



BENEFITS OF FRA MEMBERSHIP

FRA offers its members a host of information and benefits that will enhance the value of your membership. We have designed a menu of supplemental programs and assistance tailored to the needs to shipmates and their families throughout their lives.

Expert Information

Influence in Congress—Imagine a world where your Congressional representatives seek you out for your opinion, and where you are invited to testify before committees. That is the power you gain when you unite with FRA, the only organization devoted exclusively to the interests of Sea Services personnel

An Advocate on Capitol Hill

- Inform members of Congress—most of whom have no military experience—on issues important to you and other enlisted personnel
- Testifies before Congressional committees advocating improved health care, increased pay and adequate funding for programs that benefit you and other enlisted Sea Services personnel, retirees, veterans, their families and survivors
- Sponsors legislative briefings and offers updates to keep you informed about threats to your pay and benefits
- Intervenes on your behalf with government departments and agencies regarding career issues and veterans programs.
- Members can use the FRA Action Center which is the primary grassroots tool for FRA's advocacy program on Capitol Hill and in the federal bureaucracy. The Association's advocacy program is directly related to the Association's mission and intended to give voice to member concerns regarding pay, health care, survivor benefits, education, housing, child care and other quality-of-life programs. www.fra.org/actioncenter

Accomplishments

- Blocked a huge TRICARE fee increase that would have doubled annual fees for TRICARE beneficiaries under age 65 (2018)
- Advocated for the Agent Orange Blue Water Navy bill (H.R.299) that was signed into law (2019)
- Expanded VA caregiver program to include all severely disabled veterans. Original program applied to badly disabled veterans that were injured after September 11, 2001
- Enacted larger than requested by the Administration annual active duty pay increase (3.1%) that keeps pace with civilian pay increases, which is the largest in 10 years (2019)
- Supporting legislation (H.R.333, H.R.303, S.208) to provide payment of full military retired pay and veterans' disability compensation for all disabled retirees
- Delaying drastic cuts to Defense Health Agency staff until review ensures that reductions will not negatively impact military health care (2019)
- Enacting a three year phase out of the Survivor Benefits Program/Dependency and Indemnity Compensation (SBP/DIC) for military widows/widowers (2019)
- Requiring the service branches to establish a tenant Bill of Rights that creates a minimum acceptable livability standard for military housing (2019)
- Supporting legislation to pay the Coast Guard during a government shutdown (2019)

- Supporting legislation to authorize retention of the full final month's retired pay by the surviving spouse for the month in which the retiree was alive for at least 24 hours (2019)
- Increased Navy and Marine Corps reserve and active duty end strength for FY2019
- Consolidated seven VA community care programs into one to improve efficiency and access to care (2018)
- Expanded availability of Military One Source for retired and discharged members of the Armed Forces (2018)
- Allowed Purple Heart, Medal of Honor, former POW, and service-connected disability veterans, and caregiver for disabled veterans to use commissaries and MWR facilities (2018)
- Increased VA funding (6.1%) for FY2019

Quality Services

- Affordable group insurance programs—FRA uses the buying power of thousands of shipmates to negotiate group discounts on health, life, accident and other insurance programs. Your FRA members-only rates are often lower than what you could find on your own in the marketplace, and often with greater plan benefits
- Administering scholarship programs—The FRA Education Foundation offers financial aid to FRA family members, awarding nearly \$100,000 each year to deserving students
- Sponsoring an annual Americanism Essay Contest to promote patriotism among youth
- A Disaster Relief Fund to aid victims of natural disasters
- *FRAtoday* Magazine—Stay current on issues affecting your pay, retired pay and entitlements. *FRAtoday* also includes news on your membership benefits, conventions, reunions and updates from Branches and Auxiliary Units

Money-saving Discounts

- Protection for your finances—Take advantage of members-only card programs and other financial tools
- Personal Insurance Website and My Account: go online and visit www.frainsure.com, you can examine several valuable insurance plans, and have access to your insurance account information online, via My Account. Once you register for My Account, you can access it anytime to review coverages, rates, make changes and view other insurance account services

Personal Connections

- Access to assistance and information—Know what you're entitled to for your military benefits and how to access them. FRA can help you with your retired pay and military benefit questions. We can help you get action to resolve your concerns
- Branch membership—Meet shipmates, share experiences and support local community outreach programs