

Families in Recruiting Successful Transitions

FIRST



*Family Readiness Toolkit
for the
Navy Recruiting Family*

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Welcome to the Navy Recruiting Family!

Recruiting duty puts you, the Sailor, and your family, in the central role of making a tremendous, positive difference each and every day in the lives of people at home and around the world by providing security, stability, opportunity and hope. We truly are America's Navy. Our recruiting force is the Navy's forward presence to the Nation, charged with the awesome responsibility of recruiting the highest quality Sailors with the right skills to propel our Navy and our Nation into the future. Sailors, family members and civilians all support recruiting and are integral parts of the success of the mission.

Your assignment to recruiting duty begins an adventure that will be different from any other experience you or your family have had in the Navy. It is challenging, exhilarating, and demanding. The hours the Sailor works, the military resources that are available to you, even the uniform requirements, will be different and will demand your attention. This form of independent duty takes you away from the military support and direct leadership structure you are familiar with on a ship or base and provides you with new opportunities within the civilian community.

You will be asked to be more independent, more self-sufficient, and more flexible. We provide this booklet as an introduction to recruiting duty – with all its benefits and challenges. Our purpose is to provide useful resources and information to make you and your family's tour on recruiting duty easier and more rewarding.

You may have to search for resources you took for granted while on a military base, but you are not alone and the Navy Recruiting Family is here to help you. The Internet, local libraries and other local community resources will assist you as well. Some familiar support systems, like the Fleet and Family Support Centers (or other service Family Support Center if closer) are still available regardless of where you are stationed. The Command Master Chief and Command Ombudsman will be your points of contact for these services at your Recruiting District. The Navy has worked hard to address some of the more difficult issues the independent nature of recruiting duty poses.

A few examples:

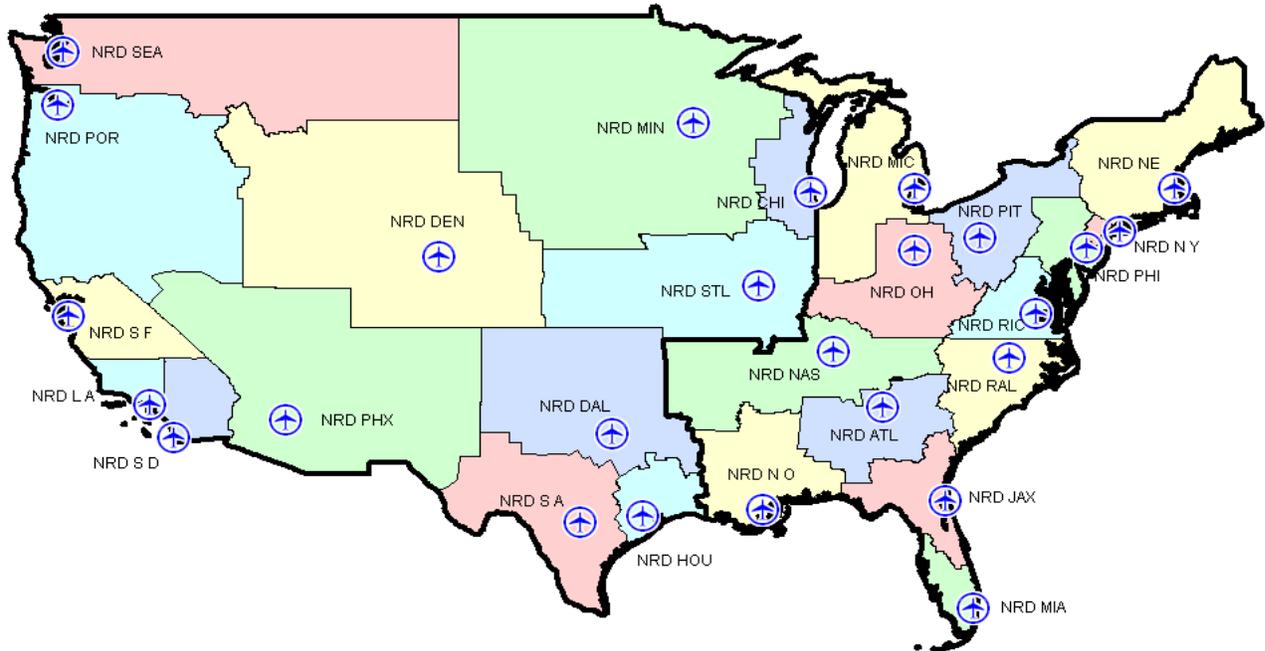
- **General family and work topics** - Military OneSource, an information and referral hotline that you can call or access through their website, provides services at no cost 24 hours a day, 7 days a week.
- **Health Care** - TRICARE programs provide you the same level of service at the same cost, with minor exceptions, even if you don't have access to a Military Treatment Facility.
- **Housing** - If you are assigned near any military base, Recruiting Command personnel are eligible for base housing. If you do not utilize base housing you will receive Basic Allowance for Housing (BAH) or may participate in the Government Leased Housing (GLH) Program. This program assists members in an area where the housing costs are not supported by BAH, to procure quality civilian housing in lieu of receiving BAH.

We want you to succeed as an individual and as a family on recruiting duty. **This is your resource guide.** If you have questions or need assistance, let us know how we can help. We welcome you, congratulate you on joining the Navy Recruiting Family, and thank you for your dedication and support.

Navy Recruiting Command

HQ- Millington, TN

2 Regions/ 26 Navy Recruiting Districts



Region West (Millington, TN)

- NRD Chicago
- NRD San Francisco
- NRD Houston
- NRD San Antonio
- NRD Phoenix
- NRD Portland
- NRD Dallas
- NRD San Diego
- NRD Denver
- NRD Minneapolis
- NRD Seattle
- NRD ST. Louis
- NRD Los Angeles

Region East (Millington, TN)

- NRD New England
- NRD New Orleans
- NRD Richmond
- NRD Michigan
- NRD Jacksonville
- NRD Atlanta
- NRD Raleigh
- NRD Ohio
- NRD Pittsburgh
- NRD New York
- NRD Nashville
- NRD Philadelphia
- NRD Miami

What Can We Do NOW ???

Once you have been screened and been selected for Recruiting Duty and orders have been negotiated, it can be an exciting time for the whole family. There are plans to make and goals to set. Whether it's the kids thinking about what the new school and friends will be like, or you and your spouse wondering what your job will entail, there is much to learn about what Navy Recruiting will bring your family.

There are many things you can do prior to transferring that will help you and your family get acquainted with Navy Recruiting. The following recommendations will give you a head start on a great tour:



➤ Learn the Navy Brand. No doubt you have seen the Navy's slogan "AMERICA'S NAVY – A GLOBAL FORCE FOR GOOD" on TV, print ads and the internet. Do you know what it means? It's about having a higher sense of purpose. See all the current videos, advertisements and posters at: www.cnrc.navy.mil . Watch them with your family and see the powerful message we are sending to the country and the next generation of Sailors – the very people YOU will recruit!

➤ Connect with Social Media. Navy Recruiting is on Facebook, Twitter, Flickr, and even YouTube! Log on to Facebook at www.facebook.com/NavyRecruiting to see day to day happenings in Navy Recruiting. There are great discussions about all things Recruiting from senior leadership to recruiters, from family members to prospective applicants. Most Navy Recruiting Stations also have their own Facebook page, and it is a great way to communicate and get to know them before arriving.



➤ See what being a Recruiter is all about. You probably have heard stories about what it takes to be a recruiter, but if you want the real scoop, go to www.cnrc.navy.mil/Video/davis_hd.htm and www.cnrc.navy.mil/Video/marte_hd.htm for two great "A Day in the Life" videos about two very successful recruiters, told unscripted, in their own words.

Knowledge is power and with today's technology, there is no limit to what all members of your family can learn about your new location or your new duty assignment. If you have questions, reach out to us and ASK!!! Everyone in the Navy Recruiting Family is here to help you and your family as you transition to our team. We look forward to hearing from you!!

Intermediate Duty Stops

Your orders include an intermediate duty stop in Pensacola, FL at the Navy Recruiting Orientation Unit (NORU) for training. For new recruiters, this is a three to six week course of instruction where you will learn the fundamentals of recruiting, sales methodology and recruiting systems and tools. If billeting is available on base, you will stay in the Visitors Quarters; if there is no availability, they will direct you to off base lodging. You are welcome to bring members of your family with you (except pets!) to Pensacola and they are authorized to stay in the Visitor Quarters.

If arriving via air travel, be advised there is NO military transportation from the airport, and you will have to take a taxi. Rental cars are not authorized. For further information, please visit the NORU website: <http://www.cnrc.navy.mil/noru/html> regarding directions, items you are required to bring, check-in, lodging, and uniforms.



The screening process for recruiting duty orders often takes place months before actually executing orders. *It is your responsibility to maintain your eligibility for recruiting duty, or you could risk losing your orders.* This includes but is not limited to HT/WT standards, civil, family or financial issues. The screening will be reviewed upon arrival to NORU.

If for any reason, once you detach from your old command, you will be delayed in reporting to NORU, or in the event of an emergency, call the NORU Command Duty Officer at (850) 516-9544.

Following training, and the leave that is authorized in your orders, you will report to your Navy Recruiting District Headquarters for Command check-in. In some cases, the District Headquarters can be many hours away from your assigned duty station and check-in may take several days. It is imperative that you are in contact with your sponsor prior to arrival to ensure your check in process goes smoothly.

Ensure you save all receipts from taxis, lodging, airline fees, etc. as you will liquidate your travel claim at the end of each intermediate stop.



Moving

Moving is an integral part of the military lifestyle. Each move is different and each offers its own unique set of challenges and benefits. Your tour on recruiting duty may provide your first opportunity to live away from what could be called a normal military environment (base housing, exchange and commissaries, recreation facilities, and family support programs). Whether you are moving from base to base, into a civilian community where there are no military installations, making an inter-district move, or at the end of your recruiting tour, this section provides useful information.

Each Navy Recruiting District has a welcome aboard process to ease your transition to recruiting duty. Personnel receiving orders to recruiting duty are sent a welcome aboard packet from their District. A sponsor will be assigned and that will be your primary point of contact for information at your new duty location.

Where do I start? Some tips and ideas as you prepare to move:



- **Transportation Management Office (TMO)** - Once you receive your orders, contact the local TMO to arrange your household goods shipment. TMO has a pamphlet, "It's Your Move", which is available at: http://www.transcom.mil/j5/pt/dtrpart4/dtr_part_iv_app_k_1.pdf to assist you with the move process. You can also access the SMARTMOVE website at: <https://www.smartwebmove.navy.mil/swm> for further information on your military move.
- **Housing** - Check with your *current* Housing Office to see if on-base housing will be available to you at your new duty location. Sailors on recruiting duty are entitled to Priority II Housing on military installations near their assignment. Priority II puts you in the same category as personnel permanently assigned to that installation. Information on military housing is also available on-line at: <https://www.housing.navy.mil/>. If you will be seeking housing in the local community, ask for real estate and rental guides, and information on community neighborhoods. Look on-line for resources: www.ahrn.com (Automated Housing Referral Network), www.militarybyowner.com (home rental & sales), www.rentalhomes.com (rental homes) and www.apartments.com (apartments). The Government Leased Housing program information is available at: <http://www.cnrc.navy.mil/eligibility.htm>.

DO NOT BUY A HOME, SIGN A LEASE OR MOVE YOUR FAMILY AND BELONGINGS UNTIL YOU CHECK INTO YOUR NEW DUTY LOCATION!

If you move and your orders are changed or cancelled, you will be responsible for the costs of moving your household goods and could still be legally responsible for any contract you sign!



Although every effort is made to follow through on initial station assignments, changes can and DO happen. Your District Chief Recruiter can confirm your ultimate duty station.

- **BAH** (Basic Allowance for Housing) – BAH rates are based on your assigned Navy Recruiting Station, NOT the District Headquarters or where you choose to live. Check your individual BAH rate online at: <https://secureapp2.hqda.pentagon.mil/perdiem/bah.html> so you can plan your finances accordingly.

- **Sponsor** - If you haven't been assigned a sponsor, call your Command Master Chief or Chief Recruiter to get your sponsor's name and phone number.
- **Finances** – Your financial situation may change dramatically when you relocate depending on where you came from and where your recruiting station is located. More often than not, recruiting families must rely on local community services for groceries, shopping, medical, etc. and not the local base services they are used to enjoying. It is important to evaluate your finances and make a plan BEFORE you transfer. Things to consider:

- BAH of assigned Recruiting station
- Changes in your spouse's employment
- Start/stop of special pays, allowances, allotments
- Insurance premium changes
- Rent/Mortgage
- Up-front money i.e. security deposit, utility start up fees
- Child care costs
- Transportation
- New uniforms and accessories



Where do I find information on my new location?



- **Military Home Front** – Relocation tools are available to provide you with planning your move. The website www.militaryhomefront.dod.mil/moving has two great features: “Military Installations” has addresses, telephone numbers, directions, base overview and more. With the “Plan My Move” feature; you can print base information, a planning calendar and checklists.
- **Military OneSource** – We also recommend you contact Military OneSource at 1.800.342.9647 to ask for a free “Neighborhood Profile” for your new location. It provides extensive local information on housing, schools and community resources.
- **Local Area Information** - Your first stop should be your base Relocation Office. They have access to a variety of resources to assist you in your move. *Other resources:* Chamber of Commerce, Visitor Bureau, as well as local libraries and newspapers. Detailed information for most cities, i.e. real estate, relocation information, house prices, home value estimator, recent sales, maps, photos, education, crime, weather etc. can be found at www.city-data.com.
- **Family Employment** – Spouses searching for employment should visit the Fleet and Family Support Center (FFSC) *at your current duty station before transferring*. They can help you start the job search process and have many workshops and seminars that you may not be able to attend at your new duty station. They can also connect you with local community resources that are military spouse friendly in virtually any city in the country. Also, www.military.com/spouses is an online military spouse career center with resume and job search tools.
- **Schools/Child Care** – Many cities have offices and on-line resources that can help you find quality schools and childcare. Military OneSource can also help find childcare resources in your local area. The National Association of Child Care and Resource Agencies has partnered with the military to assist parents in locating, and selecting quality civilian child care for active duty families. Call 800.424.2246 or visit: www.naccra.org/MilitaryPrograms/navy/.

Here are some important reminders:



- **ID/CAC Card** – Ensure all ID cards are valid before leaving your current duty station.
- **Uniforms** – As a Navy Ambassador in the community, it is imperative that you present a sharp military appearance at all times. Ensure you have enough serviceable uniforms and accessories. It is recommended that you purchase properly fitting uniform items before transferring or while in Pensacola. You will need Summer and Winter Dress uniforms and the Service Uniform. Currently, the Navy Working Uniform (NWU) is not authorized for wear on recruiting duty.
- **Motorcycle Safety** – If you own or intend on purchasing a motorcycle, you are not authorized to drive it without the proper safety courses, whether on base or off base in the community.
- **Personal Records Access** – Ensure you have set up a ESR (Electronic Service Record) account at: <https://nsips.nmci.navy.mil/> and you know your login/password for My Pay in case you need to access any personal information or check on your pay status in between duty stations. Keep your medical and dental records in a safe place.
- **TRICARE** – **DO NOT DISENROLL from your current TRICARE region until after you arrive at your new duty location.** Once you are settled, contact TRICARE to update your enrollment information.
- **DEERS** (Defense Enrollment Eligibility Reporting System) – Ensure your address in DEERS is current. You can update DEERS in any of the following ways:
 - Visit a uniformed services ID card-issuing facility, www.dmdc.osd.mil/rsl/owa/home
 - Log on to the Beneficiary Web Enrollment (BWE) Website at <https://dmdc.osd.mil/appj/bwe/>.
 - Call the Defense Manpower Data Center Support Office at 800.538.9552, (Monday-Thursday from 6 a.m. to 3:30 p.m. Pacific Time, Except Federal holidays)(10:00 a.m. to 7:30 p.m. Eastern Time).
 - FAX changes to DEERS at 831.655.8317.
 - On-line at www.dmdc.osd.mil/ click on DOD Community, Personnel Services, and then DEERS Address Update System.

Personal and Family Support

- **Chaplain Services** Recruiting duty offers you the opportunity to become a part of a religious group of your choosing in the local community. If you would like to continue to access military Chaplain services, the Chaplain's Directory, telephonic counseling, and other Chaplain related services are available at www.chaplaincare.navy.mil.
- **Exceptional Family Member Program (EFMP)** - EFMP is a *mandatory* program for family members that have medical, emotional, educational or physical challenges. Enrollment status must be updated every two years. (online updates available through the BUPERS website). Your district Command Master Chief is your local point of contact for this program.
- **Family Advocacy Program (FAP)** - Encourages education, understanding and assistance concerning family and individual abuse. Your district Command Master Chief is your contact for info and support.
- **Financial Assistance and Emergency Relief**
 - If located near a USN or USMC installation, go to the Navy Marine Corps Relief Society office. If located near another military installation contact the Army Emergency Relief Society, Air Force Aid Society or the Coast Guard Mutual Assistance. Your Command Financial Specialist or Command Master Chief is your point of contact.
 - If not located next to any military installation; contact the Armed Forces Emergency Center, operated by the American Red Cross, (1.877.272.7337).
 - You must be screened for financial stability to receive orders to recruiting duty. It is your responsibility to fulfill your financial obligations and failure to do so can result in disciplinary or administrative actions.
- **Navy Exchange** - If you are not near a military exchange, you can order free copies of the All Service Exchange catalogs or do online shopping is through the NEX website, <https://mynavyexchange.com> . Uniform items are also available.
- **Legal Services** – Military legal offices may not be readily available on recruiting duty, therefore, finalize all legal issues such as updating wills or powers of attorney prior to beginning your tour on recruiting duty.
- **Prevention/Intervention Services** - Counseling, drug and alcohol intervention programs, and similar services are available from the closest military installation. Contact your command DAPA if you or a family member are in need of these services. Assistance can also be obtained free of cost through Military One Source at www.militaryonesource.com .



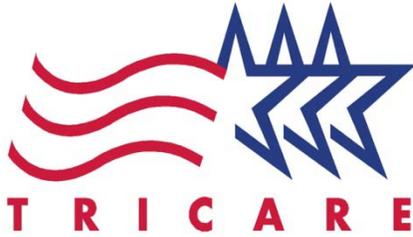
- **Military OneSource** - is a contracted information and referral service provided to Sailors and family members 24 hours a day, 7 days a week, and 365 days a year in over 140 languages. Services are accessible at 800.342.9647 or via web access (www.militaryonesource.com). Military OneSource provides information and services you may be unable to locate in your new community, e.g. finding childcare at your new duty station, obtaining local chamber of commerce information, etc. OneSource also offers individual, couple and/or family counseling services over the telephone or through a community-based program that is pre-paid by the Department of Defense. They also offer translation services and specialty consulting (special needs, education, and financial).

Health Care

Military health care has made great strides during the past several years in addressing the needs of Sailors and families on independent duty. Healthcare services may operate differently from what you are familiar with on a base, but the primary parts of TRICARE and United Concordia remain available to you. Before you arrive, review your healthcare needs and look into how they will be addressed while you are on recruiting duty.



Health Care Review



➤ **TRICARE** – www.tricare.mil.

- **TRICARE Prime:** All active duty Sailors are required to be enrolled in Prime. Family members may choose to enroll in Prime. You are assigned a Primary Care Manager (PCM), who provides access to all healthcare. If you are not near a Military Treatment Facility, you may be eligible for TRICARE Prime Remote. TRICARE Prime Remote delivers the same benefits as Prime, usually from a civilian provider.

- **TRICARE Standard:** No enrollment is necessary. You visit any provider you choose then submit your claims to TRICARE. You are responsible for your cost-share and any charges over a specified amount.
- **TRICARE Extra:** Without enrolling in Prime, you receive a discount on your cost-share when you visit a TRICARE network provider.

➤ **Pharmacy**

- TRICARE Retail Pharmacy Network – prescription may be filled at any retail pharmacy, co-pays will apply for family members. There are no pharmacy costs for active duty service members.
- Military Medical Treatment Facility – prescriptions filled free of charge at the facility.
- TRICARE Mail Order Pharmacy (TMOP) – available for maintenance medications you take for ongoing conditions, e.g. high blood pressure, birth control. The service is provided by Express Scripts, 866.363.8667 or online at www.express-scripts.com.
- Non-Network Pharmacy – you pay for your prescription in full and file a claim to receive partial reimbursement. Active Duty Service Members will have to submit a claim for reimbursement. (Use only when a network pharmacy is not available).

➤ **Dental** – Programs are different for Sailors and family members.

- Active Duty Sailors receive dental coverage through the Military Medical Service Office (MMSO). For civilian provided dental care, download the Medical Eligibility Request Form at www.tricare.mil/MMSO/forms.cfm. Any questions, contact MMSO at 888.647.6676.
- TRICARE Dental Program: Coverage is optional. Family members are enrolled through their sponsor, who pays a monthly amount for the coverage. Services are covered on a fee or percentage basis. Using a United Concordia network provider saves you money. To locate a dentist, discuss claims disputes, or for more general information, please visit the TRICARE website: www.tricaredentalprogram.com.



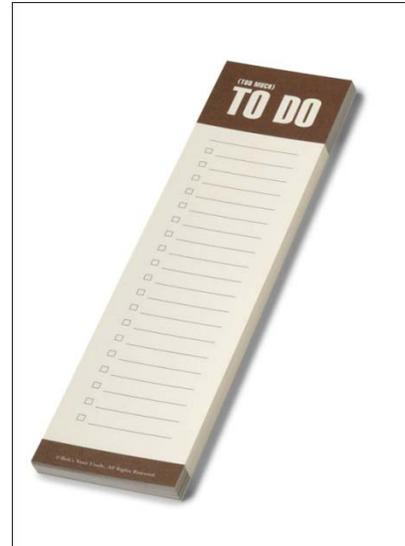
Remember...

➤ Before you depart your current duty station

- Ensure I.D. cards are updated.
- Find out what TRICARE Region you will be in.
- Check availability of providers and services in your new area. If you are enrolled in Prime, **DO NOT** drop or change your coverage before your move – wait until you arrive at your new duty location.

➤ When you arrive at your new duty station

- Update DEERS with your new address, phone number and email.
- Change (if necessary) to your new TRICARE Region. If Prime or Prime Remote, enroll yourself and your family. Remember that enrollments received by the contractor prior to the 20th of the month are processed to begin enrollment on the first day of the following month. After the 20th, enrollment begins on the first day of the second following month.
- For Region North and South, enroll in www.mytricare.com – This site allows you to check DEERS eligibility, track medical bills, and how your claim was processed.
- For Region West, enroll in www.triwest.com. This site allows you to check DEERS eligibility, track medical bills, and how your claim was processed.
- If Prime, learn who your PCM is and introduce yourself.
- Find network locations for filling prescriptions and look into using the TRICARE Mail Order Pharmacy for medications you take regularly or for maintenance type prescriptions, e.g. birth control, blood pressure or high cholesterol medicines.
- If you have questions, ask your district Health Benefits Advisor (HBA) or sponsor.



➤ Who do we contact if we need help to solve my health care problems?

- **TRICARE Regions:**
 - ▶ Region North: 1.877.874.2273 www.healthnetfederalservices.com
 - ▶ Region South: 1.800.444.5445 www.humana-military.com
 - ▶ Region West : 1.888.874.9378 www.triwest.com
- Defense Enrollment Eligibility Reporting System (DEERS): 1.800.538.9552
- TRICARE Dental (United Concordia Customer Service): 1.800.866.8499
- TRICARE Mail Order Pharmacy (Express Scripts): 1.866.363.8667
- Military Medical Support Office (MMSO): 1.888.647.6676 (for Active Duty only)
- TRICARE website contains contact information, links to contractors, regions, and various health-related information at www.tricare.mil
- Beneficiary Counseling and Assistance Coordinator (BCAC) and Debt Collection Assistance Officer (DCAO) Information www.tricare.mil/bcacdcao/

Military Issues, Benefits and Entitlements

As part of the Navy, you and your family are provided many services and able to take advantage of many benefits and entitlements. **Issues** are services and programs that enhance your quality of life. A **benefit** is a program that promotes well-being such as medical, commissaries, educational benefits, space available travel, and recreation. An **entitlement** is a payment authorized by law such as BAH, Special Duty Assignment Pay (SDAP), Thrift Savings Plan, Allotments, Service members' Group Life Insurance (SGLI) and Cost of Living Allowance.

Military Issues

- **DEERS** - Access to medical, dental and other benefits depends on the accuracy of your DEERS record. Visit your DEERS office and assure that your DEERS information is current and identification cards are accurate. You can also call the DEERS Beneficiary Center at 800.538.9552 or update your address at www.tricare.mil/deers/.
- **Family Care Plan** - If you are a single parent with custody of a minor child, a dual military family, or responsible for a family member's care, e.g. adult parent, you should have a Family Care Plan. It outlines your needs and desires for care of family and property during your absence. Work with your Legal Assistance Office or your Administration Office to prepare your Family Care Plan before you leave your current duty station.
- **Legal Assistance** - Before departing your duty station, visit your legal assistance office. Update your will(s), powers of attorney and any other legal documents. Access to a Legal Assistance Office while on recruiting duty may be limited.
- **Guardianship** - If you have minor children, it is important to appoint a guardian who can act in your place if you are unable to care for your child. You may want to appoint both a primary and an alternate guardian. State laws concerning guardianship vary, ask your Legal Assistance Office for help.
- **Soldiers and Sailor's Civil Relief Act** - You should understand the provisions of this act prior to beginning your recruiting duty tour. Some items may be applicable to your situation, such as ensuring there is a military clause in the rental agreement. Visit the following websites for more information: www.jag.navy.mil/documents/sscra.htm & www.peopleslawyer.net/sscra.html.
- **Transition Assistance** - Sailors are encouraged to begin transition preparation at least twelve months prior to the expected date of discharge or separation. Your district Command Career Counselor can assist in arranging transition assistance program attendance.

Military Benefits

- **Medical and Dental** - See the Health care section on page 9 for information.
- **Exchange Benefits** - Military Exchange websites are available to all military personnel and their family members. You can order most items carried in the exchanges on-line, and shipping is free.
- **Educational Opportunities** - Educational Opportunities are available to the Active Duty service member. Contact your Educational Services Officer (ESO) or Command Career Counselor at your District for more information. If interested in educational opportunities, various federal and private programs provide assistance to help. The best sources for this information are the school's Financial Aid Office, the Base Education Office or the Military OneSource Educational Consultant, or see the Useful Websites section on page 15.

Military Entitlements

Military entitlements vary by location (BAH), rank (Pay), your billet (SDA Pay), as well as by personal choice (Thrift Savings Plan, and SGLI). While on recruiting duty, the Administrative department is your point of contact for most information regarding entitlements. You also have access to pay information and benefits including copies of recent Leave and Earnings Statements (LES) and Travel Voucher settlements through the "My Pay" Website:

<https://mypay.dfas.mil>. You can contact DFAS by phone for pay-related issues at 888.332.7411

Command Ombudsman Program

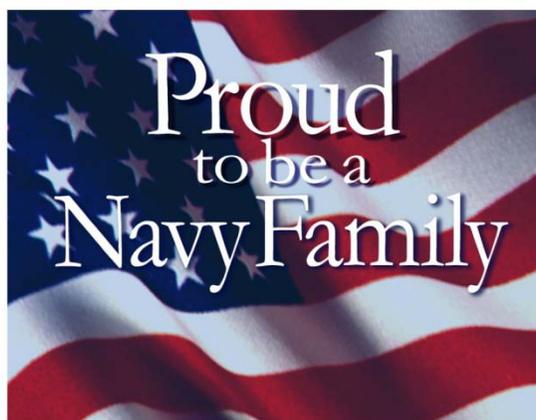


Navy Family Ombudsmen are communications links, information and referral resources, and advocates for command family members. Appointed by the Commanding Officer, Command Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.

How can an ombudsman help me?

Your Ombudsman can provide information to the new Navy spouses, whether new to the Navy or new to Navy Recruiting. They can direct parents in need of emergency child care to available resources, and sometimes just lend a listening ear to a lonely spouse. When there are natural disasters or command emergencies, it's the Ombudsman who keeps families and sailors connected through accurate information from the Commanding Officer. Unselfishly contributing many hours to the welfare and morale of Navy families, Ombudsmen are volunteers that make a difference!

As a spouse, it's important to get acquainted with your local Ombudsman. The Ombudsman is not a counselor or a social worker, but can show you the direct route toward finding solutions by helping you get the assistance you need. You will find contact information for your district Command Ombudsman on the District Website. Most Command Ombudsman also have Facebook pages to help keep families up to date on current command happenings.



Benefits of Recruiting Duty

You may have heard about....

- Long Hours, mission requirements, monthly quotas.
- Recruiting Duty is hard on families.
- Recruiting is the toughest job in the Navy.
- The recruiting “war” never ends.



Recruiting duty is tough, but Navy officials have added some extra pay and benefits to the program to help sweeten the pot, including:

- ✓ More money. All enlisted field recruiters ultimately get monthly Special Duty Assignment Pay of \$450. They also rate a \$220 annual Special Uniform Allowance paid in addition to their annual clothing maintenance allowance.
- ✓ Portable technology. Each recruiter is issued a laptop computer and cell phone for use during the recruiting-duty tour.
- ✓ Advancement. Commands have the ability to reward superior performers a one-paygrade advancement through E-7. In addition, officials say recruiting duty is considered a “tough job” by selection boards; a higher percentage of recruiters are advanced annually to chief petty officer than their fleet counterparts.
- ✓ Awards. Superior performance in recruiting can net a Sailor everything from letters of appreciation and commendation, Navy/Marine Corps Achievement or Commandation Medals or even a weeklong trip to Washington D.C. for the Sailor and their spouse!
- ✓ Diverse locations. Sailors have the chance to get stationed anywhere in the U.S., often far from the fleet. Some recruiters can end up close to their hometowns if billets are available.
- ✓ Professional Sales and Communication Training. The training you receive at the Recruiting school and in the field will give you skills that you’ll retain throughout your career and your life.
- ✓ Opportunities for increased family time. While recruiting hours can sometimes be long, no other shore duty offers the Sailor the flexibility to plan their day to include their family’s priorities. With good time management, you can easily have lunch with your spouse, coach your child’s team or take your anniversary off!

Recruiting Duty is challenging however, it is what you make of it.....a great learning and rewarding experience for both the Sailor and the family.

Navy Recruiting District Websites



All 26 Navy Recruiting Districts have a public website where you can access information specific to each district. Information such as reporting aboard, the Chain of Command, Command Mission and Philosophy, point of contact and other useful links can be found at the websites below:

NORU	http://www.cnrc.navy.mil/noru/html/index.htm
Atlanta	http://www.cnrc.navy.mil/atlanta/
Chicago	http://www.cnrc.navy.mil/chicago/
Dallas	http://www.cnrc.navy.mil/dallas/
Denver	http://www.cnrc.navy.mil/denver/
Houston	http://www.cnrc.navy.mil/houston/
Jacksonville	http://www.cnrc.navy.mil/jacksonville/
Los Angeles	http://www.cnrc.navy.mil/losangeles/
Miami	http://www.cnrc.navy.mil/miami/
Michigan	http://www.cnrc.navy.mil/michigan/
Minneapolis	http://www.cnrc.navy.mil/minneapolis/
Nashville	http://www.cnrc.navy.mil/nashville/
New England	http://www.cnrc.navy.mil/newengland/
New Orleans	http://www.cnrc.navy.mil/neworleans/
New York	http://www.cnrc.navy.mil/newyork/
Ohio	http://www.cnrc.navy.mil/ohio/
Philadelphia	http://www.cnrc.navy.mil/philadelphia/
Phoenix	http://www.cnrc.navy.mil/phoenix/
Pittsburgh	http://www.cnrc.navy.mil/pittsburgh/
Portland	http://www.cnrc.navy.mil/portland/
Raleigh	http://www.cnrc.navy.mil/raleigh/
Richmond	http://www.cnrc.navy.mil/richmond/
San Antonio	http://www.cnrc.navy.mil/sanantonio/
San Diego	http://www.cnrc.navy.mil/sandiego/
San Francisco	http://www.cnrc.navy.mil/sanfrancisco/home/
Seattle	http://www.cnrc.navy.mil/seattle/Home.html
St. Louis	http://www.cnrc.navy.mil/stlouis

Other Useful Websites:

American Red Cross	www.redcross.org
BAH Rates	https://secureapp2.hqda.pentagon.mil/perdiem/bah.html
Child Care in your Neighborhood	www.naccrra.org/MilitaryPrograms/navy/
Chaplain Care	www.chaplaincare.navy.mil
City Data	www.city-data.com
Credentialing Opportunities Online	https://www.navycool.navy.mil
DEERS	www.tricare.mil/deers
Defense Commissary Agency	www.commissaries.com
El Navy	www.elnavy.com
Exceptional Family Members	www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember
Federal Jobs	www.usajobs.opm.gov
General Military Information	www.military.com
Government Leased Housing	www.cnrc.navy.mil/eligibility.htm
ID Card Site Locator	www.dmdc.osd.mil/rs1/owa/home
Legal Information	www.jag.navy.mil/legal_services.htm
Military Spouse Career Center	http://military.com/spouse
Military Home Front	www.militaryhomefront.dod.mil
Military Info & Support of Parents	www.militarymoms.net
Military OneSource	www.militaryonesource.com
Military Pay Information	www.dod.mil/dfas
Military Support Portal	www.militaryhomefront.dod.mil
My Pay	https://mypay.dfas.mil/
National Military Family Assoc.	www.nmfa.org
Navy	www.navy.com
Navy College	https://www.navycollege.navy.mil
Navy Exchange Online	www.navy-nex.com
Navy Family Accountability System	https://navyfamily.navy.mil/
Navy For Moms	www.navyformoms.com
Navy Marine Corps Relief Society	www.nmcrcs.org
Navy Recruiting Command	www.cnrc.navy.mil
Navy Recruiting Facebook	www.facebook.com/NavyRecruiting
Navy Wives	www.navywives.com
Newspapers	www.onlinenewspapers.com
Per Diem Rates	www.dtic.mil/cgi-bin/cpdrates.pl
Relocation	www.monstermoving.com
Scholarships	www.scholarships.com
Schools	www.nces.ed.gov
SGLI	www.insurance.va.gov/sglisite/sgli/sgli.htm
Transition Preparation	www.dodtransportal.org/dav/lsnmedia/LSN/dodtransportal/
TRICARE	www.tricare.mil
TRICARE North	www.healthnetfederalservices.com
TRICARE South	www.humana-military.com
TRICARE West	www.triwest.com
Troops / Spouses to Teachers	www.dantes.doded.mil/dantes_web/troopstoteachers/index.asp
United Way	www.unitedway.org
US Government Official Web	www.usa.gov
Vacations	www.afvclub.com
Women, Infants & Children (WIC)	www.fns.usda.gov/wic

