

Air Force Family Action Plan & Benefits Checklist

This guide is designed to help Air Force families deliberately use the resources already available to them. Think of it as a systems manual for military life: fewer surprises, more leverage, and less stress.

1. First 90 Days: Set the Foundation

Objective: Get fully plugged into the base ecosystem so nothing important is missed.

- Register with the **Military & Family Readiness Center (M&FRC)**
 - Attend a **Newcomers' Orientation** (even if this isn't your first base)
 - Ensure all dependents are enrolled in **DEERS**
 - Confirm **TRICARE** enrollment and select a Primary Care Manager
 - Set up access to **myPay, MilConnect, and DS Logon**
 - Locate your base **legal office, chaplain, and medical group**
 - Download the **Air Force Connect** app
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2. Financial Strength & Stability

Objective: Use military-specific financial advantages to reduce risk and build wealth.

- Schedule a free session with a **Personal Financial Counselor**
 - Understand **BAH, COLA**, and entitlement changes during PCS or promotion
 - Review **TSP** contribution levels and ensure matching is maximized
 - Compare **VA Loan** benefits vs. renting on or off base
 - Explore **Servicemembers Civil Relief Act (SCRA)** protections
 - Create or update a family **emergency savings plan**
 - Review spouse employment resources and remote-work options
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3. Healthcare, Wellness & Mental Resilience

Objective: Treat health as a long-term operational asset, not a crisis response.

- Assign a Primary Care Manager for all family members
- Learn how referrals work under your TRICARE plan
- Register with **EFMP** if applicable
- Explore **mental health, MFLC**, and chaplain services (confidential options)
- Identify on-base and off-base **urgent care** locations

- Use preventive care benefits annually (checkups, dental, vision)
 - Familiarize yourself with deployment-cycle support services
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4. Education & Career Development (Adults)

Objective: Turn military life into a multiplier for long-term careers.

- Meet with the **Education Office**
 - Understand **Tuition Assistance (TA)** rules and timelines
 - Explore **credentialing assistance** and certification programs
 - Plan degree progress around PCS cycles
 - Use **SkillBridge** planning early (even years out)
 - Review spouse education grants and scholarships
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5. Child & Youth Support

Objective: Give children stability, enrichment, and continuity despite moves.

- Register with **Child Development Centers (CDC)** or Youth Programs
 - Explore **School Liaison Officer (SLO)** services
 - Understand interstate school transition protections
 - Enroll in youth sports, clubs, or STEM programs
 - Identify counseling or tutoring services if needed
 - Keep school and medical records PCS-ready
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6. Community, Support & Quality of Life

Objective: Reduce isolation and build a support network that survives PCS moves.

- Join a **Key Spouse** or family support group
 - Explore base clubs, libraries, and recreation centers
 - Use **Outdoor Recreation** and travel discounts
 - Register for base-wide events and workshops
 - Connect with other families in your unit
 - Identify trusted childcare and emergency contacts
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7. Legal, Protection & Long-Term Planning

Objective: Prepare for worst-case scenarios so daily life runs smoother.

- Create or update **wills and powers of attorney**
 - Review **SGLI** and dependent coverage
 - Understand custody, deployment, and family care plans
 - Store key documents digitally and securely
 - Review beneficiary designations after life changes
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8. PCS & Deployment Readiness (Ongoing)

Objective: Treat moves and deployments as planned operations, not disruptions.

- Maintain a PCS checklist and timeline
 - Keep a home inventory for insurance and claims
 - Understand entitlements for moving and storage
 - Pre-identify schools, housing, and medical options at future bases
 - Use deployment briefings and family readiness resources early
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Final Mindset

The Air Force offers an unusually dense network of benefits. Families who benefit most aren't luckier—they're more intentional. Revisit this checklist annually, after every PCS, and after major life changes to keep the system working for you.