



AIRMAN FOR LIFE

MONTHLY LIFELINE

1 Mar 2023

Individuals will no longer be required to wear [face masks throughout all Veterans Affairs](#) medical facilities, a mandate which had been in place since the early days of the coronavirus pandemic, department officials announced Friday.

Military family members who are Type 1 diabetics can now get [Tricare coverage for the Omnipod 5 insulin pump](#), Defense Health Agency officials announced.

Enrollment is open for [VA's newest life insurance program. VALife](#) offers guaranteed acceptance whole life insurance to Veterans age 80 or under with any level of service-connected disability (0-100%). Veterans 81 or older may qualify if they meet certain criteria and apply within a certain timeframe.

[13 Ways to Dodge penalties for Retirement Plans](#)

[Survivors may now be eligible for VA benefits](#) thanks to historic Legislation – VA DIC

[Retirement Cost of Living Adjustment](#); COLA for retired pay is calculated differently than the increase to active duty pay. Thus, retirement pay COLAs and annual active duty pay raises will differ.

[Veterans can now refill their prescriptions \(Rx\) using the VA Health and Benefits mobile app](#)

[VA has support for Veterans thinking of suicide.](#)