



Transition Training

Transition Training

Ranger Transition Training consists of four one-hour virtual classes conducted weekly on the first through fourth Tuesdays of each month from 4-5 pm ET.

***There will be no class during the months of July and December.



Week 1: Planning for Transition & Week 2: VA Integration & Claims Submission

Tony Mayne.

- 9 years in Ranger Regiment, 12+ years in SOF
- Ranger for Life concept developer
- The Rock at St. Luke Church Military Ministry



Week 3: Employment from the Employer-side of the Desk

William "Bill" Kieffer.

- Army Logistic Officer
- Talent Management Professional for Fortune 500 companies
- The Honor Foundation and Why Institute



Week 4: Plan to Succeed Financial Coaching

Adam Stalnaker.

- 20+ years in the business and finance industries
- Co-founder of Rockport Wealth Advisors
- Develops military-focused financial training courses

You can join us for training as often as you would like. Our program is designed for you.

Ranger for Life

RANGER
FOR LIFE

[HOME](#)

[ACTIVE DUTY](#)

[TRANSITIONING](#)

[ALUMNI](#)

[COMMUNITY](#)



**Living the Ranger Creed in support of past, present,
and future 75th Ranger Regiment Rangers and
family members. RLTW!**

Ranger for Life

RTT Presentations

RTT Week One - Timeline and
Networking (pdf)

DOWNLOAD

RTT Week Two - VA Integration
and Claims Submission (pdf)

DOWNLOAD

RTT Week Three - Employer
Insights (pdf)

DOWNLOAD

RTT Week Four - Financial
Literacy (pdf)

DOWNLOAD

Transition Blue Book

[Download PDF >](#)



LinkedIn – 75th Ranger Regiment Group



Tony Mayne, MHRD • You
Ranger, Veteran, Believer. Helping Veterans achieve their American dream.
★ Admin • 11m

Immediate PARTS COUNTER SALES opening with Dobbs @John Deere in Savannah:

Recruitment
workforcenow.adp.com

1

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★ Admin • 1h

Global Surgical and Medical Support Group is looking for teammates in future iterations of their Ukraine support mission. All slots are filled through July 2023. Looking for team members who can do at least one month on the ground training Ukrainian Special Operations Forces in full spectrum ops, not necessarily just medical. GSMG covers flights and housing/logistics on training bases in ...see more

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★ Admin • 2h

Surefox is on the hunt for a HR Program Manager.

Desired Background includes:
-HR Experience in our out of the Military
-Senior NCO (E-8 / E-9) ...see more

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★ Admin • 2h

RBC Client Relationship Associate opportunity in Frederick, MD - contact [Marcus Hull](#) if interested.



Client Relationship Associate - Frederick, MD (Potential Sign-On Bonus) in Frederick, Maryland, United States of America | Customer Service | Client Advice |...
jobs.rbc.com • 1 min read

The Rock at St. Luke Church

- 1022 2nd Avenue
- Appointments - [LINK](#)
- **Supporting Organization**
 - Three Rangers Foundation
 - GallantFew
 - Ranger Organizations and Associations
 - Cru Military
 - St. Luke United Methodist Church
- **St. Luke Military Ministry**
 - Quarterly marriage enrichment workshops
 - Family and Children programs
 - Counseling triage and referrals





Transition Training

**Week Two
VA Integration &
Claims Submission**

Week Two Overview

1. Three Missions of the Federal VA
2. Two Missions of State VAs
3. Enrolling in VA Health Care
4. Maximizing VA Benefits
5. Selecting a Veteran Service Officer
6. VA Claim Submission Timeline

Three Departments of the Federal VA

VA.gov

1. Health Care

- Veterans and Retirees
- VA-providers

2. Benefits

- Service-related
- Disability-related

3. Disability

- Initial Claim
- Reviews / Adjustments

Enrolling in VA Health Care

- **Enroll once DD-214 is in hand.**
- **Online.** Enroll at with **1010EZ** form at <https://www.1010ez.med.va.gov/sec/vha/1010ez/>.
- **Phone.** 1-877-222-8387 (VETS)
- **Clinic.** Enroll in person
- **Note.** Veterans who have served in a theater of combat operations after November 11, 1998, may be eligible for enhanced VA health care benefits. This includes five years (post-discharge) of cost-free health care for any injury or illness associated with combat service. After the five-year period ends, VA care and treatment will continue. At that point, veterans may be responsible for costs and co-payments that are based on their income and eligibility.

Federal Health Care

- My Health Vet
- Health Care – VA and TriCare
- Dental and Vision - BENFEDS → FEDVIP
- Life Insurance - VGLI

Federal Benefits

- VA Education and Training Benefits
 - GI Bill
 - Vocational Readiness & Employment (Voc Rehab)
 - Chapter 35
- VA Home Loan
 - No maximum limit
 - Veterans Lending Group
- Federal Hiring
- VA Regional Offices
- Family Members – tied to retirement or disability

Two Departments of State VAs

*No Disability system

1. Health Care

- Limited additional to services

2. Benefits

- Tax breaks - pay and property taxes
- Education

State VA Benefits

State VA Offices - Every state is different

- Employment
- Home Buying
- Property Tax Exemption
- Higher Education:
 - Veterans
 - Spouse and dependents
 - Resident state programs

Maximizing VA Benefits

1. Rule Books

- Federal: <https://www.ebenefits.va.gov/ebenefits/homepage>
- State: https://www.va.gov/about_va/state-dva-offices.asp

2. Players: and State Service Officers

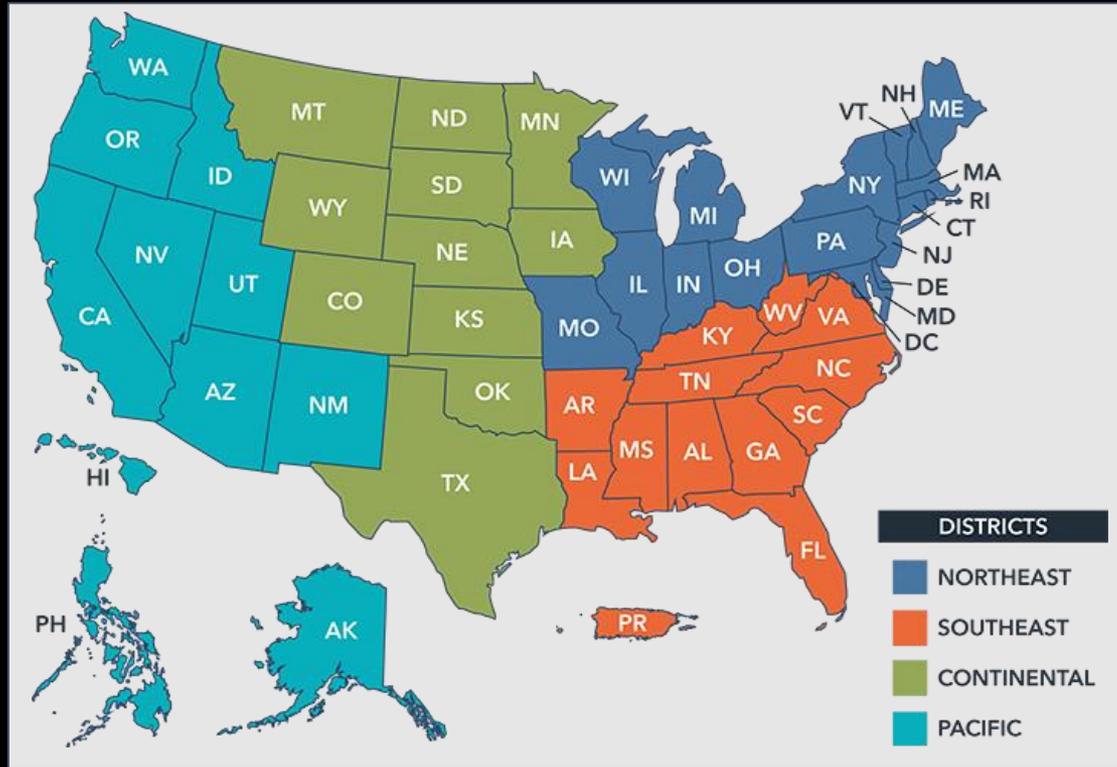
- Wounded Warrior Project
- Federal: <https://www.benefits.va.gov/benefits/offices.asp>
- State: https://www.va.gov/about_va/state-dva-offices.asp

3. Thinking outside the box

- Education [GI Bill](#) and [VR&E \(Voc Rehab\)](#)
- GI Bill [Comparison Tool](#)
- [State Comparisons](#)

Maximizing VA Benefits

Players: Federal and State Service Officers



<https://www.benefits.va.gov/benefits/offices.asp>

ETS TRANSITION ROADMAP



Networking



Continuing Education / Employment



VA Integration & Health Care



Financial Literacy



Holistic Strength Training

SP

PLANNING & PREPARATION

Active Duty

Objective: Reduce the transition clutter

Key Tasks

Take a Ranger Investment Planning assessment

Confirm college credits with Battalion Education Counselors
Register with ArmyIgnitED.com and Joint Special Operations University Degree completion

Ranger for Life symposiums
Attend Chaplain Single Soldier events or Strong Bonds marriage retreats and dinners
Attend an Operation Healing Forces retreat

Join the Global SOF Foundation - FREE

CP1

PROCESS

ETS-18 months

Objective: Understanding of tools for a successful transition and building a transition team

Key Tasks

DoD -TAP Pre-separation counseling
Meet with a Ranger Transition Counselor
Receive mentors from Three Rangers Foundation
Enroll in Ranger Transition Training
Apply to The Honor Foundation, SOTF, American Dream U Sprint Course

Determine income, health care, and insurances requirements

Verify USSOCOM Warrior Care Program (Care Coalition) eligibility

CP2

DECISION

ETS- 12 to 10 months

Objective: Gaining confidence in personal transition plan

Key Tasks

Complete 5-day DoD TAP and elective workshops
Make an Army Critical Skills Program (CSP) or Care Coalition fellowship decision

Get LinkedIn's one-year free Premium access

Request medical records for initial VA disability claim
Identify a Veterans Service Officer for VA claims submission

Connect with Service to School and/or Military Assistance Foundation

CP4

REHEARSAL

ETS- 6 months

Objective: Experience the impacts of transition decisions

Key Tasks:

Start transition fellowship
Submit Veterans Affairs disability claim
Apply for VA Health Care
Apply for TriCare
BENEFEDS vision and dental

Apply for Life Insurance

FP

RANGER FOR LIFE

Veteran

Objective: Mentor the next generation of Ranger veterans

Key Tasks:

Visit local state and federal VA Regional Office and Vet Center
Join Wounded Warrior Project

Become a Ranger for Life mentor with Three Rangers Foundation

Attend a local Ranger breakfast on the 1st Saturday of each month
Participate with a military or civilian civic organization or association
Live the Ranger Creed

VA Claims Submission Preparation

- **Claims submission is a personal task, not a requirement.**
- **Know the Game**
 - **Benefits Delivery at Discharge**
 - 180-90 days submission time prior to ETS/Retirement
 - ETS +1 is start of compensation
 - **Rulebook**
 - CFR 38. Code of Federal Regulations, Title 38: Pensions, Bonuses, and Veterans' Relief, Schedule for Rating and Disabilities.
<https://www.benefits.va.gov/WARMS/bookc.asp>
- **Life Insurance**
 - Current VGLI Rates

Selecting a Veteran Service Officer

- **Do not do this alone!**
- **Wounded Warrior Project.** WWP serves veterans and service members who sustained a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. Family members of these warriors are also eligible. All WWP programs and services are offered free of charge to warriors and their families. <https://www.woundedwarriorproject.org/>
- **Disabled American Veterans.** DAV helps more than one million veterans every year connect with the healthcare, disability, employment, education, and financial benefits they've earned. If you're a veteran or are transitioning out of the military, DAV is here to help you and your family through a lifetime of services and support. <https://www.dav.org/>.

VA Claim Submission Timeline

12 months before ETS

- Attend a VA Claims Preparation Brief
- Request a copy of your medical records
- Collect all off-post medical treatment records
- Identify a Veteran Service Officer to submit your initial claim

*****Life Insurance**

VA Claim Submission Timeline

10-8 months before ETS

- Review medical records with friends and family for undocumented conditions.
- Fort Benning Rangers review medical records with Ray Reid.
- See medical providers to update medical records with undocumented conditions.

8-7 months before ETS

- Obtain a copy from unit personnel for updated treatment records.

VA Claim Submission Timeline

6-3 months before ETS

- **Submit the initial claim through a Veteran Service Officer.**
- **Benefits Delivery at Discharge.** Submitting a claim 180-90 days before ETS ensures receipt of disability rating the same month of ETS (not terminal leave start).
- <https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/>.
- **QTC Exams.** Anticipate follow-up exams by an independent provider within 1-2 weeks after submission of initial claim
- **Compensation.** Those qualified for disability compensation will not receive payment until the next payment cycle occurring on the first of the month. Anticipate a one to a two-month delay in disability compensation payments.

Disability Initial Claim

Review

1. Understand your disability rating
See your VSO
2. Visit your VA Regional Office

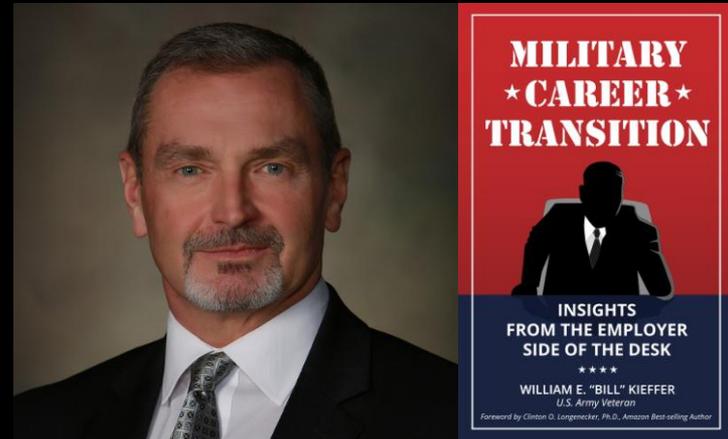
Week Two Recap

1. Three Missions of the Federal VA
2. Two Missions of State VAs
3. Enrolling in VA Health Care
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Next Week

Week Three: Employment from the Employer-side of the Desk with William “Bill” Kieffer

- Business Insights
- Corporate Culture
- Transition
- Networking
- Talent Acquisition, Recruiting and Interviewing



Request MCT book from Tony Mayne at tony@gallantfew.org or via LinkedIn.