



# Reserves and National Guard

## MILITARY LIFE CYCLE

### ONLINE RESOURCE GUIDE

The Reserves and National Guard (RNG) module presents an overview of eligibility for and descriptions of the following VA benefits and services: education benefits, career assistance, Home Loan Guaranty program, health care benefits, disability compensation and dual payments, burial and memorial benefits and community resources. This Online Resource Guide provides weblinks to resources related to the course.



**VA TAP Course Catalog**

VA U.S. Department of Veterans Affairs

**Reserves and National Guard**  
MILITARY LIFE CYCLE

**Reserves and National Guard**

Review eligibility criteria and discover what VA benefits and services are available to you and your family as a member or Veteran of the Reserves or National Guard. (1 Module, 60 minutes)

[Reserves and National Guard Resources Guide](#)  
(PDF, 4 pages, 99KB)

### VA TAP ONLINE COURSES

The VA TAP Course Catalog is a comprehensive resource that includes information about all VA TAP course offerings, direct links to on-demand web-based trainings and downloadable resource materials.

To access these courses, navigate to the [VA TAP Course Catalog](#) (or scan the QR code at the top of this page) and select from the list of available MLC modules.

# Links

## RESOURCES

### VA Home Page

The VA.gov website offers current resources, tools and contact information for all VA benefits and services that may be available to Service members, Veterans and their families, caregivers and survivors.

- [VA Home Page](#)



- VA benefits hotline: 1-800-827-1000
  - Hearing impaired (TTY): Dial 711, then 1-800-827-1000
- [Fraud Prevention \(pdf\)](#)

### Eligibility and Accessibility

- [Discharge Upgrade or Correction](#)



- [Other Than Honorable MLC](#)



### Education Benefits

- [VA Education and training benefits home page](#)
- Montgomery GI Bills
  - [Montgomery GI Bill Active Duty \(MGIB-AD\)](#)

# Links

- [Montgomery GI Bill Selected Reserve \(MGIB-SR\)](#)
- Post-9/11 GI Bill
  - [Post-9/11 GI Bill](#)
    - [Ask a question online](#)
    - GI Bill hotline: 1-888-GIBILL-1 OR 1-888-442-4551
      - Outside the U.S.: +1-918-781-5678
  - [Eligibility](#)
  - [Maximum Benefit Payable Rate Tables](#)
  - [Post-9/11 GI Bill percentage eligibility](#)
  - [How to Use Your GI Bill Benefits](#)
- [VA Education Benefits MLC](#)



- [VA Education and Training Benefits for Spouses and Dependent Children MLC](#)



## Career Guidance

- [Personalized Career Planning and Guidance: Education and Career Counseling](#)



- [Veteran Readiness and Employment \(VR&E\)](#)
- [VA Vocational Rehabilitation—Getting Ahead After You Get Out, VA Form 28-0588](#)
- [Careers and Employment](#)

# Links

## Home Loan Guaranty Program

- [VA Housing Assistance](#)
- [How to Request a Certificate of Eligibility](#)



- [VA Home Loans](#)
  - Phone: 1-877-827-3702
- [VA Home Loan Guaranty Program MLC](#)



## Health Care

- [VA Health Care](#)



- Health benefits hotline: 1-877-222-VETS (1-877-222-8387)
- [VA health care for spouses, dependents and family caregivers](#)
- Find locations of [VA Health Care Facilities](#)

# Links

- [VA Mental Health Services](#)



## The PACT Act

- [The PACT Act and your VA benefits](#)



## Vet Centers and Veterans Crisis Line

- [Vet Centers](#)
  - Phone: 1-877-927-8387



- [Vet Centers MLC](#)



# Links

- Veterans Crisis Line:
  - Call: Dial 988, then press 1
  - Chat Online: [Veterans Crisis Line](#)
  - Text: 838255



- [Community Care](#)

## VA Solid Start

- [VA Solid Start](#)



## Disability Compensation

- [Disability Compensation](#)



- [Disability Compensation MLC](#)



# Links

## Separation Health Exams

- [Separation History and Physical Examination \(SHPE\)](#)
- [Separation Health Assessment \(SHA\)](#)



## Disability Compensation and Dual Payments

- [Military Pay Tables](#)



- [Veterans Disability Compensation Rates](#)



- [Reserve Components Dual Payment MLC](#)



- [Department of Veterans Affairs Rule Update on Active Service Pay – 38 CFR 3.654\(b\)\(2\)](#)

# Links

## Life Insurance

- [VA Life Insurance home page](#)



- VGLI, SGLI or FSGLI support: 1-800-419-1473
- All other VA life insurance programs: 1-800-669-8477
- [VA Life Insurance Benefits MLC](#)



## Burial and Memorial Benefits

- [VA Burial Benefits and Memorial Items home page](#)



- Headstones and Markers: 1-800-697-6947
- National Cemetery Scheduling Office: 1-800-535-1117
- [Request a Presidential Memorial Certificate](#)
- [Application for Pre-Need Program](#)



# Links

- [Survivor Casualty Assistance Resources MLC](#)



## Community Resources

- [VA Facility Locator](#)



- [State VA Offices](#)



- [VA Regional Offices](#)



- [National Resource Directory \(NRD\)](#)
  - [Military OneSource](#)
  - National Call Center for Homeless Veterans: 1-877-4AID-VET (1-877-424-3838)
  - Wounded Warrior Resource Center (MOS): 1-888-WWP-ALUM (1-888-997-2586)
- [VA Accredited Representative FAQs](#)

# Links

- [Yellow Ribbon Reintegration Program \(YRRP\)](#)



## Additional Resources

- [Marine Gunnery Sergeant John David Fry Scholarship \(Fry Scholarship\)](#)
- [Survivors' and Dependents' Educational Assistance \(DEA\)](#)
  - Survivor Education Benefits Phone Line (Education Call Center): 1-888-442-4551, Option 5
- [Eligibility for Veterans Pension](#)
- Transition Assistance Program Course Resources
  - Education Track: Managing Your (MY) Education
  - Vocational Track: Career and Credential Exploration
- To access these courses, navigate to [TAP Online Courses](#) and select "Transition Tracks" from the TAP Curriculum dropdown menu.