



Yellow Ribbon Reintegration Checklist v 1.0

www.yellowribbon.mil



This checklist will help you navigate important steps to take upon returning home.
All items are relative to your “D Day,” the date your orders end (end of leave).

D Day: _____

- _____ **D – 30** Reactivate car insurance for you and your cars.

- _____ **D – 20** Contact employer to discuss your return plan *www.esgr.mil*
Contact Transition Assistance Advisor to Start a New Career *802-338-3354*
Contact Education Office to Start a New Education Program *802-338-3378*

- _____ **D – 15** Make a budget based on your new income; contact the PFC for help. *802-338-3446*

- _____ **D – 10** Revoke Power of Attorney, if it wasn't date limited *802-338-3082*

- _____ **D** Check in on a buddy you haven't talked to since you saw them at the demobilization station.
Do they need help with anything? *1-888-607-8773*

- _____ **D + 1** Contact Veteran's Affairs to restart VA Compensation (if applicable) *1-800-827-1000*

- _____ **D + 1** Contact Tricare to select plan for TAMP period of free health coverage (Ends D + 180)
www.tricare.mil/LifeEvents/Deactivating

- _____ **D + 7** Check in with your spouse/roommate(s) to see how the reintegration is going. Are there
things you both can do to make for a smoother transition? *www.yellowribbon.mil/courses/223*

- _____ **D + 30** Check in on a buddy you haven't talked to in a while. Do they need help with anything?
1-888-607-8773

- _____ **D + 45** Check in with your spouse/roommate(s) to see how the reintegration is going. Are there
things you both can do to make for a smoother transition? *www.yellowribbon.mil/courses/223*

- _____ **D + 60** Check in on a buddy you haven't talked to in a while. Do they need help with anything?
1-888-607-8773

- _____ **D + 89** Today is your last chance to modify your TAMP Tricare plan
www.tricare.mil/LifeEvents/Deactivating

- _____ **D + 170** Select and register for healthcare coverage through your employer, Tricare Reserve
Select, or other plans for which you are eligible via family etc. (TAMP ends D + 180)