



Military OneSource Overview

General Eligibility

- › Active duty, National Guard and Reserve Component service members
- › Immediate family members
- › Coast Guard only when activated with the Navy
- › Civilian Expeditionary Workforce (when deployed)



Private and Confidential

Privacy is protected

- Your personal information will not be:
 - Provided to the military or chain of command
 - Shared with family or friends
 - Released to other agencies

Duty to Warn

- Suspected family maltreatment (domestic violence, child or elder abuse/neglect)
- Harm to self or others
- Illegal activity



Range of Support



Military OneSource: Something for Everyone

- › Did you know Military OneSource has...
 - Smart shopping tips (audio clips)
 - Planning for your golden years (video)
 - Choosing schools for your child (booklet)
 - Staying strong as a couple (CD)
 - Disaster preparation (webinar)



Our Websites

Military INSTALLATIONS
Your official DoD source for installation and state resources available to active-duty service members.

Get started!

Looking for particular installation or state? Enter an installation (Use a directory of installations) or enter a state.

Looking for specific program or service? Select a program or service, then enter an installation (Use a directory of installations) or enter your postal code.

MILITARY YOUTH ON THE MOVE

Your Place
Kids
Pre-Teens
Teenagers

Let's Move!!
This is your one-stop shop for advice and info on moving, social life, school, and more.

In your Words...
June, 16
"I've been to eight different schools in the past year."

MILITARY SPOUSE CAREER PORTAL

Let's Move!!

I'm a Military Spouse
Leverage MOSP resources to jumpstart your career. Call 1-800-342-9647

Job Search
Search Company Advanced Search

Nextest Jobs
Career Transition Trainer

Plan My DEPLOYMENT
Supporting service members and their families throughout the deployment cycle.

Deployment and mobilization have changed in recent years, getting longer, occurring more frequently and have caused additional stress for service members and families, and have increased the challenges of successful returns.

Plan My Deployment was designed to help you address these issues and may be used in coordination with other programs. With Plan My Deployment you can take some of the stress out of deployment or reassignment. Whether it's your first deployment or mobilization or your fifth, you will be able to create a Reassignment request that contains only the information you and your family need to successfully return.

Tell us about yourself or your service member, then click on your phase of deployment.

Once you have answered the questions, select a phase on the right.

Branch of Service: Select your branch
Parental status: Select your family status

Expected return date
Expected return date
Required fields are marked with an asterisk *

Pre-Deployment
Deployment
Return
Reassignment

Navigating the Deployment and Mobilization Cycle:
A comprehensive guide for service members and their families

Military OneSource

PLAN MY MOVE

Take charge of your PCS move. Plan My Move provides you with access to information on entitlements and benefits, to points of contact, checklists, planning tools, and information on employment. Plan My Move will put you and your family in charge of a smooth relocation to assignment. Fill in the following information about your move, click "Get Moving", and we will new assignment cannot be found, select a nearby installation.

Plan My Move gives you the option of storing the entries below plus it allows for creating a calendar reminder just for you and your family. Begin customization by creating an account, you don't have to reenter your information each time you return. You just sign-in and get to

Where are you currently stationed?
Enter Installation Name or Location above or click here for the installation lookup screen.

Where are you being reassigned?
Enter Installation Name or Location above or click here for the installation lookup screen.

When do you plan to depart?
26-FEB-2013 DD-MON-YYYY (e.g. 01-JA)

eSponsorship Application & Training

Welcome to the eSponsorship Application

Congratulations, you have been selected by your unit to sponsor a newcomer. You will be the unit, installation and your community. This is a very important responsibility as a newcomer's primary assigned installation is largely based upon their sponsors. As a sponsor, you have a direct impact on the newcomer's ability to adjust to unit, community and mission success.

Your duties as a sponsor are mandatory. This eSponsorship application has been created to:

- Train you in your role and responsibilities
- Provide you with the knowledge and resources for effective sponsorship
- Provide you access to all the tools you need to do an outstanding job

The steps in the sponsorship process that the application supports are:

1. A training module to be completed by you, the sponsor
2. A downloadable Sponsorship Duties Checklist, to keep, check off and refer to often
3. A downloadable Training Certificate for your records
4. A downloadable Needs Assessment to use as a guide when contacting your newcomer
5. Sample Tools for corresponding with your newcomer

The Education Personnel at your Family Center are always available to assist you with your sponsor as do not hesitate to ask them to provide you materials and packets of information. You can find information in Military OneSource.

USA4MilitaryFamilies
Department of Defense and

USA4 Military Families Initiative, seeking to engage and educate state policymakers, non-for-profit associations, concerned business interests, and other state leaders about the needs of military members and their families.

10 KEY ISSUES

1. Facilitate service members receiving licensure and academic credit for military education, training and experience
2. Facilitate military spouse transition through licensure portability and assistance for implementation/compensation
3. Support development of veterans treatment courts open to eligible veterans and service members throughout the state
4. Increase access to quality, affordable childcare for military families
5. Promote consumer protections and enforcement of the predatory lending regulation
6. Allow service members to return their

To view the Issue Status information for a specific issue, click on the issue number in the Key Issue drop down menu.

VOLUNTARY EDUCATION

645,000 Enrolled in 800,000 Courses

VOLUNTARY EDUCATION PROGRAMS

- Military Tuition Assistance**
Tuition and fee assistance for voluntary off-duty education
- Education Transcripts - Evaluation of Military Experience and Training**
Validate occupational experience and training for college credit
- Postsecondary Degree**
College enrollment and tuition assistance leading to degrees
- ServiceMembers Opportunity Colleges**
More than 2800 colleges and universities providing educational opportunities
- Post-9/11 Veterans Educational Assistance Act of 2008 (Post-9/11 G.I. Bill)**
New educational benefits for individuals who served in the armed forces on or after 9/11
- Exams for College Credit**
Testing program to earn certificates, licenses, college credits or high school diplomas
- Online Academic Skills Course**
Online courses to enhance academic competencies
- DoD Third Party Education Review**
Announcement of third party education review contract
- DoD Voluntary Education Partnership MOU**
Visit the DoD MOU website at www.dodvoe.com to start the application process.
- Troops to Teachers (TTT)**
Begin a second career in public education as a teacher



A Newly Designed Homepage

The screenshot shows the Military OneSource homepage with the following elements circled in red:

- Navigation Bar:** "Counseling Options" and "Military Life Topics" dropdown menus.
- Search Bar:** "What are you looking for?" with a search icon.
- Hero Section:** "The Military Kids Connect Website" featuring a "Learn more" button.
- Most Popular Section:** "MOST POPULAR on Military OneSource" with a list of 5 articles and tabs for "Shared", "Read", and "Watched/Listened".
- Blog Brigade Section:** "Use It Up, Wear It Out, Make It Do or Do Without!" with a "read more" link.
- Installation Locator:** A form to "Quickly look up information on your installation" with fields for "Name of installation" and "or, state name".

Other visible elements include the Military OneSource logo, contact number (800-342-9647), and a sidebar with "Need Help?", "Feedback", and "Products" links.



A Newly Designed Homepage

The screenshot shows the Military OneSource homepage. At the top, there is a navigation bar with the Military OneSource logo on the left, the slogan "Call. Click. Connect." in the center, and a search bar on the right. Below the navigation bar is a secondary menu with links for "800-342-9647", "Counseling Options", "Military Life Topics", "Monthly Focus", and "Social Media Hub".

On the left side, there is a vertical navigation menu with three items: "Need Help?", "Feedback", and "Products".

The main content area features a large banner for "The Military Kids Connect Website". The banner includes the Military Kids Connect logo, a photo of children, and text: "Discover new games and resources for kids, parents and educators." and "Check out the new tools including videos, lesson plans and graphic novels created by military children!". A "Learn more" button is present. Below the banner is a "Visit MilitaryKidsConnect.org" link.

To the right of the banner is a "MOST POPULAR on Military OneSource" section with a list of five items:

1. Feelings Surrounding a Postponed Deployment
2. Military OneSource Tax Service
3. Electronic Sponsorship Application and Training
4. Partner With a Military OneSource Health and Wellness Coach to Improve Your Health and Well-being
5. Your Relocation Assistance Program and Services

Below this is a "Military OneSource TWEETS" section with a Twitter icon and several tweet excerpts.

At the bottom, there are two sections: "ePUBLICATIONS" featuring a "MOS eNewsletter" and "INSTALLATION LOCATOR" which includes a search form for installation names and state names.



Non-Medical Counseling Connections

The screenshot displays the Military OneSource website interface. At the top, there is a navigation bar with the Military OneSource logo on the left, social media icons, and filters for 'PHASES OF MILITARY LIFE', 'BRANCH OF SERVICE', and 'THOSE WHO SUPPORT'. A search bar on the right contains the text 'What are you looking for?'. Below the navigation bar, a dark blue banner features the slogan 'Call. Click. Connect.' and a search bar. The main content area is divided into several sections. On the left, a vertical sidebar contains the text 'Need Help?', 'Feedback', and 'Products', with 'Need Help?' circled in red. The central section is titled 'Counseling Options' (circled in red) and lists various services: Face-to-Face Counseling, Telephonic Counseling, International Calling Options, Online Counseling, Financial Counseling, and Health and Wellness Coaching. To the right of this section, there is a 'Log in for counseling' box with a 'LOG IN' button and a link to 'Check eligibility and register now'. Below the counseling options, there is a 'BLOG BRIGADE' section with a post titled 'Use It Up, Wear It Out, Make It Do or Do Without!' by Kelli on Thu, 21 Feb 2013. On the far right, there is a 'Military OneSource TWEETS' section with several tweets, including one from @MC_FP about the First Lady's video and another about the Saver Pledge.

Follow Military OneSource:

PHASES OF MILITARY LIFE BRANCH OF SERVICE THOSE WHO SUPPORT [LOG IN](#)

Military OneSource *Call. Click. Connect.*

800-342-9647 **Counseling Options** Military Life Topics Monthly Focus Social Media Hub

Contact a Military OneSource consultant now

800.342.9647
Military Crisis Line

800.273.TALK (8255)
DoD Safe Helpline
Sexual Assault Support

877.995.5247

Military OneSource non-medical counseling services are available to provide help with short-term issues to those who are eligible. [Check eligibility.](#)

Face-to-Face Counseling
Telephonic Counseling
International Calling Options

Online Counseling
Financial Counseling
Health and Wellness Coaching

Log in for counseling
Log in to your Military OneSource account to access online counseling services.

[LOG IN](#)

Don't have a login yet?
[Check eligibility and register now](#)

5. [Your Relocation Assistance Program and Services](#)

Visit [MilitaryKidsConnect.org](#)

BLOG BRIGADE

Use It Up, Wear It Out, Make It Do or Do Without!

by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]

Military OneSource TWEETS

"rt @MC_FP Video: First Lady Urges Governors to "Ramp Up" Vet Support <http://t.co/kE9N5hKZ9H> #FLOTUS #sot #veterans #milfam"

"(Video) What are you saving for? <http://t.co/uq9CKrx17o> Take the Saver Pledge now... It's easy! <http://t.co/fneNEhrSRf> #milfam #MSW2013"

"RT @MC_FP (Video) What is @MilitarySaves Week?"



Financial Services

Financial Counseling

- › Budgeting and general financial management
- › Debt management
- › Housing counseling

Financial Planning

- › Investing
- › Retirement planning
- › Planning for college
- › TSP/401K/Pensions
- › Traditional and ROTH IRAs
- › Assistance in selecting a certified financial planner in the local community
- › Tax questions/Tax preparation



Specialty Consultation

Specialty Consultations

- › Adoption
- › Adult disability
- › Wounded warrior
- › Education (college and general)
- › Elder care
- › Health and wellness
- › Special needs

Additional Services

- › Document translation
- › Simultaneous interpretation



Health and Wellness Coaching

- › Individual coaching sessions
 - Telephone-based
 - Online
- › Health and wellness issues
 - Weight loss
 - Fitness and exercise
 - Nutrition
 - General health (stress management, resiliency, etc.)
- › Health risk assessments
 - Individualized plans
 - Goal setting
 - Outreach and engagement
- › Self-directed coaching
 - LivingEasy™
 - LivingLean™
 - LivingFit™
 - LivingFree™



Career

Topics

- › Choosing a career
- › Finding a job
- › Effectiveness at work
- › Management skills

Resources

- › Spouse Education & Career Opportunities Center
 - Career assessments
 - Employment readiness
 - Web links
 - Newsletters



Education

Topics

- › K-12 education
- › Adjusting to college
- › Financial aid and scholarships
- › Alternatives to college
- › Continuing education

Resources

- › School locators
- › DoD MWR Libraries Education Resource Center
- › College Navigator
- › Military Spouse Education Resource Guide
- › Military Spouse Employment Partnership
- › Spouse Education & Career Opportunities Center



Social Media Hub



Follow Military OneSource: [f](#) [t](#)

PHASES OF MILITARY LIFE [v](#) BRANCH OF SERVICE [v](#) THOSE WHO SUPPORT [v](#) [LOG IN](#)

Call. Click. Connect.

What are you looking for?

800-342-9647 [Counseling Options](#) [Military Life Topics](#) [Monthly Focus](#) [Social Media Hub](#)

Social Media Hub

[Like](#) 3 [Tweet](#) 0 [+1](#) 1 [Share](#)

Military OneSource [f](#) [t](#) [p](#) [i](#) [t](#)
Find information to support you through every phase of military life.

Military Community and Family Policy [f](#) [t](#) [v](#) [u](#)
Join the conversation on the latest quality of life information and policies.

Military Spouse Employment Partnership [f](#) [t](#) [i](#)
Stay informed of latest career opportunities and connect with other military spouses.

BLOG BRIGADE [RSS](#)

Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]"

PODCASTS [All Podcasts](#)

Disaster Preparedness
[Listen](#) (4:12 minutes) [Transcript \(PDF\)](#)

VIDEOS [All Videos](#)


CJCS with Rosita singing "Sunny Day"
May 10, 2012 | 495 Views

MOBILE

Call. Click. Connect. Right from the palm of your hand! Go [mobile!](#)

Upcoming WEBINARS [All Webinars](#)

Select a title to learn more and register.

Mar. 12 Moving with an IEP - 10:00 a.m. EST

Mar. 14 Moving with an IEP - 6:00 p.m. EST

[View all webinars](#)
Looking for past webinars? [View the archives.](#)

DISCUSSION BOARDS
An online platform where participants can discuss topics related to military life that are important to service members and their families.

MODERATED CHATS
Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.

WIDGETS
Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.

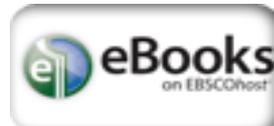
SOCIAL MEDIA GUIDE (PDF)
Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

[Need Help?](#)
[Feedback](#)
[Products](#)



Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



Access

You can expect:

- › 24/7/365 worldwide access
- › Master's-level consultants to answer your questions
- › Objective, experienced and caring people
- › Up-to-date and useful information
- › No cost
- › A commitment to quality

Toll-Free telephone
800-342-9647



MilitaryOneSource.mil



m.MilitaryOneSource.mil



Email your questions
to a consultant



Interaction with trained
outreach professionals



Questions?



Call. Click. Connect.

800-342-9647 MilitaryOneSource.mil