



## Military Life Cycle (MLC) | VA Benefits 101

### VA Benefits 101 Online Reference

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The Transition Assistance Program (TAP) provides training, information, and services to help service members and their families transition to civilian life after the military. The goal of the program is to help service members bridge their military experiences and skills with their post-military goals by planning for transition throughout their Military Life Cycle (MLC).

At key touch points throughout MLC, TAP delivers modules to inform service members about benefits and services available to support them during their careers and after separation or retirement. The VA Benefits 101 module provides an overview of the benefits and services provided by VA.

This online reference accompanies the VA Benefits 101 module and provides you with the web links to important websites and resources related to VA benefits and services.

**External Link Disclaimer:** This document contains links that will take you outside of the Department of Veterans Affairs website. VA does not endorse and is not responsible for the content of the linked websites.

# DD Form 214

Refer to Figure 1 for an example of the DD Form 214.

CAUTION: NOT TO BE USED FOR IDENTIFICATION PURPOSES THIS IS AN IMPORTANT RECORD. SAFEGUARD IT ANY ALTERATIONS IN SHADED AREAS RENDER FORM VOID

**CERTIFICATE OF RELEASE OR DISCHARGE FROM ACTIVE DUTY**

1. NAME (Last, First, Middle)		2. DEPARTMENT, COMPONENT AND BRANCH		3. SOCIAL SECURITY NUMBER	
4a. GRADE, RATE OR RANK SSGT	4b. PAY GRADE E5	5. DATE OF BIRTH (YYYYMMDD)	6. RESERVE OBLIGATION TERMINATION DATE (YYYYMMDD) N/A/N/A		
7a. PLACE OF ENTRY INTO ACTIVE DUTY COCOA FL		7b. HOME OF RECORD AT TIME OF ENTRY (City and state, or complete address if known) COCOA FL			
8a. LAST DUTY ASSIGNMENT AND MAJOR COMMAND 43 SECURITY FORCES SQ (SPC)			8b. STATION WHERE SEPARATED HQ ARPC DENVER CO		
9. COMMAND TO WHICH TRANSFERRED USAFR			10. SGLI COVERAGE (NOTE AMOUNT: \$250,000)		
11. PRIMARY SPECIALTY (List number, rate and years and months in specialty. List additional specialty numbers and title bracketing periods of 100 or more years) 3F051 - Security Forces Journeyman 11 months		12. RECORD OF SERVICE			
		a. DATE ENTERED AD THIS PERIOD	2001	Oct	05
		b. SEPARATION DATE THIS PERIOD	2002	Oct	01
		c. NET ACTIVE SERVICE THIS PERIOD	00	11	27
		d. TOTAL PRIOR ACTIVE SERVICE	04	11	03
		e. TOTAL PRIOR INACTIVE SERVICE	03	04	19
		f. FOREIGN SERVICE	00	00	00
		g. SEA SERVICE	00	00	00
		h. EFFECTIVE DATE OF PAY GRADE	1998	Nov	01
		i. MILITARY EDUCATION (Course title, number of weeks, and month and year completed) NONE THIS PERIOD OF SERVICE.			
13. RIBBONS AWARDED OR AUTHORIZED (All periods of service) Air Force Training Ribbon, Air Force Longevity Service Award, Air Force Overseas Short Tour Ribbon, Air Force Outstanding Unit Award, AIR RESERVE FORCES (SEE REMARK)					
14. HIGH SCHOOL GRADUATE OR EQUIVALENT			15. EDUCATIONAL ASSISTANCE PROGRAM		
			YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
16. DAYS ACCRUED LEAVE PAID - 0		17. MEMBER WAS PROVIDED COMPLETE DENTAL EXAMINATION AND ALL APPROPRIATE DENTAL SERVICES AND TREATMENT WITHIN 90 DAYS PRIOR TO SEPARATION			
		YES <input type="checkbox"/> NO <input checked="" type="checkbox"/>			
18. REMARKS ITEM 13: MERITORIOUS SERVICE MEDAL WITH 1 OAK LEAF CLUSTER. ARMED FORCES RESERVE MEDAL WITH 2 HOURGLASS DEVICES. ITEM 18: MEMBER HAS COMPLETED FIRST FULL TERM OF SERVICE. MEMBER SERVED IN SUPPORT OF OPERATION NOBLE EAGLE/ENDURING FREEDOM. TITLE 10, USC SECTION 12302. PARTIAL MOBILIZATION FROM 05 OCT 01 TO 01 OCT 02. PERIOD SERVED UNDER TITLE 10, USC SECTION 12302 IS EXEMPT FROM 5 YEAR CUMULATIVE SERVICE UNDER TITLE 38, CHAPTER 43, SECTION (C)(4)(A). ///////////////NOTHING FOLLOWS//////////					
19a. MAILING ADDRESS AFTER SEPARATION (include Zip Code) 440 FEATHER STREET COCOA FL 32927					
19b. NEAREST RELATIVE (Name and address - include Zip Code) UNKNOWN					
20. MEMBER REQUESTS COPY 5 BE SENT TO - <input type="checkbox"/> DIRECTOR OF VETERANS AFFAIRS			YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>		
21. SIGNATURE OF MEMBER BEING SEPARATED MEMBER NOT AVAILABLE TO SIGN			22. OFFICIAL AUTHORIZED TO SIGN (Typed name, grade, title, and signature)		
23. TYPE OF SEPARATION RELEASE FROM ACTIVE DUTY		24. CHARACTER OF SERVICE (include applicable) HONORABLE			
AFI 36-3209		T50		NOT APPLICABLE	
25. NARRATIVE REASON FOR SEPARATION MEMBER RELEASED DUE TO DEMOBILIZATION		26. MEMBER REQUESTS COPY 4 (initial)			
27. DATES OF TIME LOST DURING THIS PERIOD (YYYYMMDD) NONE					

DD Form 214-AUTOMATED, FEB 2000 PREVIOUS EDITION IS OBSOLETE

**MEMBER-4**

Figure 1: DD Form 214

## VA Home Page

The VA.gov website offers current resources, tools, and contact information for all VA benefits and services that may be available to service members, Veterans, and their families, caregivers, and survivors. Go to the VA home page to find additional information regarding VA Benefits and Services.

[www.va.gov](http://www.va.gov)

## Education and Training

Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

[www.va.gov/education/](http://www.va.gov/education/)

## Careers and Employment

Apply for vocational rehabilitation services, get support for your Veteran-owned small business, and access other career resources.

### ***VA Vocational Rehabilitation and Employment (Chapter 31)***

Explore support and services program tracks for Veterans and service members with service-connected disabilities.

[www.va.gov/careers-employment/vocational-rehabilitation/programs/](http://www.va.gov/careers-employment/vocational-rehabilitation/programs/)

### ***Educational and career counseling (Chapter 36)***

Find out how to get free educational and career counseling as a recently discharged Veteran or a dependent family member.

<https://www.va.gov/careers-employment/education-and-career-counseling/>

## Disability

File a claim for disability compensation for conditions related to your military service and manage your benefits over time.

[www.va.gov/disability/](http://www.va.gov/disability/)

## Housing Assistance

Find out if you're eligible for a VA-backed home loan. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

[www.va.gov/housing-assistance/](http://www.va.gov/housing-assistance/)

## VA Life Insurance

Explore VA life insurance options for Veterans, service members, and families. Manage your policy online, file claims for benefits, and access helpful resources.

[www.va.gov/life-insurance/](http://www.va.gov/life-insurance/)

## Pension

Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

[www.va.gov/pension/](http://www.va.gov/pension/)

## Health Care

Apply for VA health care, find out how to access services, and manage your health and benefits online.

[www.va.gov/health-care/](http://www.va.gov/health-care/)

## Burials and Memorials

Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

[www.va.gov/burials-memorials/](http://www.va.gov/burials-memorials/)

## VA Education and Training

VA can help you cover the cost of furthering your education and skills through benefits for tuition, housing, training, and other expenses related to your education. See Table 1 for web addresses to find out more details about each program.

Table 1: GI Bill® Benefits

Benefit	Web Address
Post-9/11 GI Bill	<a href="http://www.benefits.va.gov/gibill/post911_gibill.asp">www.benefits.va.gov/gibill/post911_gibill.asp</a>
Montgomery GI Bill Active Duty	<a href="http://www.benefits.va.gov/gibill/mgib_ad.asp">www.benefits.va.gov/gibill/mgib_ad.asp</a>
Montgomery GI Bill Selected Reserve	<a href="http://www.benefits.va.gov/gibill/mgib_sr.asp">www.benefits.va.gov/gibill/mgib_sr.asp</a>

## GI Bill Comparison Tool

The GI Bill Comparison Tool helps beneficiaries learn about education programs and compare benefits by school.

[www.va.gov/gi-bill-comparison-tool](http://www.va.gov/gi-bill-comparison-tool)

## eBenefits

eBenefits is a joint DoD–VA web portal with resources and self-service capabilities that enable service members, Veterans, and their family members, caregivers, and survivors to apply for, research, access, and manage their VA and military benefits.

[www.ebenefits.va.gov](http://www.ebenefits.va.gov)

## My HealthVet

My HealthVet is VA's online personal health record designed for service members, Veterans, and their dependents and caregivers enrolled in VA health care.

[www.myhealth.va.gov](http://www.myhealth.va.gov)

## Veterans Crisis Line

The Veterans Crisis Line is available 24 hours a day, seven days a week — even if the Veteran is not registered with VA or enrolled in VA health care — to immediately connect Veterans and their families in crisis with qualified, caring VA responders.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## National Resource Directory (NRD)

The National Resource Directory lists resources that are consistently vetted, reviewed, and maintained.

<https://nrd.gov>

## Veteran Service Organizations (VSO)

The VSO page on the eBenefits portal allows service members, Veterans, and their families to research and access VA claims representation.

[www.ebenefits.va.gov/ebenefits/vso-search](http://www.ebenefits.va.gov/ebenefits/vso-search)

[www.va.gov/vso](http://www.va.gov/vso)

## Veteran Peer Groups

Veteran Peer Group organizations are available to help support you as a Veteran. These grassroots support groups are not only focused on benefits, but also community reintegration, service, and legislative advocacy. See Table 2 for the web addresses of a few key Veteran Peer Groups.

Table 2: Veteran Peer Groups

Veteran Peer Group	Web Address
Student Veterans of America	<a href="http://studentveterans.org">http://studentveterans.org</a>
Team Red, White, and Blue	<a href="http://www.teamrwb.org">www.teamrwb.org</a>
The Mission Continues	<a href="https://missioncontinues.org">https://missioncontinues.org</a>
Team Rubicon	<a href="https://teamrubiconusa.org">https://teamrubiconusa.org</a>
United Service Organizations (USO)	<a href="http://www.uso.org">www.uso.org</a>