



# Army Reserve Family Programs

Connecting: Soldiers • Families • Communities

Army Reserve Family Programs (ARFP) is focused on enhancing the readiness and resilience of Army Reserve Soldiers, Family members, command teams and Civilians. We offer relevant and responsive programs, services and resources.



## PREPARING THE FAMILY FOR MOBILIZATION AND DEPLOYMENT

### Critical Questions for Family Readiness

- ▶ Is your Family enrolled in DEERS?
- ▶ Do you understand your medical benefits?
- ▶ Do you understand your financial responsibilities?
- ▶ Are you connected with a Soldier and Family Readiness Group?
- ▶ Do you know the contact information for your soldier's command chain, and Family Programs Director?

If you answered **"NO"** to any of the above questions, it is critical you reach out to the resources below to ensure your Family is prepared. Army Reserve Family Programs recognizes planning for a Soldier to be away can seem overwhelming, so the resources below are designed to connect you to the support you may need. Being prepared can mean the difference in an issue being handled or it becoming a crisis.

#### DEERS/ID Card

The first step to receiving military benefits is for the Soldier to have eligible Family members registered in Defense Eligibility Enrollment Reporting System (DEERS).

Find a DEERS site near you at [1-800-538-9552](tel:1-800-538-9552) or visit <https://www.dmdc.osd.mil/rsl/>

The milConnect Website allows sponsors, spouses, and eligible beneficiaries to perform self-service functions when accessed through a secure login at

<https://pki.dmdc.osd.mil/milconnect>

#### Understand Medical Benefits

Understanding your medical benefits before you need them will be key to handling any issues that arise. Find more information on TRICARE at [www.tricare.mil](http://www.tricare.mil)

### Financial Readiness

Financial planning is essential during times of separation. Discuss as a Family how income may change, the regular bills that may not change, and other important financial matters particular to your Family. Remember that Soldiers are considered as Active Duty while mobilized or deployed and may be entitled to additional benefits. Find out more at

<https://scra.dmdc.osd.mil/>

### Soldier and Family Readiness Groups (SFRG)

Family members and volunteers just like you make up SFRG. Their goal is to keep Families connected, provide support and help solve problems at the lowest level. Filling out a Family Information Data Worksheet (USAR Form 107-R) with your contact information will give the SFRG the ability to reach you. For more information contact your Family Programs Director, Family Programs Coordinator or your Family Readiness Support Assistant.

### Army Reserve Family Programs


Family Programs Staff, including Family Readiness Support Assistants and Soldier and Family Readiness Groups are all available to assist and equip Families with resources to be more self-reliant.

Contact Military One Source at [1-800-342-9647](tel:1-800-342-9647) for additional information.

**DEERS:** Defense Enrollment and Eligibility Reporting System, [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)

**ADPAAS:** Army Disaster Personnel Accountability and Assessment System, [www.ADPAAS.army.mil](http://www.ADPAAS.army.mil)



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