



HOW TO USE THIS PAGE

Every number here was checked against the organization's own website on October 13, 2026. Numbers, addresses and even program names change (SECO became SpouseWorks; SkillBridge moved to skillbridge.mil). If a line does not connect, the guide beside it names the office you are looking for. Nothing on this page costs money to use.

Pay, retirement and taxes

WHO	HOW	GUIDE
DFAS · military pay, myPay	888-332-7411 · mypay.dfas.mil	01
Thrift Savings Plan · ThriftLine	877-968-3778 · tsp.gov	04
DTMO · BAH and per diem lookups	travel.dod.mil (Allowances; Per Diem)	07
Military OneSource · MilTax, counseling, SpouseWorks	800-342-9647 · militaryonesource.mil	03
Personal financial counselors · DoD FINRED	finred.usalearning.gov; your installation	03
IRS · military tax page; free VITA sites	irs.gov/individuals/military · 800-906-9887	06
Social Security	800-772-1213 · ssa.gov	15
OPM · FERS, the military deposit	888-767-6738 · opm.gov	22

Veterans benefits

WHO	HOW	GUIDE
VA benefits · claims, status, DIC	800-827-1000 · va.gov (MyVA411: 800-698-2411)	17
VA health care · enrollment	877-222-8387 · va.gov/health-care	20
Veterans Crisis Line · 24/7	Dial 988, press 1 · text 838255	20
GI Bill · education	888-442-4551 · va.gov/education	10
VA home loans · COE, funding fee	877-827-3702 · va.gov/housing-assistance	08
CHAMPVA	800-733-8387 · va.gov (family and caregiver benefits)	20
Accredited representatives · VSO search	va.gov/ogc/apps/accreditation	17
VetCert, SAM.gov, VBOCs · business	certifications.sba.gov · sam.gov · sba.gov/vboc	24

Health care and insurance

WHO	HOW	GUIDE
TRICARE East · Humana Military	800-444-5445 · tricare.mil	11
TRICARE West · TriWest	888-874-9378 · tricare.mil	11
TRICARE For Life · WPS	866-773-0404	20
Pharmacy · Express Scripts	877-363-1303 · militaryrx.express-scripts.com	20
SGLI, VGLI, FSGLI · OSGLI	800-419-1473 · va.gov/life-insurance	21
FEDVIP · dental and vision · BENEFEDS	877-888-3337 · benefeds.gov	20
FSAFEDS · the two FSAs	877-372-3337 · fsafeds.gov	20

Family, legal and emergency help

WHO	HOW	GUIDE
Legal assistance office · wills, POAs, SCRA letters	legalassistance.law.af.mil (all services)	28
MilitaryChildCare.com · every request worldwide	855-696-2934 (help desk)	11
Child Care Aware · MCCYN fee assistance	800-424-2246 · childcareaware.org	11
Army Emergency Relief	866-878-6378 · armyemergencyrelief.org	03
Navy-Marine Corps Relief Society	800-654-8364 · nmcrs.org	03
Air Force Aid Society	703-972-2650 · afas.org	03
Coast Guard Mutual Assistance	800-881-2462 · mycgma.org	03
SkillBridge	skillbridge.mil	15

Credit, fraud and identity

WHO	HOW	GUIDE
Your free credit reports · weekly	AnnualCreditReport.com	27
Credit freezes · all three bureaus	equifax.com · experian.com · transunion.com (search "freeze")	27
Report fraud · FTC	ReportFraud.ftc.gov	27
Identity theft · recovery plan	IdentityTheft.gov	27

Tennessee

WHO	HOW	GUIDE
Tennessee Department of Veterans Services	615-741-2345 · tn.gov/veteran	23
Property-tax relief · Comptroller, county trustee	615-747-8871 · comptroller.tn.gov (Tax Relief)	23
Nofal Insurance & Wealth · Brentwood	629-333-2233 · nofalinsuranceandwealth.com	—

Before you call anyone for money. Installation financial counselors, legal assistance, relief societies, VSOs and every office on this page are free. Anyone charging a fee to "expedite" a claim, a record or a benefit is working outside the rules (Guide 29).