to Telephone numbers
- CHECK IN AND OUT!
- MOVING DURING DEPLOYMENT
- Having a baby
- Other life events and needs

MAG 11 Command Team

- CO Col Rick Uribe
- XO LtCol Robert George
- SgtMaj Paron Lewis
- Chaplain LCDR Chan Williams
- FRO Katrina Langley
- Command Team Advisor Mrs. Lynne Uribe
- Single Marine Pgm Rep: Cpl Sherry Darrell

858-577-1624 FRO Office



Welcome to beautiful MCAS Miramar located within the heart of San Diego County which spans some 4,526 square miles. San Diego is an integral part of the state of California being home to one of the largest military populations in the United States.

All information below, as well as a welcome video, can be found at <http://www.miramar.usmc.mil/welcome.html>

❖ **MCAS Miramar Check-in Procedures for all new personnel:**

1. All personnel checking-in to MCAS Miramar will report to the Joint Reception Center (JRC) building 2258. Marines will report in Service Alphas.

Hours of operation for the JRC: Monday-Friday 7:30 a.m. – 4:30 p.m.

JRC phone numbers: [858-577-6602](tel:858-577-6602), DSN [267-6602](tel:267-6602)

Personnel checking-in after hours, holidays or weekends will report to the Command Duty Officer (CDO) located at building 8630. CDO phone number: [858-577-1141](tel:858-577-1141), DSN, [267-1141](tel:267-1141). Personnel checking-in to the CDO will be required to report to the JRC at 7:30 a.m. the next business day to conduct an audit and travel claim.

2. View required documents and billeting information at:
www.miramar.usmc.mil/jrc/jrc_ipacinfo.asp

❖ **INBOUND DIRECTIONS**

For detailed instruction for how to get to MCAS Miramar from San Diego International Airport or LAX, please visit <http://www.miramar.usmc.mil/directions.html>

❖ **ENTRY GATE INFORMATION:**

Main Gate/East Gate (Miramar Way)

The Main Gate also known as the East Gate is located off of I-15 on Miramar Way.

Hours of Operation: 0530-1000

Pass/Decal is at this gate.

North Gate (Miramar Road) The North Gate is located off of Miramar Road and is also known as the housing gate. Inbound and outbound - 24 hours a day, 7 days a week

West Gate (Miramar Road)

The West Gate on Miramar Road and is the gate closest to the 805. Inbound and outbound - 6 a.m. to 6 p.m. (Closed weekends and holidays)

For more information call [\(858\)577-4073](tel:8585774073).

❖ **VEHICLE REGISTRATION INFORMATION:**

The primary mission of the Vehicle Registration Office is to provide registration and decals for all personally owned motor vehicles and motorcycles. The Vehicle Registration office also provides weapons registration. Vehicle Registration is located in Building 6200.

Hours of Operation:

Monday through Wednesday, 7:30 a.m. – 4:30 p.m.

Thursday 7:30 a.m. – 12:00 p.m.,

Friday 7:30 a.m. – 4:30 p.m.

Decals will not be issued after 4:15 p.m.

Items to bring at time of registration: All drivers must have current vehicle registration, current proof of insurance, current driver's license, current smog certificate for vehicles 6 years or older, Military members and dependents: military ID and proof of driver's improvement course if under 25 DOD civilians: current DOD employee ID card, Contractors: proof of government affiliation. Motorcycle owners will need their motorcycle safety course card and proof of inspection. Please be advised that during inclement weather, DOD decals will not be issued.

Front desk [858-577-1463](tel:858-577-1463)

SNOIC [858-577-1459](tel:858-577-1459)

Fax [858-577-1465](tel:858-577-1465)

❖ **ID CARDS**

ID Center phone number: [858-577-9172](tel:858-577-9172)/9173, Fax: 858-577-1429 Building 2258. See representative at the customer service desk. Office hours: Monday – Friday 7:30 a.m. – 3 p.m., closed on all federal holidays and days associated with a federal holiday.

Schedule an appointment online: <https://rapids-appointments.dmdc.osd.mil>

DEERS is also responsible for producing DOD ID cards (RAPIDS and common access cards). DEERS enables DOD including identity management, reduces fraud and abuse of government benefits, and supports force health protection and medical readiness.

Walk-ins are welcomed however, appointments are "HIGHLY RECOMMENDED and MANDATORY for promotions of E-5 and below" as walk-ins can exceed one-two hours at any given time.

❖ **MILITARY HOUSING**

The Housing Office for MCAS Miramar is NOT aboard the air station. Our housing is vetted through the Navy at their 32nd Street location, and run by Lincoln Military Housing. There are numerous choices in the San Diego Area for military housing, both on and off base.

Information regarding housing can be found at:

http://www.lincolnmilitary.com/lmh/installations/san_diego/

Directions to the Family Housing Office for MCAS Miramar (actually Located on the 32nd Street Naval Base)

Address:

2625 Lee Hardy St. Bldg: 3544
San Diego, CA 92134

Office Hours:

Monday - Friday 0800-1700

Phone:

(619) 556-9610

Things you need to bring:

Navy - Page 2

Marine - Record of Emergency Data (RED)

Both - Copy of orders and San Diego Application for Assignment to Housing (which can be located here: <http://www.miramar.usmc.mil/housing/documents/dd1746.pdf>)

◆ CHILDCARE INFORMATION:

Military Childcare.com: To get on the wait list for the Child Development Centers and in home care providers or for afterschool and bussing programs at the Youth and Teen Center, go to www.militarychildcare.com and create your account. Search for care options that best meet your needs. Select one or more options and submit your requests for care. The program you requested will contact you (usually via email) when a space becomes available. There is a SIGNIFICANT wait list for the Miramar CDCs. Because of that, the Marines at MCAS Miramar have a subsidy program available to them. The FRO can give you more info.

◆ SCHOOL INFORMATION:**MCAS MIRAMAR SCHOOL LIAISONS**

POCs: (858) 577-8625 • (858) 577-6633

<http://www.mccsmiramar.com/school-liaison-program.html>

Creating Connectivity Between Parents, Schools and the Marine Corps...by providing direct assistance to parents in all matters to do with K-12 schooling: school selection, enrollment, and resource referral; educating schools and districts on important issues affecting military children K-12; and keeping the installation, wing, and unit commanders informed on all issues affecting the local educational community.

- [San Diego County Office of Education](#) is comprised of 42 independent school districts. Their Web site <http://www.sdcoe.net/> .
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- **School Districts Serving USMC Miramar**
 - [San Diego Unified School District](#) is the largest district within SDCOE and services the military family housing areas of Admiral Hartman, MCAS Miramar, and Murphy Canyon.
 - [Poway Unified School District](#)
 - [Escondido Union School District](#)
 - [Escondido Union High School District](#)
 - [Del Mar Union School District](#)
 - [San Marcos Unified School District](#)
 - [Solana Beach School District](#)
 - A listing of other school districts within SDCOE <http://www.sdcoe.net/district.asp>
 - For families residing in Temecula, Murrieta, or Riverside, visit [Riverside County](#)

[Board of Education](#)

- **Information for military families from SDUSD:**
<http://old.sandi.net/parents/military/index.html>
- **[Regional Occupational Program](#)** offers vocational skills training at 22 high school and community college districts throughout the county. These free programs provide hands-on training in numerous occupations. High quality and relevant career technical education and support services, which develop job specific skills, knowledge and attitudes is available to anyone 16 years or older.
- **[San Diego has a rich diversity of schooling options.](#)**
 - **[Public Schools](#):** San Diego public schools offer a variety of school environments.
 - Magnet schools offer a distinctive curriculum or learning approach.
 - School of choice/Intradistrict transfers allow students with justified reasons to transfer to any school within the same district on a space available basis with school board approval.
 - **[Charter Schools](#):** A charter school is a publicly funded school that exists under its own charter. Many have specific criteria for admissions and wait lists. These schools are free, vary widely in scope, and are growing rapidly in California.
 - **[Private Schools](#):** San Diego has many private school options with more than 200 choices for elementary school and more than 100 for high school. (Please note that the above site was provided as a list of private schools. Our office does not support ratings or comments found within the site. Additionally, this list may not be exhaustive.)
 - **[Virtual Instruction](#):** The newest schooling option in California is an online educational alternative known as California Virtual Academy.
 - **[Home Schooling](#)** requires one of the following options.
 - Affiliation with a charter school that offers partial on-site instruction in conjunction with home site instruction.
 - Enroll in Mt. Everest Academy within SDUSD which offers an 'independent study' option that allows for home schooling.
 - Parents submit a California R4 Private School Affidavit Form to the state. (Your home school is the private school that you are establishing.)

❖ **[BASE DIRECTORY/PHONE BOOK](#)**

<http://virtual.mybaseguide.com/publications/g30/miramar/#page0>

◆ **["Welcome to San Diego" online resource guide](#)**

<http://www.mybaseguide.com/base/navy/navy-in-san-diego>

Useful Base Numbers

DIALING INSTRUCTIONS: (858) 577-XXXX or DSN: 267-XXXX

MAG-11 GDO x1778	MALS-11 SDO x4467	VMFA T 101 SDO x1728	MWSS-373 SDO x4784	VMFA (AW)-225 SDO x6103
VMFA-232 SDO x1217	VMFA-314 SDO x4434	VMFA-323 SDO x6792	VMGR-352 SDO x8251	

EMERGENCY CONTACTS

PMO/FIRE/Ambulance – 911 from landline (if calling 911 from cellphone, ask to be routed to MCA S Miramar PMO)

PMO

Police Desk (non-emergency)x4068	
Traffic Court	x1907
Pass & vehicle Registration	x1463

Operator:x1011 off base, 0 base landline

Medical

Sick Call	x4656
Tricare	1-888-trivest
Pharmacy Refill	619-532-8400
Naval Medical Ctr Balboa	619-532-8225

MCCS

MCFTB	x1279
LINKS	x4810
Family Advocacy Program	x6585
Counseling Support	x6585
New Parent Support	x9812
Children, Youth & Teen Center	x4136
Child./Youth./Teen Registration	X6959
Life Skills	x4473
PREP/CREDO	x1333
EFMP	x4668
Main Gym	x4128
The Barn	x6042
Semper Fit Center	x6454
Auto Repair Shop	858-695-7255/7385
Auto Hobby Shop (DIY)	x1215
Ana's Registration (CA DMV)	858-695-7366
Single Marine Program	x6283
Base Theater	x4142
Vet Clinic	x6552/1773
School Liaison Officer	x6633/x6625
Education Center	x1801/1894
Career Resource Center	x6710/6491/8965

MCCS

Library	x1261
Main Exchange	858-695-7288
Uniform Center	858-695-7363
Tailors	858-695-7283
Post Office (Civ)	x4578
GameStop	858-684-3072
Great Escape (Enlisted Rec Ctr)	x6171
SNCO Club	858-693-1477
Officer's Club	x4808
Legends Sports Bar (Enlisted)	858-693-1543

Base Services

Billeting	x4233
*Lincoln Military Housing (32 nd St)	619-556-8443
Legal Assistance	x1656
TMO	x1276
DEERS	1-800-334-4126
Relocation Office	x1428
ID Card Center	x1421
Mess Hall	x1382
MAG-11 Chaplain	x4443
Station Chaplain / Chapel	x1333
Navy/Marine Corps Relief Society	x1807
Food Locker	x6550
Navy Federal Credit Union	866-454-3134
Miramar Inn (Temp lodging)	858-271-7111
Miramar Inn Reservations	800-628-9466
Recycling Center	x6366
Golf Course	x4155
Commissary	x4513
*Military Child Care Resource/Referral	619-556-8491 or 877-235-6002
<i>Barber Shops:</i>	
7-day	858-695-7387
Flight Line Complex	858-695-7389
Main Exchange	858-695-7260

www.mccsmiramar.com www.3nav.usmc.mil www.militaryonesource.com

* Please note that Military Housing sign ups/lists are at Naval Base San Diego (32nd St)



FOR MORE INFO DOWNLOAD THE MIL TRAVELER APP

- **Universal base directory app for iPhone and Android. "YELP for military installations."**



MAG-11 HQ FAMILY CARE PLAN INDOC

To keep in compliance with MCO 1740.13C, all Marines with dependents shall have a validated Family Care Plan (FCP). The standard template is NAVMF 11800 (11-11) and can be found on the MAG-11 Sharepoint site as well as <http://navalforms.daps.dla.mil>)

Individual Marines shall plan for contingencies in the care and support of dependent(s) with the FCP, and failure to do so may result in disciplinary or adverse administrative action.

Family Care Plans shall be validated as part of the Check-in process for Marines with dependent(s) reporting to their first duty station.

For all others, Family Care Plans shall be validated at check-in, annually, within 60 days, or when changes in family or personal circumstances occur that result in a change to the dependent eligibility.

ALL THOSE WITH CUSTODIAL AGREEMENTS SHOULD CONSULT WITH LEGAL COUNSEL TO ENSURE THEY ARE FULLY ADVISED OF THE IMPACT OF THEIR CUSTODIAL RIGHTS IN THE EVENT OF THEIR SHORT-TERM or LONG-TERM ABSENCE.

The Command Representative for validating FCPs is the S-1 Admin Chief. A command copy of the validated FCP shall be maintained at the Marine's Parent Command.

The Command Copy of the FCP shall be returned to the Marine at check-out (NOTE: Permanent Check-out, not TAD).

Each individual Marine with dependents shall:

- Develop a FCP IOW MCO 1740.C**
- Ensure dependent family members are properly identified and enrolled in DEERS, and that their unit diary entries are current**
- Ensure info contained in the FCP is current and applicable**
- Ensure that the caregiver(s) are provided with detailed instructions and necessary documentation consistent with the FCP**
- Ensure the Command is notified within 60 days after a change in circumstances or personal status that generates the requirement for, or update of, a FCP.**
- Ensure that the command copy of the validated FCP is retrieved at check-out.**



MAG-11 HQ EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) INDOC

What is the Exceptional Family Member Program (EFMP)?

In accordance with MCO P1754.4A, the purpose of the EFMP is to assess, document, and code the special medical and educational needs of eligible Marine Corps family members. By identifying families with special needs and maximizing the provision of quality services needed, the quality of life provided to the Marine Corps family is enhanced while meeting the mission of the Marine Corps.

PARTICIPATION: Enrollment in the EFMP is **mandatory** for Marines who have a family member requiring special medical and/or special education services. Mandatory enrollment is required to ensure consideration is given to assigning Marines to locations which accommodate their family needs.
Exceptional Family Member (EFM) - An authorized family member (spouse, child, stepchild, adopted child, or dependent parent) residing with the sponsor, who possesses a physical, intellectual or emotional disability or condition and who requires long-term special medical or educational service.
Exceptional Family Member Program Coordinator (EFMPC) - A designated individual at the local Family Service Center (FSC) who provides information, assistance, and forms to the FSC staff, local commands, sponsors, and other family members with regard to enrollment procedures, program benefits, and available local services and facilities.

What You Need To Know:

1. You are responsible for the care and welfare of family members.
2. Participation in the EFMP is mandatory and will not adversely affect your selection for promotion, schools, assignment, or any other type of advancement.
3. You must check-in/check-out with local EFMPC during PCS moves.

Marine's Responsibilities:

1. Ensure that an application for enrollment in the EFMP is submitted to the EFMPC.
2. Retain a copy of the EFMP package for personal records and update enrollment through the CMC (MHF) EFMP Manager at least every 3 years, or when the conditions of special need changes
 - a. Changes which may affect enrollment include a change in marital status, dependency, or medical status of the EFM.
3. Communicate directly with the appropriate Headquarters Marine Corps Assignment Branch when in receipt or in anticipation of PCS orders.
4. Disenroll from EFMP when special needs no longer exist, the family is no longer eligible for care, or the sponsor separates from the Corps.
5. Check-in/check-out with local EFMPC during PCS moves to ensure the EFMP case file is maintained by the appropriate EFMPC.

ENROLLMENT CRITERIA

It is DOD policy that family members who meet the following criteria will be enrolled in the EFMP:

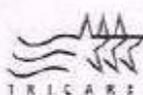
- Potentially life threatening conditions and/or chronic medical/physical conditions requiring intensive follow-up support (such as high risk newborns; patients with a diagnosis of cancer within the last 5 years; sickle cell disease; insulin dependent diabetes) or sub-specialty care.
- Chronic mental health diagnosis (such as bi-polar, conduct, major affective, thought or personality disorders), inpatient mental health service within the last 5 years, mental health services required at the present time, including patients under the care of their primary care manager (PCM).

- A diagnosis of asthma or other respiratory related diagnosis with wheezing which meets one of the following criteria:
 - Routine use of inhaled anti-inflammatory agents and/or bronchodilators.
 - History of emergency room use or clinic visits for acute asthma exacerbations.
 - History of one or more hospitalizations within the past 5 years.
 - History of one or more intensive care unit admissions:
- A diagnosis of attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD) that meet one of the following criteria:
 - A co-morbid psychological diagnosis.
 - Requires multiple medications, psycho-pharmaceuticals (other than stimulants) or does not respond to normal doses of medication.
 - Requires management and treatment by a mental health provider(s) (e.g. Psychiatrist, Psychologist, Social Worker).
 - Require subspecialty consultants other than family practice more than twice a year on a chronic basis.
 - Requires modifications of the educational curriculum or the use of behavioral management staff.
 - Requires adaptive equipment.
 - Requires Assistive technology devices or services.
 - Requires wheelchair accessible/housing modifications.
 - Has or requires an Individualized Education Program (IEP).
 - Has or requires an Individualized Family Service Plan (IFSP).

Who to Contact

The point of contact for MCAS Miramar's Exceptional Family Member Program is:
Bldg 2525
(858) 577-4668

DEERS



Defense Enrollment Eligibility Reporting System

MAINTAINING YOUR ELIGIBILITY FOR TRICARE

It's Your Responsibility

Proper registration in the Defense Enrollment Eligibility Reporting System (DEERS) is the key to receiving timely and effective TRICARE benefits. DEERS is a worldwide, computerized database of uniformed services members (sponsors), their family members, and others who are eligible for military benefits, including TRICARE. All sponsors (active duty, retired, National Guard, or Reserve) are automatically registered in DEERS. However, the sponsor must register eligible family members. After family members and sponsors are registered, they can update personal information such as addresses and phone numbers. **Note:** If both parents are active duty service members, then either parent (must choose one) may be listed as the child(ren)'s sponsor in DEERS.

When There's a Change

You should update DEERS immediately whenever you experience any of the following life events (this list is not all-inclusive):

- Change in sponsor's status:
 - Retiring or separating from active duty
 - National Guard or Reserve member activation or deactivation
- Change in service status (e.g., enlisted to officer, branch change)
- Getting married or divorced
- Having a baby or adopting a child (**Note:** DEERS registry is a separate step and is required before you can enroll a child in TRICARE Prime.)
- Moving to a new location for any reason
- Becoming entitled to Medicare (either you or a family member)
- Death of sponsor or family member

Updating DEERS

To register family members or update DEERS records, sponsors must complete a DD Form 1172 *Application for Uniformed Services Identification Card and DEERS Enrollment* and provide documentation, such as marriage, birth, or death certificates; Social Security numbers; active duty separation papers; or Medicare cards. Each family member's eligibility record must be updated separately. **Note:** If the sponsor is not available, family members can update DEERS with a notarized DD Form 1172 or if you have Power of Attorney. You can verify and update DEERS in one of the following ways:

1	To add or delete family members, visit a local uniformed services personnel office. Search for an office near you by ZIP code, city, or state at www.dmdc.osd.mil/rsl . Call the office first to verify location and business hours.
2	Call the Defense Manpower Data Center Support Office (DSO) at 1-800-538-9552 to update your addresses, e-mail address, and phone numbers.
3	Fax address, e-mail address, or phone number changes to the DSO at 1-831-655-8317.
4	Mail changes to the DSO. You must also mail supporting documentation if you are adding or deleting a family member: Defense Manpower Data Center Support Office Attn: COA 400 Gigling Road Seaside, CA 93955-6771
5	Visit www.tricare.mil/DEERS and follow the steps to update your address, e-mail address, and phone numbers online.

Loss of Eligibility

If you try to obtain care and your DEERS record shows you as ineligible for TRICARE (but you have not truly lost TRICARE eligibility), you'll need to update your DEERS information. For more information about Loss of Eligibility, visit www.tricare.mil/certificate.

Emergency Contact Information Card (front of card)

PLACE COPIES OF THIS CARD IN YOUR WALLET, CAB GLOVE BOX,
AND ON THE REFRIGERATOR AT HOME IN CASE OF EMERGENCY

My Name: _____
Marine's Rank/Name: _____
Marine's Unit: _____
Home Phone #: _____
Home Address: _____
Marine's Wk #: _____
Marine's Cell #: _____
Other Local Emergency Contact:
Name: _____
Phone #: _____ Cell #: _____

The Federal government and U.S. Marine Corps assume no
responsibility in association with the information
provided on this form.

Emergency Contact Information Card (back of card)

Child information:

Name	Age	Allergies	Special Needs	School/Day Care Phone #
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Local Emergency Care Provider w/Power of Attorney

Name: _____ Phone: _____ Cell: _____

Local Emergency Care Provider w/Power of Attorney

Name: _____ Phone: _____ Cell: _____

KEEP THIS IN YOUR CAR(S) and Wallet!