***Our RAD is coming 2024! May the 4th be with You!***

Our JBER Retiree Appreciation Day (RAD) is scheduled for Saturday, 4 May 2024. Guest Speaker is Mr. Verdie Bowen, Director, Office of Veteran’s Affairs. We hope that many of our Retired Soldiers who have civilian jobs in the Garrison can attend this RAD.

Come out and join us! It will definitely be worth your time. More details to come over Facebook.

***SBP Open Season***

There was an open season for those members who had not taken advantage of the Survivor’s Benefit Plan (SBP) at retirement. This was an opportunity to buy in to the program or opt out if you no longer desired to participate in SBP. The open season ended on 31 Jan 2023.

**Army Echoes App**

The Army Echoes App has been updated! Please download the Army Echoes app (iOS or Android) and give it a try! Send your review/comments to our editor, Ms. Liz Caraway, at [elizabeth.a.caraway.civ@army.mil](mailto:elizabeth.a.caraway.civ@army.mil)

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***TRICARE beneficiary out-of-pocket expenses and enrollment fees for Calendar Year (CY) 2024***

1. The TRICARE Prime and TRICARE Select beneficiary out-of-pocket expenses for Calendar Year (CY) 2024 will be effective 1 January 2024. Federal statute and corresponding implementing regulations established rates for TRICARE beneficiary out-of-pocket expenses and how these expenses may be increased by the annual cost of living adjustment (COLA) percentage used to increase military retired pay or via budget neutrality rules. The retiree COLA for CY 2024 is 3.1 percent.

2. **Tricare Prime:**Annual enrollment fees for those in Group A will increase from $351.96 to $363 for the year for individuals; and families’ costs will increase from $703.92 to $726. For those in Group B, the individual’s cost goes from $426 to $438.96; and families’ costs go from $852 to $879.

3. **Tricare Select:**Annualenrollment fees for those in Group A will go from $171.96 for individuals to $177.96; and for families, from $345 to $355.92. For those in Group B, the fee will go from $547.92 for individuals to $564.96; for families, from $1,095.96 to $1,131.

4. Tricare Young Adult:: For TYA Prime, an increase of 11.8% to $637 a month, compared to the current $570 a month. For TYA Select, the monthly premium increases to $311, a 6.9% increase from the $291 in 2023.

5. Tricare Reserve Select: The monthly premiums increase by 7.2% for both individual service member coverage and family coverage. It increases to $51.95 for the individual, from the $48.47 in 2023. For the family option, the premium is $256.87, up from $239.69 in 2023.

6 Tricare Retired Reserve: The premiums increase by 6.5% for both individual and family coverage. For individuals, it increases to $585.24, up from $549.35 in 2023. For the Tricare Retired Reserve family, it’s $1,406.22 starting in 2024, up from the $1,320.76 in 2023.

You can find more info at: [Here are your new Tricare rates for 2024 (militarytimes.com)](https://www.militarytimes.com/pay-benefits/military-benefits/health-care/2023/11/09/here-are-your-new-tricare-rates-for-2024/)

***Would YOU like to Join the RSC!***

Have you considered joining our Retired Soldiers Council? We are always looking for some “new blood”. We would like to have some younger Retired Soldiers, with new ideas, on the council.

The Retiree Council on JBER is an important part of the Military Retirement Community. They perform many functions. They provide a voice in the community; they bring issues that affect the entire JBER community and serve as a liaison between retirees and the JBER Military leadership. They are directly responsible for the Annual Retiree Appreciation Day which honors our military Retirees for all they have sacrificed to our Nation. This is an excellent opportunity to continue to serve the JBER community.

We meet monthly from Sep-Apr, culminating with the RAD in May. The meetings seldom last over an hour

If you think you might be interested, please contact the president Roland Cabiad. His contact info is listed at the bottom of this newsletter.

***Do you know other Retired Soldiers WITHOUT email?***

You probably know several other Retired Soldiers who live in your vicinity.

Do you know if they use email? Do they receive this Retired Soldier Newsletter via email on a regular basis, as you do? We have approximately 1200 Retired Soldiers or Surviving Spouses in our Garrison area of operations, but have less than 500 email addresses.

We are currently not sending out this information by regular mail, so those without email are not receiving any information. They may not even know who to contact if they have a problem. In these trying times, these Soldiers especially need our contact and support.

PLEASE talk with your retired friends; ask if they are receiving this newsletter. If not, print and give them a copy. They will appreciate it. Should someone mention to you that they have email, but are not on our mailing list, PLEASE ask them to contact Darryl Morgan at [darryl.w.morgan.civ@army.mil](mailto:darryl.w.morgan.civ@army.mil) or call 907-384-3500 to be added to the distribution list.

***RSO CORNER***

**I can’t say this enough to all Retirees, please setup your MyPay Account now. Don’t wait until tax season to do this.**

**Casualty Manager** – Retirees please inform your love ones of where to locate your important documents in case of emergency. Such as your DD Form 214, Marriage License, VA Compensation Letter, and Latest Copy of your Retiree Pay Statement.

Contact me at 907-384-3500 Mon-Fri 0730-1600 or Darryl.w.morgan.civ@army.mil. I am located on Joint Base Elmendorf Richardson, Building 600, Rm A113.

Darryl Morgan

Retirement Services Officer

***How can we improve our service?***

Do you have suggestions on what would make this newsletter more informative, more effective, or more interesting for you? Are there issues that you feel need to be addressed? If you think there is something that we should be doing and we are not, please let us know.

For any questions or assistance, please contact one of the POCs below:

- Council President Roland Cabiad at eaglemedic@me.com.