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## Further Clarification for AFR Members on New Fitness Guidance

Biannual testing under the current standards begins Jan. 1 and revisions to the Air Force standards take effect July 1. Air Force Reserve members will test 12 months after their last calendar year 2009 test date, then again in six months to progress to a biannual cycle. For example, if a member tested in July 2009, they will test again in July 2010, then every six months thereafter. If a member tests in Jan. 2010, they will test again in July 2010, then every six months thereafter.

The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program which emphasizes total fitness: proper aerobic conditioning, strength and flexibility training and healthy eating. This lifestyle will increase productivity, optimize health and decrease absenteeism, while maintaining a higher level of readiness.

These modifications, improvements and upgrades will bring about some of the most significant changes to fitness standards in the last five years and shift a greater level of responsibility



for maintaining year-round physical fitness to all Airmen.

The interim Air Force Guidance Memorandum for AFI 10-248, Fitness Program, immediately directs changes to AFI 10-248 and provides the fitness testing schedule and instructions for Total Force Airmen.

For more information, visit <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>.

## For Airmen, Extraordinary Things Happen Every Day

Commentary by Maj. Scott M. Finch  
55th Contracting Squadron commander

1/26/2010 - OFFUTT AIR FORCE BASE, Neb. (AFNS) -As military members, most of us understand we're a part of something special. I'm not sure I realized the full reality of just how unique our profession is until I stepped away from it. I didn't stay away long, but when I returned, it was with a new sense of appreciation.

I served almost 10 years on active duty, but currently enjoy the privilege of serving part-time in the Air Force Reserve as an individual mobilization augmentee. My full-time career is in the private sector working for a large financial management corporation. Experiencing both careers side-by-side has allowed me to view my military experience in a new light and deepened my gratitude for the time I spend on active duty.

While I thoroughly enjoy my civilian job and have enormous respect for my co-workers, I'm convinced the business world falls far short when it comes to leadership and taking care of people. I say this not to disparage.

Clearly what we do in the military is unique and to expect as much from a nonmilitary organization is setting a very high standard. Each of us is taught a culture of "service before self" from our earliest days in basic training, and this is something very hard to translate into the business world.

Here are just a few examples of the uniqueness of our profession I've witnessed:

While serving in support of Operation Joint Guardian in the mid-90s, the Vice Chairman of the Joint Chiefs of Staff came to visit us during the holidays. The general learned that one of my team members recently lost a family member, but was unable to get home. The general quietly sought out the bereaved servicemember and ensured he was on his personal helicopter and plane to the States. It was a small thing for the general to do, but it had a big impact on the servicemember and to those of us who witnessed it.

A few years ago, I was planning to attend a conference at Langley Air Force Base, Va. My physical training test was due, and since I was going to be on orders, it was a good time to take the test. I notified the senior individual mobilization augmentee, a colonel, in Air Combat Command contracting, that I'd be testing at Langley AFB. When I showed up to test, I was surprised to see the colonel there in PT gear. He wasn't due to test, he simply felt it was his duty to personally provide me a wingman to run with. It was a small thing, but I still appreciate the leadership he showed.

Recently, my first sergeant told me of the status on his efforts to prepare a squadron member for career (Cont'd page 2)

### Editorial Staff

Col. Nancy Zbyszinski  
RMG Commander

Lt. Col. Gwyn Pook  
Senior Editor

Capt. Kimberly Champagne  
Editor

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## ***Texting While Driving— Unsafe and Now Prohibited!***

By Tech. Sgt. Cassandra Gaymon, Readiness Management Group Legal Office

On October 1, President Obama issued Executive Order 13513 banning federal employees from text messaging while driving a government-owned vehicle, while driving a personally owned vehicle on official business, or when simultaneously driving and using electronic equipment supplied by the government. Official business includes travel to and from work.

It is no secret that the use of personal wireless devices such as cellular phones and personal digital assistants increased dramatically over the past few years, nor is it disputed that the use of these devices to text or email has followed that trend as well. In fact, according to CITA (the International Association for the Wireless Telecommunications Industry) phone users in the United States sent 110 billion messages in December of last year – which is a tenfold increase over the last three years.

While this may make us a more accessible country, it does not come without a price or some bad habits, especially the current and growing practice of using a cell phone while driving one's vehicle. If the Georgia law passes, it would go into effect July 1 and make Georgia the 20th state to outlaw texting while driving. Colorado, Louisiana, New York, Virginia and Washington are among the 19 states that ban text messages for all drivers. Nine states ban text messaging for teen drivers, and twenty-one states have barred the use of all cell phones by novice drivers.

## ***For Airmen, Extraordinary Things Happen Every Day (Cont'd)***

developmental testing. He quizzed the Airman on possible test questions and as a result of their joint efforts, the young man is not only prepared to pass the test, but is also in a position to excel.

The sounding of retreat and the playing of the national anthem on base at the end of the duty day is something I tell my friends and civilian co-workers at home about. I'm not sure they understand, but I look forward to that loud-speaker. It reminds me of where I am and how good it is to be here. It's one more small thing I miss when I return home to my civilian career.

We take this type of thing for granted in the military, but I'm compelled to celebrate it as special when you compare it to other professions. The dedication military members feel to ensure subordinates are mentored and prepared for career advancement is a small thing to many, but I'm convinced it's a treasure of our profession.

Whether it's a simple order from a general to make room for a grieving servicemember, the first sergeant showing concern for his Airmen or the simple daily routine of playing the national anthem, once you've left the Air Force for your next chapter in life, you will one day look back and find what was once a routine experience is now viewed as an extraordinary occurrence. These small things are what make the profession we chose so very special.

# **Year of the Air Force Family**



The most dangerous practice has been shown to be the texting, and statistics released by the Virginia Tech Transportation Institute have indicated that texting severely reduces the ability of a driver to navigate the roadways safely. The VTTI's statistics indicate, among other issues, that a driver is 23 times more likely to get in to an accident if he or she texts behind the wheel. Other studies have shown that texting while driving causes a 400 percent increase in the time spent with one's eyes off the road. For a point of reference, for every six seconds of drive time, a driver sending or receiving a text message spends 4.6 of those seconds with his or her eyes off the road.

## ***Andrews' RPO Transitions to RMG RPO***

A recent audit revealed that manning challenges have resulted in problems with pay servicing Individual Reservists (Individual Mobilization Augmentees and Participating Inactive Ready Reservists). As a result Lt. Gen. Charles Stenner, Air Force Reserve Command Commander, has authorized a one year Consolidated Reserve Pay Office Test at the Readiness Management Group on Feb. 15.

This test will transition military pay services for Individual Reservists currently serviced by Andrews RPO to RMG RPO located at Robins AFB, Ga. The RMG's RPO Customer Support hours will be extended from 7:30 a.m. to 6 pm EST to accommodate customers transitioning during this period. For more information contact Calvin Shelby, Chief of RMG Reserve Pay Office at 478-327-2385 or email [RMG/RPO@afrc.af.mil](mailto:RMG/RPO@afrc.af.mil).



# Medical Records Must Be Updated Annually

Medical and dental requirements comprise fifty percent of the readiness requirements tracked by Headquarters Readiness Management Group. Each year, members need a physical health assessment that includes a questionnaire found at <https://afwebha.brooks.af.mil/home.asp?ScreenX=1024&ScreenY=523> (a common access card is required to access this website). The questionnaire must be completed prior to the member's PHA appointment. Additional requirements include Standard Form 600, Chronological Record of Care; a dental examination (DD Form 2813); and administration of immunizations. Members are expected to accomplish medical exams at their assigned unit's Military Treatment Facility during annual tour or paid or non-paid

inactive duty tours. It is the member's responsibility to schedule exams and most facilities require 30 days' notice.

If members are unsure of the date of their last exam, they can obtain that information from ARCNET (<https://www.my.af.mil/reservenetprod/resnet/classic/home.asp>), the unit MTF or the base Individual Mobilization Augmentee administrator. Assessments for non-rated members are valid for 12 months; rated officers must accomplish their flight physicals annually during their birth month.

Once each exam is completed, the member's MTF must enter the information into both PIMR, the Preventive Health Assessment and Individual Medical Readiness database, and Dental Data System Web. When exams are accomplished by another

service's MTF they must be vetted through an Air Force provider to be valid. Once validated, forms for IMAs must be submitted to the member's MTF. Participating Inactive Ready Reservists must forward validated forms by mail to RMG/SG, where their medical records are maintained. The mailing address is: RMG/SG, 233 N. Houston, Ste. 131A, Warner Robins, Ga. 31093.

Dental exams can be accomplished by a MTF or a member's private dentist. The dentist is required to fill out an Air Force Form 2813 and the form must be updated in the DDSW system by the member's assigned MTF. All PIRRs must send the Form 2813 to RMG/SG by mail, using the address above.

For more information, contact the BIMAA.

## News for Families

### Discounted 4-day passes to Disney

Active and retired U.S. military members, including members of the U.S. Coast Guard, National Guard or Reserve, may purchase four-day Walt Disney World Armed Forces Salute Tickets for themselves and up to five family members or friends for \$99 per person, from now until July 31. Park Hopper and Water Park options are free for the military member, and can be purchased for \$25 per option for up to five family members and friends. The Park Hopper option allows guests to visit more than one park each day. The Water Park option includes a total of four visits to a choice of a Disney water park, Disney Quest Indoor Interactive Theme Park or certain other attractions.

All tickets and options are non-transferable and must be activated by Sept. 26. Block-out dates are from March 27 to April 9 at all locations and July 3-4 for Magic Kingdom only. Tickets are available for purchase at any Information, Tickets and Travel office or Shades of Green in Orlando, Fla. For more information visit: <http://www.shadesofgreen.org/4DAY.htm>

### Tax Tips for Military Personnel

It is time to once again plan ahead for tax season. With the exception of those serving in combat zones or stationed outside the U.S, most military personnel and their families must file taxes by the traditional April 15th deadline. As usual, there are a number of unique credits and deductions available to servicemembers. Learn the best tips that focus on deductions available to military families for 2009 at <http://www.military.com/finance/taxes/tt/tax-tips-for-military-personnel.html?ESRC=mr.nl>.

### Babysitters' network to help families

Military families now have free access to an online network of caregivers who can assist with everything from babysitting to dog walking. Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than 1 million caregiver profiles, officials said. The Sittercity Corporate Program, funded by the Defense Department, offers military families, including active-duty, Guard and Reserve members, a paid membership to the site. While the membership is free, servicemembers will be responsible for the hiring and payment of caregivers, officials said.

Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>.

### Dental Program Premiums Set

The Tricare Dental Program's 1.9 million enrollees will see a slight increase in their monthly premiums, beginning Feb. 1. The new annual rates are effective for one year.

Tricare Dental Program premiums are determined by the sponsor's

plan (single or family) and duty status (active or reserve). If the sponsor's duty status changes, his or her premiums also change to reflect the new duty status.

The monthly premium for an active-duty single family member plan will increase from \$12.12 to \$12.69, and the monthly family plan premium will increase from \$30.29 to \$31.72.

The Reserve monthly sponsor premium will increase from \$12.12 to \$12.69. For Reservists' family members, the monthly single family member premium increases from \$30.29 to \$31.72, and the family plan premium will increase from \$75.73 to \$79.29.

The monthly premium rate for an Individual Ready Reserve sponsor plan and the separate IRR single family member plan will increase from \$30.29 to \$31.72. The monthly IRR family member premium will increase from \$75.73 to \$79.29.

### Transitioning with Tricare

The activation and deactivation cycle for Reserve members can be a challenging process for servicemembers and their families. Tricare now offers many options for recently deactivated Reservists and their families to maintain their health insurance during the transition from active duty back to civilian life.

After serving in contingency operations for more than 30 days, deactivated Guardsmen, Reservists and their family members are eligible to receive care through the Transitional Assistance Management Program for 180 days after deactivation. Those eligible for TAMP can choose Tricare Standard or Tricare Prime if it is locally available. Under TAMP, Tricare Prime requires re-enrollment for sponsors and family members when the servicemembers' contingency orders expire, but there are no fees associated with enrollment.

During TAMP, if a Reservist has a newly-diagnosed medical condition that can be resolved within 180 days of diagnosis and the condition is service-related, he or she may apply for Transitional Care for Service-Related Conditions. To treat the condition, TCSRC extends transitional coverage for up to 180 additional days from the date of diagnosis. For more information, go to <http://www.tricare.mil/tcsrc>.

Tricare Reserve Select was created to support Reservists and Guardsmen and their families while not on active duty. Qualified Guard and Reserve members may purchase this premium-based coverage at any time. The current premiums are \$47.51 per month for individual coverage and \$180.17 per month for member-and-family coverage. Rates are adjusted annually. Participants can obtain care from any Tricare-authorized provider and from military treatment facilities on a space-available basis. All TRS participants must meet a deductible based on the sponsor's pay grade before cost-sharing of services begins.