

# IDAHO NATIONAL GUARD

## RETIREE REFERENCE GUIDE

[www.nationalguard.idaho.gov/retirees](http://www.nationalguard.idaho.gov/retirees)

**IDARNG Retirement Services: 208-272-3815**

<b><u>SOURCE</u></b>	<b><u>PHONE</u></b>	<b><u>WEBSITE</u></b>
Army Echoes Newsletter	703-571-7232	<a href="http://soldierforlife.army.mil/retirement/echoes.html">http://soldierforlife.army.mil/retirement/echoes.html</a>
DFAS Retiree Newsletter	800-321-1080	<a href="http://www.dfas.mil/retiredmilitary/newsevents/newsletter">www.dfas.mil/retiredmilitary/newsevents/newsletter</a>
Exchange AAFES	800-527-2345	<a href="http://www.shopmyexchange.com">www.shopmyexchange.com</a>
Idaho Div Veterans Services	208-577-2301	<a href="http://www.veterans.idaho.gov">www.veterans.idaho.gov</a>
Idaho Veterans Cemetery	208-577-2330	<a href="http://www.veterans.idaho.gov/cemetery">www.veterans.idaho.gov/cemetery</a>
Legal Assistance	208-828-2238	<a href="https://aflegalassistance.law.af.mil">https://aflegalassistance.law.af.mil</a>
Medicare	800-633-4227	<a href="http://www.mymedicare.gov">www.mymedicare.gov</a>
Military Living Travel	703-237-0203	<a href="http://www.militaryliving.com">www.militaryliving.com</a>
Military One Source	800-342-9647	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
Military Service Records	314-801-0800	<a href="http://www.archives.gov/veterans/military-service-records">www.archives.gov/veterans/military-service-records</a>
Mtn Home AFB Medical	208-828-7900	<a href="http://www.mountainhome.af.mil/library/medicalinformation">www.mountainhome.af.mil/library/medicalinformation</a>
My Army Benefits	888-721-2769	<a href="http://myarmybenefits.us.army.mil">http://myarmybenefits.us.army.mil</a>
MyPay DFAS	888-332-7411	<a href="https://mypay.dfas.mil/mypay.aspx">https://mypay.dfas.mil/mypay.aspx</a>
Retirement Services Office (RSO)	253-966-5884	<a href="http://soldierforlife.army.mil/retirement">http://soldierforlife.army.mil/retirement</a>
Social Security	800-772-1213	<a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
Tricare for Life	866-773-0404	<a href="http://www.tricare4u.com">www.tricare4u.com</a>
Tricare Pharmacy Program	877-363-1303	<a href="http://www.express-scripts.com/TRICARE">www.express-scripts.com/TRICARE</a>
Tricare Delta Dental Program	888-838-8737	<a href="http://www.trdp.org">www.trdp.org</a>
Tricare United Health Care	877-988-9378	<a href="http://www.uhcmilitarywest.com">www.uhcmilitarywest.com</a>
VA Boise Medical Center	208-422-1000	<a href="http://www.boise.va.gov">www.boise.va.gov</a>
VA General Info	800-273-8253	<a href="http://www.va.gov">www.va.gov</a>
VA Health-e-Vet	800-827-1000	<a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>
VA E-Benefits	800-983-0937	<a href="http://www.ebenefits.va.gov">www.ebenefits.va.gov</a>
Veterans Benefit Guide	800-817-3777	<a href="http://www.militaryconnection.com/veteran-benefits.asp">www.militaryconnection.com/veteran-benefits.asp</a>