



AIRMAN FOR LIFE

MONTHLY LIFELINE

1 Jan 2023

If you're going through a tough time or having thoughts of suicide, you're not alone, and there is hope. There really are people who want to listen and help. What to expect when you call the [Veterans Crisis Line](#).

Defense officials announced Thursday they've awarded the next round of [Tricare contracts](#) to Humana Government Business of Louisville, Kentucky, and TriWest Healthcare Alliance of Phoenix, Arizona to start in 2024

Jan. 1 marks the first day VA officials can officially begin processing all claims related to the Promise to Address Comprehensive Toxics Act — better known as the [PACT Act](#).

Starting Jan. 17, all veterans will be able to access [emergency mental health care free](#) of charge at any Veterans Affairs medical facility or outside clinic, regardless of whether they are already enrolled in department health care services.

[Service-Disabled Veterans Life Insurance](#) (S-DVI) provides low-cost coverage to eligible service members.

[The Major Richard Star Act](#) — named for an Army veteran who died in 2021 of cancer related to burn pit exposure in Iraq and Afghanistan — would allow combat-wounded veterans medically discharged before serving 20 years to receive both retirement and disability pay, without any offsets.

Key features of [VALife](#) include: Coverage up to \$40,000, available in \$10,000 increments, Competitive premiums, No health questions or medical exam to enroll, No deadline to apply if you are age 80 or under