

## CNRNW EFMP Relocation Check List

We are here to support your family with a smooth relocation. Whether you have a couple questions or would like a customized EFMP relocation service plan (DD3054) identifying your goals and related action steps for your reference, please connect with us.

### TRAVEL:

- ✓ Create a custom Plan My Move Calendar: [Create A Custom Military PCS Moving Checklist | Plan My Move \(militaryonesource.mil\)](#)
- ✓ Schedule a CNRNW Fleet and Family Relocation appointment, centralized scheduling 1-866-854-0638.
- ✓ If you have durable medical equipment and would like the weight not to be counted, you may provide a physician statement to transportation per [Joint Travel Regulations](#) Section 051304.B. The medical statement needs an itemized list of make-model. Recommend to search online the weight.
- ✓ When you receive orders, log on to Defense Property System (DPS) to set up your move. [DPS & Defense Personal Property Program • Military OneSource](#) Review [Government Travel Charge Card use for PCS](#)
- ✓ Update your new address for DEERS in [MilConnect](#)
- ✓ Update your new address in [NFAAS](#). Your EFMP Enrollment Verification Letter is located here.

### HOUSING:

- ✓ If you are applying for on base housing and your EFMP verification letter indicates you are authorized for housing priority, submit this with your housing application. Contact information for CNRNW [Hunt Housing](#).
- ✓ Accommodations, modifications, or service animals are listed on DD2792 page 9.
- ✓ If you have accommodations, modifications, or service animals and these are Not listed on page 9 of your DD2792, you may request with the gaining housing for a reasonable accommodation request form that your current PCM may complete.

### MEDICAL & DENTAL:

- ✓ Request copy of medical records 60 days prior to leaving or you may sign releases of information between providers upon arrival, as not all health care providers are at Military Treatment Facility.
- ✓ 90-day supply of medication refills
- ✓ 2 supplies rescue medication, if applicable (schools and childcare require 1 to remain on site)
- ✓ Request progress reports from medical therapies to share with new providers.
- ✓ You may change your health coverage plan 90 days from the date of your zip code change or annually during open enrollment typically in early December. Different family members may have different plans. Tricare Compare Plan- [Compare Plans | TRICARE](#) to review Prime & Select. [US Family Health Plan](#) is another Tricare Prime option offered in CNRNW. There may be additional plans connected to your gaining assignment. Review [Tricare Dental Options](#)
- ✓ US Family Health Plan, Tricare Overseas, Dental & Vision do not change contractors in 1 Jan 2025. This applies to Tricare East & West. For more information [Contract Transition FAQs | TRICARE](#)
- ✓ If you have a Tricare Nurse Case Manager, receive ECHO services, or an Autism Navigator (ABA services), please share your upcoming move.

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- ABA is the only service that does not need a new referral, when you notify of PCS. You may begin ABA family training with the new agency while waiting for the services to begin. EFMs living OCONUS do not have Autism Navigators.
- ✓ When departing the current installation: notify the Tricare region [Regions | TRICARE](#) you are relocating to, *even if moving within the same region*, identify new address, preferred health coverage plan. At this time, if you are Tricare Prime, you may request PCM assignment and appointment to update specialty referrals. When the referrals are authorized in 5-7 days after the PCM submits the referrals, Tricare provides contact information for a specialist. You may contact Tricare and change to another in- network provider. This does not require a new referral, only a name change on the authorization.

### FEDERAL BENEFITS:

- ✓ If you receive Social Security Disability Insurance (SSDI), Social Security, and/or Medicare and relocating CONUS, you may change your address online with Social Security Administration. [Change of Address | SSA](#). If you are moving OCONUS, you will need to call to change your address. Your benefits will not change.
- ✓ If you receive Supplemental Security Insurance (SSI) and moving CONUS or OCONUS, you must call Social Security Administration 800-772-1213 to change your address. Your benefit amounts change according to location.

### STATE BENEFITS:

- ✓ If you have Medicaid or a child or adult Medicaid Home & Community Based Services Waiver (personal care and/or respite), you will notify the current State when you are departing and will need to reapply in the new State. States have online applications for Medicaid. They do not all have them for Medicaid Waivers. In CNRNW, adult Medicaid Waivers are online. Child Medicaid waivers are not online and EFMP Case Liaisons may support with this.
- ✓ If you have food benefits or WIC, you will need to reapply in a new State.

### EMPLOYMENT

- ✓ Connect with FFSC Family Employment Readiness Program with resume and job search support.
- ✓ Recommend sharing accommodations with employer during orientation if didn't need accommodations when applying or for the interview.
- ✓ If you were receiving support through the State Division of Vocational Rehabilitation, submit your Individual Plan for Employment (IPE) to your new State agency or connect to start services.

### EARLY INTERVENTION

- ✓ If your dependent is birth to 3 and receives services through an Individualized Family Service Plan (IFSP), provide a copy to your new county's Early Intervention Services.

### SPECIAL EDUCATION & ACCOMMODATIONS

- ✓ If your dependent is school age and has an Individualized Education Program (IEP) or 504 Accommodation Plan (504), we recommend providing this along with recent the IEP goal

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progress report and the last IEP evaluation which are often not included in the official records sent between schools.

- ✓ [Information about Early Intervention IFSP, School IEP and 504s](#)

### SCHOOL LIAISON SERVICES

- ✓ [School Liaison Directory](#)
- ✓ [Navy's Child and Youth Programs](#)
- ✓ [Military Interstate Compact for OCONUS/DoDEA schools](#)

### EFMP RESPITE:

- ✓ If you currently receive Navy EFMP Respite, notify [Navy EFMP Respite at ChildCare Aware](#) you will be moving to transfer your care. If you have a high level of need, PERS 456 assesses your eligibility, and it is indicated in your NFAAS EFMP Verification Letter.

### CHILDCARE

- ✓ If you are looking for childcare for work on or off base, please visit [Military Families - Child Care Aware® of America](#)
- ✓ You can also visit [Navy Child Development Centers](#) for more information about “on base” childcare.

### COMMAND SUPPORT:

- ✓ Consider requesting a [Command Sponsor](#). This is one proactive way to help ensure you / your family arrive at the command already feeling connected to the team. Typically, the sponsor will be matched with another Sailor of similar rank and family makeup.
- ✓ Command EFMP POCs assist with referrals to the military treatment facility and the FFSC EFMP Case Liaisons. They monitor enrollment dates, INDOCs, & coordinate for Command activities.
- ✓ Command [Ombudsman](#) is professionally trained and available to all families for referrals. Please visit [FFSC Ombudsman Program](#) FFSC's having listings of the Command's Ombudsman.