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| **Agency/Program** | **Benefit/Service** | **Description** | **Eligibility Guidelines** | **How to Access Benefit/Service** | **Link** |
| **United States Department of Veterans Affairs (VA)** | | | | | |
| **VA** | **Disability Compensation** | VA pays monthly compensation to veterans for disabilities incurred or aggravated during military service. This benefit is not subject to federal or state income tax. Entitlement is established from the date of separation if the claim is filed within one year from separation.  Generally, military retirement pay is reduced by any VA compensation received. Income from Special Separation Benefits and Voluntary Separation Incentives affects the amount of VA compensation paid. | Veterans who served on active duty, active duty for training, or inactive duty training; Have a disability rating for your service-connected condition AND Got sick or injured while serving in the military—and can link this condition to your illness or injury (called an in-service disability claim), or Had an illness or injury before you joined the military—and serving made it worse (called a preservice disability claim), or Have a disability related to your active-duty service that didn’t appear until after you ended your service (called a post service disability claim) | Apply online at VA.gov File your claim by mail using an Application for Disability Compensation and Related Compensation Benefits (VA Form 21-526EZ). Print the form, fill it out, and send it to this address: Department of Veterans Affairs Claims Intake Center PO Box 4444 Janesville, WI 53547-4444by mail, or in person at VA regional office: Oakland Regional Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 | <https://www.va.gov/disability/eligibility/> |
| **VA** | **Dependency and Indemnity Compensation (DIC)** | DIC is a tax-free monetary benefit generally payable to a surviving spouse, child, or parent of Servicemembers who died while on active duty, active duty for training, or inactive duty training, or to survivors of Veterans who died from their service-connected disabilities.  Parents DIC is an income-based benefit for parents who were financially dependent on of a Servicemember or Veteran who died from a service-related cause. | Surviving spouses, surviving children and parents | If you’re the surviving spouse or child of a service member who died while on active duty, your military casualty assistance officer will help you to complete an Application for DIC, Death Pension, and/or Accrued Benefits by a Surviving Spouse or Child (VA Form 21P-534a). If you’re the surviving spouse or child of a Veteran, fill  out an Application for DIC, Death Pension, and/or Accrued Benefits (VA Form 21P-534EZ). If you’re a surviving parent, fill out an Application for Dependency and Indemnity Compensation by Parent(s) (VA Form 21P-535). Go to a VA regional office for assistance: Oakland Regional Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827-1000 | [https://www.va.gov/disability/dependency-](https://www.va.gov/disability/dependency-indemnity-compensation/) [indemnity-compensation/](https://www.va.gov/disability/dependency-indemnity-compensation/) |
| **VA** | **Medical (Health)** | VA provides a wide range of health care services to veterans including treatment for military sexual trauma, and for conditions possibly related to exposure to Agent Orange, ionizing radiation, and other environmental hazards in the Persian Gulf. Generally, veterans must be enrolled in VA’s Health Care System to receive care. | Veterans that served in active military, naval, or air service and didn’t  receive a dishonorable discharge. | Apply online at the VA.gov , by phone, or fill out an Application for Health Benefits (VA Form 10-10EZ) and mail completed application to Health Eligibility Center 2957 Clairmont Rd., Suite 200 Atlanta, GA 30329 or in person at nearest VA medical center or clinic including: San Bruno VA Clinic 1001 Sneath Lane Suite 300 San Bruno, CA 94066-2349 OR Palo Alto VA Medical Center 3801 Miranda Avenue Palo Alto, CA 94304-1207 | [https://www.va.gov/health-care/about-va-health-](https://www.va.gov/health-care/about-va-health-benefits/) [benefits/](https://www.va.gov/health-care/about-va-health-benefits/) |

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| **VA** | **Combat Veterans** | VA provides free health care for veterans who served in a theater of combat operations after November 11, 1998, for any illness possibly related to their service in that theater. | Veterans that served in a theater of combat operations after November 11, 1998, and were discharged on or after January 28, 2003, you have special eligibility to enroll in the VA health care system for 5 years from your date of discharge or release. | Apply online at the VA.gov , by phone, or fill out an Application for Health Benefits (VA Form 10-10EZ) and mail completed application to Health Eligibility Center  2957 Clairmont Rd., Suite 200 Atlanta, GA 30329 or in person at nearest VA medical center or clinic including: San Bruno VA Clinic 1001 Sneath Lane Suite 300 San Bruno, CA 94066-2349 **OR** Palo Alto VA Medical Center 3801 Miranda Avenue Palo Alto, CA 94304- 1207 | [https://www.va.gov/healthbenefits/gateway/comb](https://www.va.gov/healthbenefits/gateway/combat_vets.asp) [at\_vets.asp](https://www.va.gov/healthbenefits/gateway/combat_vets.asp) |
| **VA** | **Dental** | Veterans may receive one-time dental treatment if they were not provided treatment within 90 days before separation from active duty. The time limit does not apply to veterans with dental conditions resulting from service connected wounds or injuries. VA dental care depends on a number of factors, like military service history and current health and living situation. Based on these factors, VA places  you into a benefits class—and you get the specific benefits assigned to  that class. | Eligibility for VA dental care benefits depends on several factors including military service history and current health and living situation. Based on these factors, VA places you into a benefits class—and you get the specific benefits assigned to that class. See VA.gov for specific information for each benefit class. | Apply for VA dental care benefits online by completing the 10- 10EZ health care application at VA.gov. Dental services are offered at several clinics including Palo Alto VA Medical Center 3801 Miranda Avenue Palo Alto, CA 94304-1207 phone number: 650- 493-5000) and San Francisco VA Medical Center: 4150 Clement Street San Francisco, CA 94121-1545 Phone: 415-221-4810 | [https://www.va.gov/health-care/about-va-health-](https://www.va.gov/health-care/about-va-health-benefits/dental-care/) [benefits/dental-care/](https://www.va.gov/health-care/about-va-health-benefits/dental-care/) |
| **VA** | **Forever GI Bill - Harry W. Colmery Veterans Educational Assistance Act** | The Harry W. Colmery Veterans Educational Assistance Act, also  known as the “Forever GI Bill". The Forever GI Bill eliminated the 15- year time limitation to use Post-9/11 GI Bill benefits for veterans who left active duty on or after January 1, 2013. | Eligibility depends on service date. Veterans last discharged or released from active duty on or after January 1, 2013 quality for the Forever GI Bill. Veterans discharged before January 1, 2013 continue to qualify for benefits under the Post-9/11 GI Bill. | Students impacted by Colmery Act MHA changes can apply in three ways: Online – The quickest way to receive an answer from VA is to submit a completed Housing Relief Request through the Ask A Question portal. By phone: call the Education Call Center at 1-888-442-4551 to have a request submitted on your behalf. By mail : send a completed Housing Relief Request by mail to the Regional Processing Office of Jurisdiction. Muskogee RPO Jurisdiction P.O. Box 8888 Muskogee, OK 74402-8888 | <https://benefits.va.gov/GIBILL/FGIBSummaries.asp> |

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| **VA** | **Post-9/11 GI Bill (Chapter 33)** | 15 years from last discharge or separation. Limited extensions available. | Veterans may be eligible for education benefits if you meet at least one of the requirements listed. At least one of these must be true. You: Served at least 90 days on active duty (either all at once or with breaks in service) on or after September 11, 2001, or  Received a Purple Heart on or after September 11, 2001, and were honorably discharged after any amount of service, or  Served for at least 30 continuous days (all at once, without a break in service) on or after September 11, 2001, and were honorably discharged with a service-connected disability, or  Are a dependent child using benefits transferred by a qualifying Veteran or service member. | Apply for benefits online at va.gov, call 888-442-4551 and request an application and mail the completed application to VA Regional Claims processing office P.O. Box 8888 Muskogee, OK 74402-8888 or apply in person at the Oakland Regional VA Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827- 1000 | [https://www.va.gov/education/about-gi-bill-](https://www.va.gov/education/about-gi-bill-benefits/post-9-11/) [benefits/post-9-11/](https://www.va.gov/education/about-gi-bill-benefits/post-9-11/) |
| **VA** | **Montgomery GI Bill - Active Duty (Chapter 30)** | The Montgomery GI Bill - Active Duty (Chapter 30) (also called "MGIB" or "MGIB-AD") is an education benefit that provides up to 36 months of full-time payments to eligible veterans and service members  for approved education and training programs. | Veterans who: Entered active duty after June 30, 1985.  Received a high school diploma (or equivalent) before the end of your first period of service. In some cases, 12 hours of college credit qualifies. You received an honorable discharge.  You continuously served for three years OR  Two years, if you first enlisted for that long. Two years if you have an obligation to serve for years in the Selected Reserve and entered Selected Reserve within a year of leaving active duty.  Different rules apply if you entered active duty before July 1, 1985. | Apply online at VA.gov, by mail, or in person at the Oakland Regional VA Office1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827-1000 | [https://www.va.gov/education/about-gi-bill-](https://www.va.gov/education/about-gi-bill-benefits/montgomery-active-duty/) [benefits/montgomery-active-duty/](https://www.va.gov/education/about-gi-bill-benefits/montgomery-active-duty/) |

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| **VA** | **Montgomery GI Bill - Selected Reserve (Chapter 1606)** | 10 years from the date of eligibility for the program, or until released from the Selected Reserve or National Guard, whichever occurs first. Some extensions available if activated | Have a 6-year service obligation (you agreed to serve 6 years) in the Selected Reserve, or Are an officer in the Selected Reserve and you agreed to serve 6 years in addition to your initial service obligation and must: Complete your initial active duty for training (IADT), and Get a high school diploma or certificate of equal value, like a High School Equivalency Diploma or GED, before finishing IADT (Note: You can’t use 12 hours toward a college degree to meet this requirement), and Stay in good standing while serving in an active Selected Reserve unit. | Receive Notice of Basic Eligibility (DD Form 2384-1) from unit and submit Application for VA Education Benefits (VA Form 22-1990) online at VA.gov, or in person at the Oakland Regional VA Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827-1000 | [https://www.va.gov/education/about-gi-bill-](https://www.va.gov/education/about-gi-bill-benefits/montgomery-selected-reserve/) [benefits/montgomery-selected-reserve/](https://www.va.gov/education/about-gi-bill-benefits/montgomery-selected-reserve/) |
| **VA** | **Change in REAP Eligibility Reserve Educational Assistance Program (REAP/Chapter 1607)** | REAP (Chapter 1607 of title 10, U.S. Code) is an education program that provides up to 36 months of education benefits to members of the Selected Reserves, Individual Ready Reserve (IRR), and National Guard, who are called or ordered to active service in response to a war or national emergency, as declared by the President or Congress. | REAP Beneficiaries Not Attending School Veterans who applied for REAP but were not attending an educational institution on November 24, 2015, or during the last semester, quarter, or term ending prior to that date, are no longer eligible to receive REAP benefits. You may be eligible to receive benefits under the Post-9/11 GI Bill. New REAP Applicants Veterans who have not enrolled in school and applied for REAP benefits prior to November 25, 2015, are no longer eligible for REAP benefits.  However, in most cases, you will be eligible for the Post-9/11 GI Bill. | Apply for benefits online at va.gov, call 888-442-4551 and request an application and mail the completed application to VA Regional Claims processing office P.O. Box 8888 Muskogee, OK 74402-8888 or apply in person at the Oakland Regional VA Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827- 1000 | [https://benefits.va.gov/BENEFITS/factsheets/educa](https://benefits.va.gov/BENEFITS/factsheets/education/CH1607.pdf) [tion/CH1607.pdf](https://benefits.va.gov/BENEFITS/factsheets/education/CH1607.pdf) |

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| **VA** | **Vocational Rehabilitation and Employment (VR&E), Chapter 31** | VA helps veterans with service-connected disabilities prepare for, find, and keep suitable employment. For veterans with serious service- connected disabilities, VA also offers services to improve their ability to live as independently as possible. Some of the services offered are: job search, vocational evaluation, career exploration, vocational training, education training, and rehabilitation service. | Veterans who: Have received an honorable or other than dishonorable discharge. Have a VA service-connected disability rating of: 10 percent with a serious employment handicap, or 20 percent or more with an employment handicap. Are determined by VR&E to need rehabilitation services. | If you have VA disability rating: Apply online through eBenefits at VA.gov. If you have not received a VA disability rating: Complete VA Vocational Rehabilitation - Getting Ahead After You Get Out (VA Form 28-0588) After you apply, VA will schedule a meeting for you with a Vocational Rehabilitation Counselor (VRC) to find out if you have an employment handicap and if you’re eligible for VR&E benefits and services. You have an employment handicap if your service-connected disability limits your ability to prepare for, obtain, and maintain suitable employment (a job that doesn’t make your disability worse, is stable, and matches your abilities, aptitudes, and interests). After VA makes an entitlement decision, you and your counselor will work together to develop a rehabilitation plan. This plan outlines the rehabilitation and other services that VR&E will provide. You can also meet with VRCs called VetSuccess on Campus (VSOC) counselors at schools participating in the VetSuccess on Campus (VSOC) program.  American River College Email: Jan Rollings-Rapoza Jan.Rollings- [Rapoza@va.gov](mailto:Rapoza@va.gov) | [https://www.va.gov/careers-](https://www.va.gov/careers-employment/vocational-rehabilitation/) [employment/vocational-rehabilitation/](https://www.va.gov/careers-employment/vocational-rehabilitation/) |

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| **VA** | **Home Loan** | Veterans with qualifying service are eligible for state and federal home loan services, including guaranteed loans for the purchase of a home, manufactured home, manufactured home and lot, certain types of condominiums, or to build, repair, and improve homes. Certain disabled veterans can receive grants to have their homes specially adapted to their needs. Native Americans living on Trust Land may qualify for a direct home loan. | Purchase Loans and Cash-Out Refinance: VA-guaranteed loans are available for homes for your occupancy or a spouse and/or dependent (for active duty service members). To be eligible, you must have satisfactory credit, sufficient income to meet the expected monthly obligations, and a valid Certificate of Eligibility (COE).  Interest Rate Reduction Refinance Loan (IRRRL): The IRRRL is a "VA to VA" loan, meaning it can only be done if you have an existing VA guaranteed loan on the property. The IRRRL is generally performed to lower the interest and reduce the monthly payment on the existing VA guaranteed loan.  Native American Direct Loan (NADL) Program: The NADL program helps Native American Veterans purchase, construct, improve, or re-finance a home on Native American trust lands. Your tribal organization must participate in the VA direct loan program. You must have a valid Certificate of Eligibility (COE).  Adapted Housing Grants: VA helps Veterans with certain total and permanent disabilities related to your military service obtain suitable housing with either a Specially Adapted Housing (SAH) or Special Housing Adaptation (SHA) grant. | Purchase Loan & Cash-Out Refinance, Interest Rate Reduction Refinance Loan, and Native American Direct Loan can be obtained through a lender of your choice once you obtain a Certificate of Eligibility (COE). You can obtain a COE through eBenefits at VA.gov, by mail, and often through your lender. You can apply for an SAH or SHA grant by either downloading and completing VA Form 26- 4555 and submitting it to your nearest Regional Loan Center, or completing the online application. California Veterans should submit applications to the Phoenix Regional Loan Center Department of Veterans Affairs VA Regional Loan Center 3333 N. Central Avenue Phoenix, AZ 85012-2402 | <https://www.benefits.va.gov/homeloans/> |
| **VA** | **Life Insurance - Service members’**  **Group Life Insurance (SGLI)** | Low-cost life insurance for service members and reservists. It is available in $50,000 increments up to a maximum of $400,000. SGLI coverage begins when the service member enters service or changes duty status | You may be eligible for full-time SGLI coverage if you meet at least one of the requirements listed. At least one of these must be true. You’re: An active-duty member of the Army, Navy, Air Force, Marines, or Coast Guard, or A commissioned member of the National Oceanic and Atmospheric Administration (NOAA) or the U.S. Public Health Service (USPHS), or A cadet or midshipman of the U.S. military academies, or A member, cadet, or midshipman of the Reserve Officers Training Corps (ROTC) engaged in authorized training and practice cruises, or A member of the Ready Reserve or National Guard, assigned to a unit, and scheduled to perform at least 12 periods of inactive training per year, or A volunteer in an Individual Ready Reserve (IRR) mobilization category. | If you qualify for SGLI, VA will automatically sign you up through your service branch. See your unit’s personnel office for more information. | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/sgli/) [eligibility/sgli/](https://www.va.gov/life-insurance/options-eligibility/sgli/) |

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| **VA** | **Life Insurance - Traumatic Injury Protection under Service members’ Group Life Insurance (TSGLI)** | a traumatic injury protection rider under Service members’ Group Life Insurance (SGLI) that provides for payment to any member of the uniformed services covered by SGLI who sustains a traumatic injury that results in certain severe losses. TSGLI is retroactive for members who sustain a qualifying loss as a direct result of injuries incurred on or after October 7, 2001, through November 30, 2005, in Operation Enduring Freedom or Operation Iraqi Freedom, regardless of whether they had SGLI coverage. TSGLI pays a benefit of between $25,000 and  $100,000 depending on the loss directly resulting from the traumatic injury. In order for a veteran to qualify for a TSGLI payment, they must have incurred a qualifying loss as a result of a traumatic event that occurred while they were in the service. | Veterans may be eligible for TSGLI if you were insured by SGLI when you experienced a traumatic injury, and you meet all of the requirements listed. All of these must be true. You: Have a scheduled loss that is a direct result of the traumatic injury, and  Suffered the traumatic injury before midnight on the day that you left the military, and Suffered a scheduled loss within 2 years (730 days) of the traumatic injury, and Have survived for a period of not less than 7 full days from the date of the traumatic injury (the 7-day period begins on the date and time of the traumatic injury and ends 168 full hours later), and Were an active-duty military member, a Reservist, a National Guard member, on funeral-honors duty, or on 1-day muster duty. | You’re automatically covered through TSGLI if you’re signed up for full-time SGLI. To get payments—including retroactive TSGLI  payments—you’ll need to apply. To file a claim, fill out the Application for TSGLI Benefits (SGLV 8600), and fax, email, or mail it to VA. Mail the form to the address of your service branch located on the application form. | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/tsgli/) [eligibility/tsgli/](https://www.va.gov/life-insurance/options-eligibility/tsgli/) |
| **VA** | **Life Insurance - Veterans’ Group**  **Life Insurance (VGLI)** | Lifetime renewable term life insurance for veterans. It is available in increments of $10,000 up to $400,000 but cannot exceed the amount of SGLI coverage in force at the time of the service member’s separation from service. Premiums are age-based. | Veterans may be eligible for VGLI if you meet at least one of the requirements listed. At least one of these must be true. You:  Had part-time Servicemembers’ Group Life Insurance (SGLI) as a member of the National Guard or Reserves, and you suffered an injury or disability (damage to your body or mind that makes it hard for you to do everyday tasks, including meaningful work) while on duty—including direct traveling to and from duty—that disqualified you for standard premium insurance rates, or  Had SGLI while you were in the military and you’re within 1 year and 120 days of being released from an active-duty period of 31 or more days, or Are within 1 year and 120 days of retiring or being released from the Ready Reserves or National Guard, or  Are within 1 year and 120 days of assignment to the Individual Ready Reserves (IRR) of a branch of service, or to the Inactive National Guard (ING). This includes members of the United States Public Health Service Inactive Reserve Corps (IRC), or  Are within 1 year and 120 days of being put on the Temporary Disability Retirement List (TDRL) | You’ll need to apply for VGLI within 1 year and 120 days of leaving the military. If you sign up within 240 days of leaving the military, you won’t need to prove you’re in good health. If you sign up after the 240-day period, you’ll need to submit evidence that you’re in good health.  Apply in one of these ways: Apply through the Office of  Servicemembers’ Group Life Insurance (OSGLI), using the Prudential website. Apply by mail or fax. Fill out the Application for Veterans’ Group Life Insurance (SGLV 8714). Fax the form to 800- 236-6142, or mail it to: OSGLI PO Box 41618 Philadelphia, PA 19176-9913 | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/vgli/) [eligibility/vgli/](https://www.va.gov/life-insurance/options-eligibility/vgli/) |

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| **VA** | **Life Insurance - Family Group Life Insurance (FGLI)** | Life insurance that provides automatic coverage to the spouse and children of service members insured under SGLI. Spousal coverage is available up to a maximum of $100,000, but may not exceed the service member’s coverage amount. Premiums for spousal coverage are age-based. Dependent children are automatically covered for  $10,000 for which there is no cost. | Family members may be eligible for FSGLI if they're the spouse or dependent child of a service member who meets one of the requirements listed. One of these must be true. The service member is: On active duty and covered by full-time SGLI, or  A member of the National Guard or Ready Reserve covered by full-time SGLI You may qualify to get FSGLI as the spouse of someone with SGLI coverage no matter if your own status is active duty, retired, or civilian. | If you’re the civilian spouse of a service member signed up for full- time SGLI. VA will automatically insure you under FSGLI. In this case, VA will automatically take premiums out of your service  member’s pay. If you’re a military spouse and you were married on or after January 2, 2013 VA won’t automatically cover you. You’ll need to sign up through your service member. If your service member is a member of the Army, Navy, Air Force, Marines, Coast Guard, or National Oceanic and Atmospheric Administration, have them sign you up online through the SGLI Online Enrollment System (SOES). | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/fsgli/) [eligibility/fsgli/](https://www.va.gov/life-insurance/options-eligibility/fsgli/) |
| **VA** | **Life Insurance - Service-Disabled**  **Veterans’ Insurance**  **(SDVI)** | Also called “RH” insurance, is life insurance for service-disabled veterans. The basic coverage is $10,000. A $30,000 supplemental policy is available if premium payments for the basic policy are waived due to total disability. | You may be eligible for S-DVI if you meet all of the requirements listed. All of these must be true. You: Were released from active duty on or after April 25, 1951, and didn’t receive a dishonorable discharge, and Were rated for a service-connected disability (even if only 0%), and Are in good health except for any service-connected conditions, and Apply within 2 years from the date we grant your new service-connected disability. | Apply for basic S-DVI online at VA.gov and fill out an Application for Service-Disabled Veterans Life Insurance (VA Form 29-4364). Securely upload the form online, or mail it to: Department of Veterans Affairs Regional Office and Insurance Center (RH) PO Box 7208 Philadelphia, PA 19101 | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/s-dvi/) [eligibility/s-dvi/](https://www.va.gov/life-insurance/options-eligibility/s-dvi/) |
| **VA** | **Life Insurance - Veterans’**  **Mortgage Life Insurance (VMLI)** | Mortgage protection insurance issued to those severely disabled veterans who have received grants for Specially Adapted Housing from VA. Maximum coverage of $90,000. | You may be eligible for VMLI if you meet all of the requirements listed. All of these must be true. You: Have a severe disability that we’ve concluded was caused—or made worse—by your service, and Received a Specially Adapted Housing (SAH) grant to buy, build, or make changes (like installing ramps or widening doorways) to a home so you can live more independently, and  Have the title of the home, and Have a mortgage on the home, and Are under 70 years old. | Apply for a Specially Adapted Housing (SAH) grant, your loan guaranty agent will tell you if you qualify for VMLI. If you already have an SAH grant, ask your agent about VMLI. Your agent will help you complete a Veterans’ Mortgage Life Insurance Statement (VA Form 29-8636). | [https://www.va.gov/life-insurance/options-](https://www.va.gov/life-insurance/options-eligibility/vmli/) [eligibility/vmli/](https://www.va.gov/life-insurance/options-eligibility/vmli/) |

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| **VA** | **Burial Benefits** | **Service-related Death** VA will pay up to $2,000 toward burial expenses for deaths on or after September 11, 2001, or up to $1,500 for deaths prior to September 11, 2001. If the Veteran is buried in a VA national cemetery, some or all of the cost of transporting the deceased may be reimbursed. **Non-service-related Death** VA will pay up to $796 toward burial and funeral expenses for deaths on or after October 1, 2019 (if hospitalized by VA at time of death), or $300 toward burial and funeral expenses (if not hospitalized by VA at time of death), and a $796 plot-interment allowance (if not buried in a national cemetery). For deaths on or after December 1, 2001, but before October 1, 2011, VA will pay up to $300 toward burial and funeral expenses and a $300 plot-interment allowance. For deaths on or after April 1, 1988 but before October 1, 2011, VA will pay $300 toward burial and funeral expenses (for Veterans hospitalized by VA at the time of death). | Veterans, service members, spouses, and dependents may be eligible for burial in a VA national cemetery, as well as other benefits, if they meet one of the requirements listed. One of these must be true. The person qualifying for burial benefits is: A Veteran who didn’t receive a dishonorable discharge, or A service member who died while on active duty, active duty for training, or inactive duty for training, or The spouse or minor child of a Veteran, even if the Veteran died first, or in some cases, the unmarried adult dependent child of a Veteran. | You can apply online at VA.gov, OR submit a paper application, download and complete VA Form 21P-530, Application for Burial Allowance and mail it to the Pension Management Center Department of Veterans Affairs Pension Intake Center PO Box 5365 Janesville, WI 53547-5365, OR Turn in your application for processing at local CVSO. San Mateo County Veterans Services Office 550 Quarry Road San Carlos, CA 94070 Phone: 650 - 802 -  6598 | [https://www.benefits.va.gov/compensation/claims](https://www.benefits.va.gov/compensation/claims-special-burial.asp)- |
| [special-burial.asp](https://www.benefits.va.gov/compensation/claims-special-burial.asp) |
| **VA** | **VA Headstones, Markers, and Medallions** | Provides upon request, at no charge to the applicant, a government headstone or marker for the unmarked grave of any deceased eligible Veteran in any cemetery around the world, regardless of their date of death. Any deceased Veteran discharged from the U.S. armed forces under conditions other than dishonorable is eligible for a government furnished headstone or marker. | Eligibility requirements vary by branch of service. Review eligibility requirements at https://[www.va.gov/burials-memorials/memorial-](http://www.va.gov/burials-memorials/memorial-) items/headstones-markers-medallions/ | Mail or fax applications to the VA for VA Headstones, Markers, and Medallions. Mail the discharge papers and the form to this address: Memorial Products Service (41B)  Department of Veteran Affairs 5109 Russell Road Quantico, VA 22134-3903 | [https://www.va.gov/burials-memorials/memorial-](https://www.va.gov/burials-memorials/memorial-items/headstones-markers-medallions/) [items/headstones-markers-medallions/](https://www.va.gov/burials-memorials/memorial-items/headstones-markers-medallions/) |
| **VA** | **Correcting Military Record** | The National Archives and Records Administration cannot make changes or corrections to military records or to your discharge status other than to make minor administrative corrections to fix some typographical errors. You will need to apply to the review board for your respective service branch for corrections or changes. Instructions on what to submit for each are listed below. |  | Correcting Military Service Records: Submit DD Form 149, Application for Correction of Military Records to the relevant service branch. Correcting Discharge Status:  Submit DD Form 293, Application for the Review of Discharge or Dismissal from the Armed Forces of the United States to the relevant service branch. | [https://www.archives.gov/veterans/military-](https://www.archives.gov/veterans/military-service-records/correct-service-records.html) [service-records/correct-service-records.html](https://www.archives.gov/veterans/military-service-records/correct-service-records.html) |

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| **Agency/Program** | **Benefit/Service** | **Description** | **Eligibility Guidelines** | **How to Access Benefit/Service** | **Link** |
| **VA** | **VA Pension Benefits** | The Veterans Pension program provides monthly payments to wartime Veterans who meet certain age or disability requirements, and who have income and net worth within certain limits. | You may be eligible for the Veterans Pension program if you meet the requirements listed. Both of these must be true: You didn’t receive a dishonorable discharge, and Your yearly family income and net worth meet certain limits set by Congress. Your net worth includes all personal property you own (except your house, your car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse. And at least one of these must be true about your service. You: Started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, or Started on active duty as an enlisted person after September 7, 1980, and served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions) with at least 1 day during wartime, or Were an officer and started on active duty after October 16, 1981, and you hadn’t previously served on active duty for at least 24 months And at least one of these must be true. You: Are at least 65 years old, or Have a permanent and total disability, or Are a patient in a nursing home for long-term care because of a disability, or Are getting Social Security Disability Insurance or Supplemental Security Income. | Apply online at VA.gov, by mail by completing Application for Pension (VA Form 21P-527EZ) and mailing to the pension management center (PMC) Department of Veterans Affairs Pension Intake Center PO Box 5365 Janesville, WI 53547-5365 or in person at the Oakland Regional VA Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827-1000 | <https://www.va.gov/pension/> |
| **VA** | **ETS Sponsorship** | Assists soldiers through the transition process from military to civilian life. The ETS Sponsorship program, in partnership with the VA and the  U.S. Army, connects transitioning soldiers with local sponsors who are trained and certified to build relationships and resiliency, providing instrumental, informational, and emotional support. | Any service members/Veterans who are transitioning to a civilian community. | The ETS Sponsorship Program will be introduced to the Soldier when they participate in the Soldier for Life -- Transition  Assistance Program at the Soldier’s final duty station. The Soldier will have the opportunity to request a Sponsor from the city they will be moving. | [https://etssponsorship.com/#](https://etssponsorship.com/) |
| **VA** | **VA Board of Veterans Appeals** | Provides hearings and decides appeals on VA claims. The Board of Veterans Appeals, a part of the VA, located in Washington, D.C., is holding in-person central office hearings, and video hearings at  regional offices where regionally available. | Anyone who is not satisfied with the results of a claim for Veterans, benefits (determined by a VA RO, VHA medical center, or other local VA office) can file an appeal. | Refer to the VA "How do I appeal" booklet https://[www.bva.va.gov/docs/Pamphlets/How-Do-I-Appeal-](http://www.bva.va.gov/docs/Pamphlets/How-Do-I-Appeal-) Booklet--508Compliance.pdf | <https://www.bva.va.gov/> |
| **VA** | **Compensated Work Therapy (CWT) Program** | Compensated Work Therapy (CWT) Program provides vocational rehabilitation and support services to veterans with a wide range of psychosocial concerns, including mental illness, homelessness, physical impairments and any combination thereof. The five main components of CWT include Transitional Work Experience, Transitional Residence Program, Supported Employment, Homeless Veterans Supported Employment Program and Incentive Therapy.https://[www.va.gov/health/cwt/](http://www.va.gov/health/cwt/) | Veterans are not required to be service connected to be eligible for CWT services. To be considered for participation in the CWT program, a Veteran must be eligible to receive VA healthcare services, have a goal of a return to competitive employment and have barriers to obtaining and/or retaining employment which requires the intensive supports provided by one of the CWT service components. | A Veteran would first meet with their provider about having a consult or order sent to the CWT program. Once a consult is received, the CWT staff contact the Veteran to schedule an appointment. At the appointment, the CWT staff provide an orientation to all the services CWT provides, perform an intake and begin the process of conducting a vocational assessment to determine if CWT is an appropriate service and if so, which CWT component would help the Veteran realize their vocational goal(s). An individual employment rehabilitation plan is developed for each Veteran receiving CWT services focused on each Veteran’s strengths, skills, abilities, needs, goals, and preferences. | <https://www.va.gov/health/cwt/> |
| **VA** | **VA Center for Women Veterans** | Provides health care and benefits services, and programs for women Veterans. The Center for Women Veterans serves as an advocate for a cultural transformation (both within VA and in the general public) in recognizing the service and contributions of women Veterans and  women in the military. |  |  | <https://www.va.gov/womenvet/> |
| **Veterans Benefits Administration (VBA)** | | | | | |

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| **Agency/Program** | **Benefit/Service** | **Description** | **Eligibility Guidelines** | **How to Access Benefit/Service** | **Link** |
| **VBA** | **VA Aid & Attendance Benefits & Housebound Allowance** | Provides monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors. If you need help with daily activities, or you're housebound, find out if you qualify for VA Aid and Attendance or Housebound benefits. | At least one of these must be true:  You need another person to help you perform daily activities, like bathing, feeding, and dressing, or  You have to stay in bed—or spend a large portion of the day in bed—because of illness, or  You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, or  Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual  field to 5 degrees or less) | Send a completed VA form to your pension management center (PMC) via mail or apply in person at regional VA office. Oakland Regional VA Office 1301 Clay Street North Tower, Rm. 1400 Oakland, CA 94612 Phone: 800-827-100 | [https://www.va.gov/pension/aid-attendance-](https://www.va.gov/pension/aid-attendance-housebound/) [housebound/](https://www.va.gov/pension/aid-attendance-housebound/) |
| **VBA** | **VA Transition & Economic Development** | Provides support to help transitioning Service Members and Veterans achieve and sustain their career goals, find economic success, and maintain physical and mental well-being throughout their military life cycle. The Office of Transition and Economic Development (TED) helps to navigate VA benefits and services, use partner resources, and get  needed support. | Service members begin TAP one year prior to separation, or two years prior to retiring. | The VA Benefits and Services course is now available online through TAPevents.org to transitioning service members, Veterans, family members, and caregivers. | <https://benefits.va.gov/transition/index.asp> |
| **Housing, Basic Needs, and Homelessness Programs** | | | | | |
| **Supportive Services for Veterans Families (SSVF)** | **Housing and Supportive Services** | Supportive Services for Veterans Families (SSVF) provides short-term assistance with a focus on making connections to mainstream assistance to prevent homelessness for at-risk veterans and rapidly re-house veterans experiencing homelessness. | To be eligible for SSVF, a Veteran must have served at least one day of active duty, received a Military discharge other than dishonorable, have total household income that doesn't exceed 50% of the Area Median Income based on HUD guidelines for their local community, and be experiencing or at imminent risk for homelessness. | Under the SSVF program, VA awards grants to private non-profit organizations who can provide supportive services to very low- income Veteran families living in or transitioning to permanent housing. Contact a local SSVF provider for assistance: Nation's Finest, Phone: 707-578-2785 Email: SSVF@nationsfinest.org; Swords To Plowshares, Phone: 415-252-4788, Email: [supportvets@stp-sf.org.](mailto:supportvets@stp-sf.org) | <https://www.va.gov/homeless/ssvf/> |
| **Healthcare for Homeless Veterans (HCHV)** | **Emergency Housing and Case Management** | Healthcare for Homeless Veterans (HCHV) offers short-term, emergency housing and case management services in partnership with local non-profit service providers to veterans. The Grant & Per Diem (GPD) Program offers longer-term transitional housing and case management services in the community through GPD grantees for up to 24 months. Both HCHV and GPD work with the veteran on the goal of securing permanent housing. | All homeless veterans who are enrolled in or eligible for VA health care. | Apply directly to the contracted provider for Health Care for Homeless Veterans (HCHV) or get referred from other VA and non- VA programs. Veterans are screened for entry into HCHV Contracted Residential Services to determine medical and psychiatric stability and suitability for the program. To apply directly contact LifeMoves, the contracted provider for HCHV in San Mateo County. 181 Constitution Drive Menlo Park, CA 94025  Phone: 650 - 685-5880 | <https://www.va.gov/homeless/hchv.asp> |
| **HUD-VA Supportive Housing (HUD-VASH)** | **Housing and Supportive Services** | HUD-VA Supportive Housing (HUD-VASH) provides a permanent rental subsidy and long-term case management for chronically homeless  veterans—veterans with disabilities who have been homeless continuously for the last year or have had four or more homeless episodes in the last three years. VA and HUD are working with each of their medical centers (VAMCs) and public housing agencies (PHAs) to implement HUD-VASH based on Housing First principles. Housing First is an evidence-based best practice for assisting people experiencing chronic homelessness focused on getting clients into permanent housing as quickly as possible. | Veterans must be VA health care eligible Veterans. VA eligibility makes this determination. Veterans must also meet the definition of homelessness defined in The McKinney Homeless Assistance Act as amended by S. 896 The Homeless Emergency Assistance and Rapid Transition to Housing (HEARTH) Act of 2009. HUD-VASH prioritizes the chronically homeless. | To apply for HUD-VASH, please contact your local VA Homeless Program. VA Palo Alto Health Care System's local HUD-VASH Program currently serves Veterans in the following counties: San Mateo, Santa Clara, Santa Cruz, Monterey, San Joaquin, Stanislaus, San Benito, Tuolumne Counties, and Southern Alameda County. 795 Willow Rd  Menlo Park, CA 94025 Phone: 650-493-5000 Ext. 25590 Veterans can contact the HUD-VASH program directly, or obtain a referral from a case manager in another VA program, from a community program, or other referral sources. | <https://www.va.gov/homeless/hud-vash.asp> |