



Military OneSource Overview

General Eligibility

- › Active duty, National Guard and Reserve Component service members
- › Immediate family members
- › Coast Guard when activated with the Navy
- › Civilian Expeditionary Workforce



Private and Confidential

Privacy is protected

- › Your personal information will not be
 - Provided to the military or chain of command
 - Shared with family or friends
 - Released to other agencies

Privacy Exceptions

- › Duty to warn
- › Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- › Harm to self or others
- › Illegal activity



Range of Support



Financial Services

Financial Counseling

- › Budgeting and general financial management
- › Debt management
- › Housing counseling

Financial Planning

- › Investing
- › Retirement planning
- › Planning for college
- › TSP/401K/Pensions
- › Traditional and ROTH IRAs
- › Assistance in selecting a certified financial planner in the local community
- › Tax questions and preparation



Specialty Consultation

Specialty Consultations

- › Adoption
- › Adult disability
- › Wounded warrior
- › Education (college and general)
- › Elder care
- › Health and wellness
- › Special needs

Additional Services

- › Document translation
- › Simultaneous interpretation



Health and Wellness Coaching

- › Individual coaching sessions
 - Telephone-based
 - Online
- › Health and wellness issues
 - Weight loss
 - Fitness and exercise
 - Nutrition
 - General health (stress management, resiliency, etc.)
- › Health risk assessments
 - Individualized plans
 - Goal setting
 - Outreach and engagement
- › Self-directed coaching
 - LivingEasy TM
 - LivingLean TM
 - LivingFit TM
 - LivingFree TM



Career

Topics

- › Choosing a career
- › Finding a job
- › Effectiveness at work
- › Management skills

Resources

- › Spouse Education & Career Opportunities Center
 - Career assessments
 - Employment readiness
 - Web links
 - Newsletters
- › Military Spouse Employment Partnership



Education

Topics

- › K-12 education
- › Adjusting to college
- › Financial aid and scholarships
- › Alternatives to college
- › Continuing education

Resources

- › School locators
- › DoD Morale, Welfare and Recreation Libraries Education Resource Center
- › College Navigator
- › Military Spouse Education Resource Guide
- › Military Spouse Employment Partnership
- › Spouse Education & Career Opportunities Center



Office of Spouse Well Being Spouse Education and Career Opportunities Program



Career Exploration

Helps spouses to identify career interests and aptitudes, and obtain information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and federal employment options.

The Military OneSource SECO Career Center
(800-342-9647) Comprehensive career counseling and assessments
interest/skill inventories

Education, Training and Licensing

Provides assistance identifying education, training and licensing/certification opportunities, as well as financial aid resource and scholarships for spouses.

Military Spouse Career Advancement Account (MyCAA) Scholarship
Non-DoD financial aid (FAFSA, University scholarships, Pell Grants) and
Post 9/11 GI Bill

Career Connections

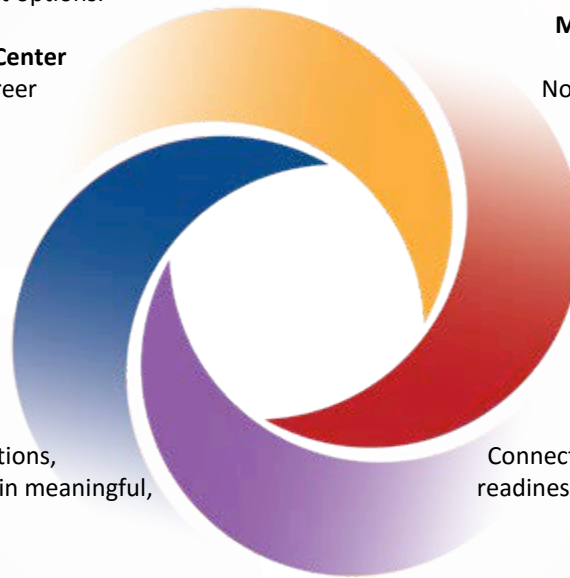
Helps spouses to connect with corporations, government organizations and non-profits to gain meaningful, long-term, portable employment.

**Military Spouse
Employment Partnership**
<https://msejobs.militaryonesource.mil>
regional and local employers

Employment Readiness

Connects spouses to the service-led employment readiness efforts that help spouses prepare to join, remain or re-enter the workforce.

Job search strategies
Resume writing
Interviewing
Networking/Mentoring





Military Spouse Career Center at Military OneSource

- Spouse Education and Career Opportunities comprehensive counseling service available to ALL military spouses.
- Career exploration and discovery
- Education, training and state licensing/credentialing requirements
- Employment readiness
- Career connections
- <https://www.militaryonesource.mil/> and <https://myseco.militaryonesource.mil>

My Career Advancement Accounts Scholarship Program

- Financial assistance for spouses of Service members in pay-grades of E1-E5, O1-O2 and W1-W2
- Up to \$4,000 for education/training and license/credential in a portable career
- Financial assistance provided to more than 43,000 spouses in fiscal year 2012
- <https://aiportal.acc.af.mil/mycaa/>

Military Spouse Employment Partnership

- Web-enabled employment and career partnership connect military spouses with vetted Fortune 500 PLUS employers – 231 corporate partners
- Partners' Statements of Support to increase employment, provide career promotion opportunities and ensure pay equity for military spouses
- Spouse Ambassador Network
- <https://msejobs.militaryonesource.mil/>

Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



Access

You can expect:

- › 24/7/365 worldwide access
- › Master's-level consultants to answer your questions
- › Objective, experienced and caring people
- › Up-to-date and useful information
- › No cost
- › A commitment to quality

Toll-Free telephone
800-342-9647



MilitaryOneSource.mil



m.MilitaryOneSource.mil



Email your questions
to a consultant



Interaction with trained
outreach professionals



Questions?



Call. Click. Connect.

800-342-9647 MilitaryOneSource.mil