

AMERICA'S
NAVY
RESERVE

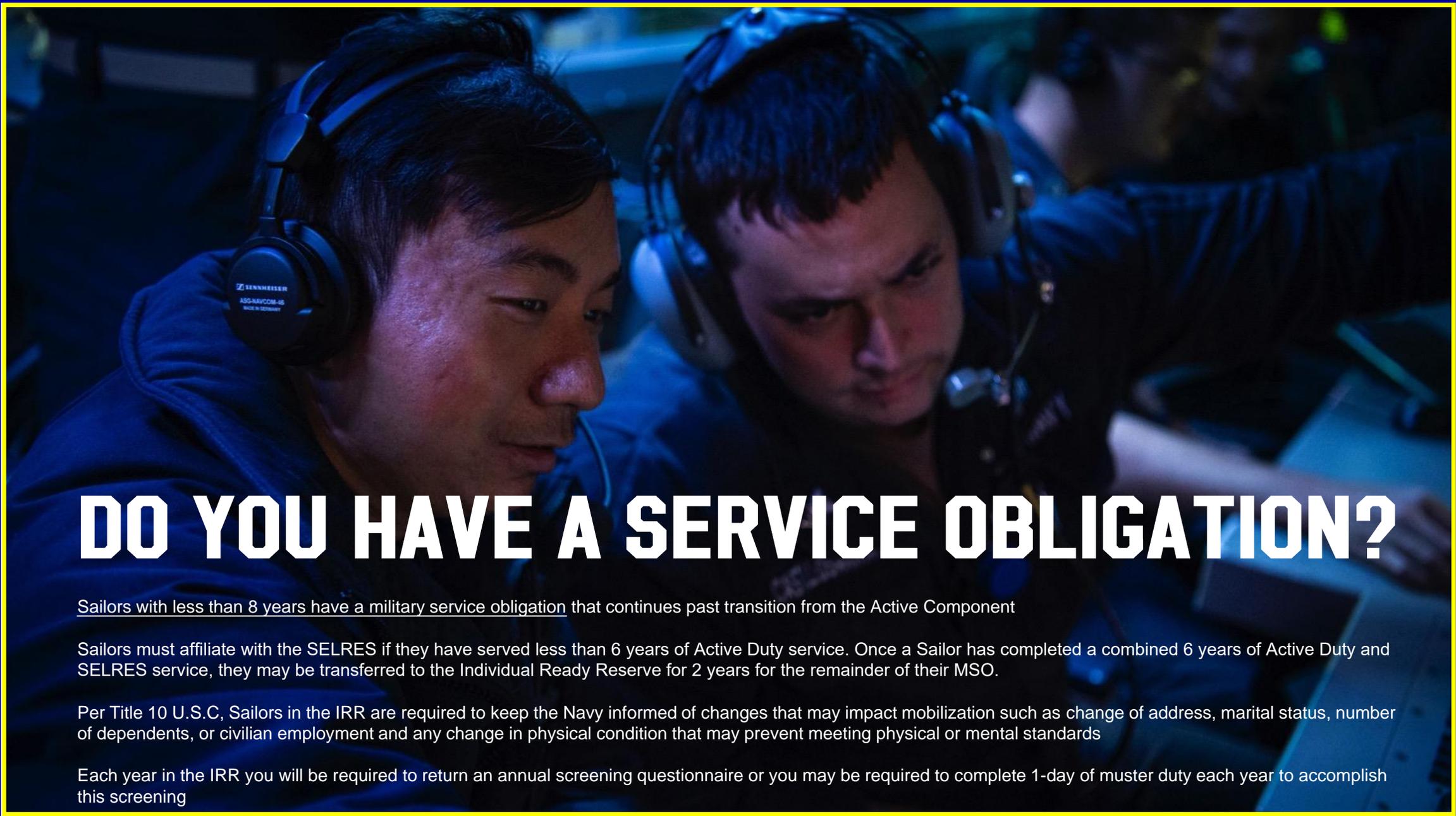
THE NAVY RESERVE



**THE JOURNEY OF A
THOUSAND MILES
BEGINS WITH ONE
STEP.**

- Lao Tzu





DO YOU HAVE A SERVICE OBLIGATION?

Sailors with less than 8 years have a military service obligation that continues past transition from the Active Component

Sailors must affiliate with the SELRES if they have served less than 6 years of Active Duty service. Once a Sailor has completed a combined 6 years of Active Duty and SELRES service, they may be transferred to the Individual Ready Reserve for 2 years for the remainder of their MSO.

Per Title 10 U.S.C, Sailors in the IRR are required to keep the Navy informed of changes that may impact mobilization such as change of address, marital status, number of dependents, or civilian employment and any change in physical condition that may prevent meeting physical or mental standards

Each year in the IRR you will be required to return an annual screening questionnaire or you may be required to complete 1-day of muster duty each year to accomplish this screening

A woman in a Navy Reserve uniform is shown in profile, wearing a headset and looking at a computer monitor. The background is a dimly lit control room with various screens and equipment. The overall atmosphere is professional and focused.

In the Navy Reserve, military life doesn't have to be all in or all out. You can achieve
The best of both worlds, serving your country alongside full-time Sailors as you
continue your life in the civilian world

**YOU CAN THRIVE IN THE CIVILIAN
SECTOR AND SERVE**

PAY BENEFITS

As a NaVET (Navy Veteran) or OSVET (Other Service Veteran), you will likely resume at your previous rate or rank

BONUS

Joining the Selected Reserve (SELRES) could earn a potential affiliation bonus of up to \$50,000

PAY

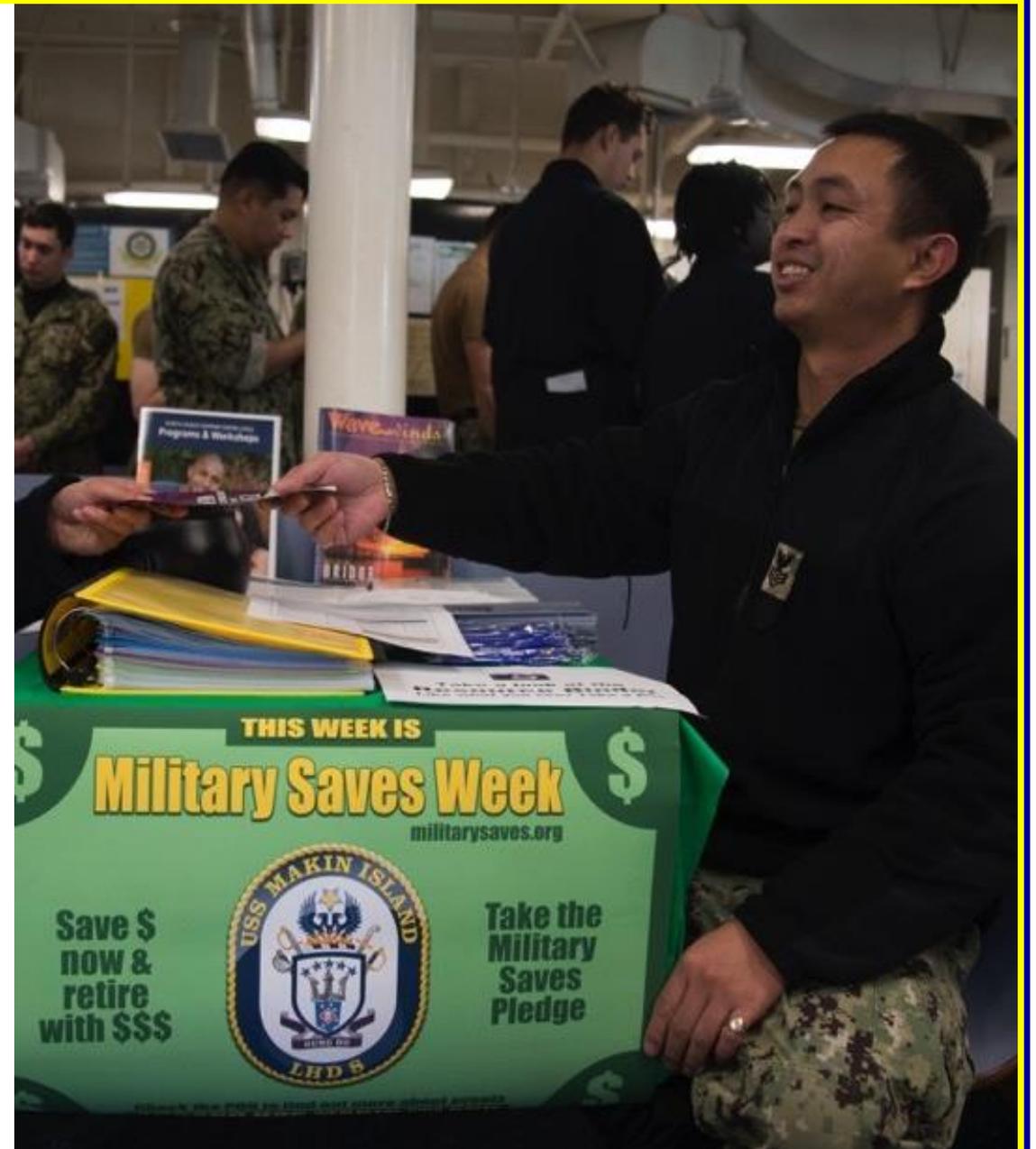
Navy SELRES are paid for four days of Active Duty for only two days of work

Paygrade	Drill Weekend pay ¹
O-5	\$1,479
O-4	\$1,256
O-3	\$1,080
E-6	\$631
E-5	\$540
E-4	\$426

¹ 2024 pay table, shows maximum rate for 4-drills based on years of service

RETIREMENT

Generous benefit, plus an optional tax-deferred Thrift Savings Plan to help you prepare and plan for retirement



HEALTH BENEFITS

TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM (TAMP)

The first 180-days of health care coverage may be premium-free under Transitional Assistance Management Program (TAMP) for those that affiliate immediately

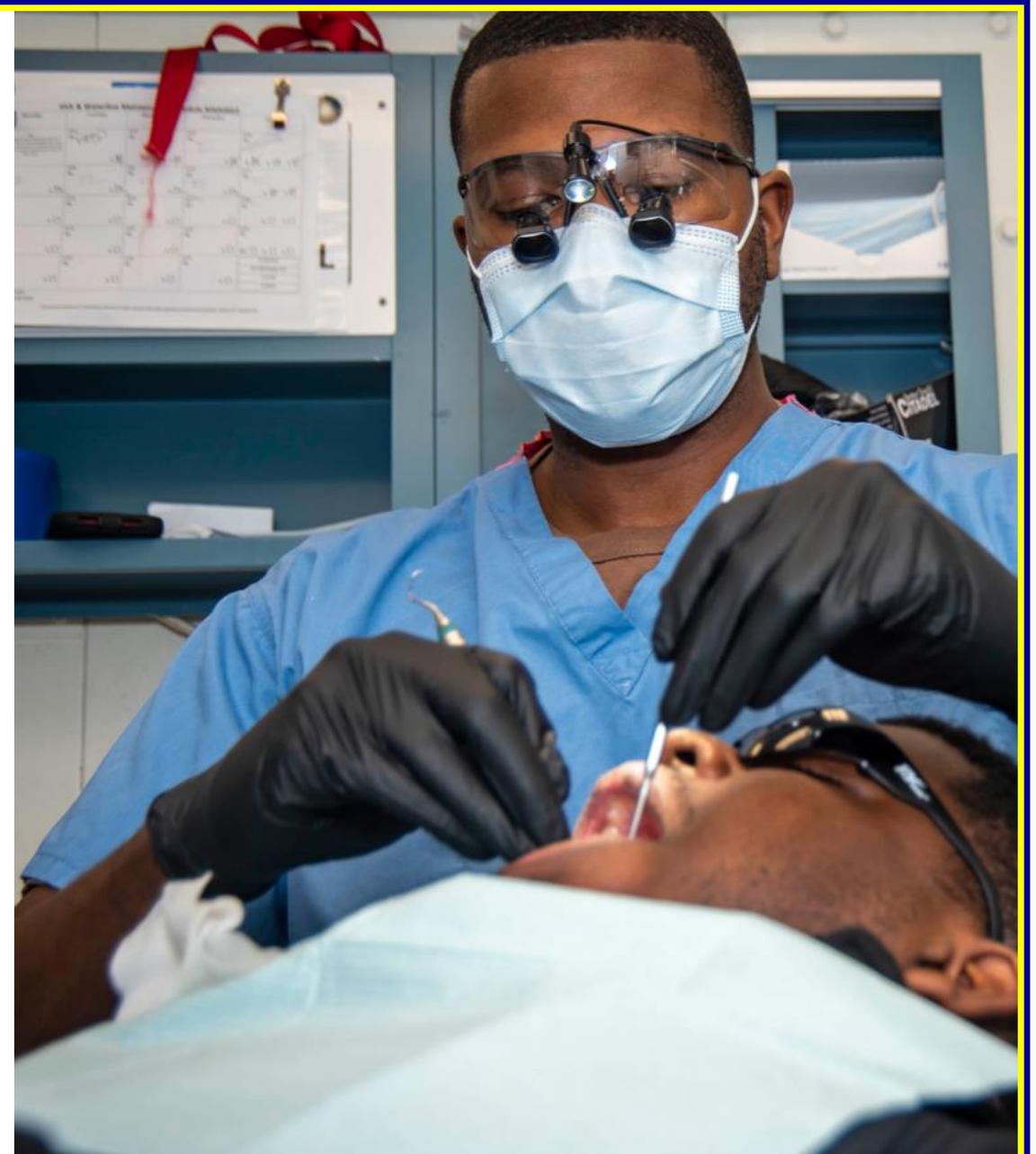
HEALTH INSURANCE

SELRES eligible for TRICARE Reserve Select (TRS) and TRICARE Dental Program

	TRICARE Reserve Select	TRICARE Dental Program
Premium ¹	Member only: \$51.95/month	Member only: \$12.36
	Member + Family: \$256.87/ month	Family: \$80.33
		Member and Family: \$92.69

¹ Dental Rates: May 1, 2023—April 30, 2024. Health Plan rates are for CY2024, effective 01 JAN 2024.

² Source: <https://www.tricare.mil/Costs>, <https://www.tricare.mil/Costs/DentalCosts/TDP/Premiums>



EDUCATION BENEFITS

MGIB-SR

A free education benefit for SELRES officer and enlisted Sailors who agree to serve 6-years in a SELRES status

NAVY COOL

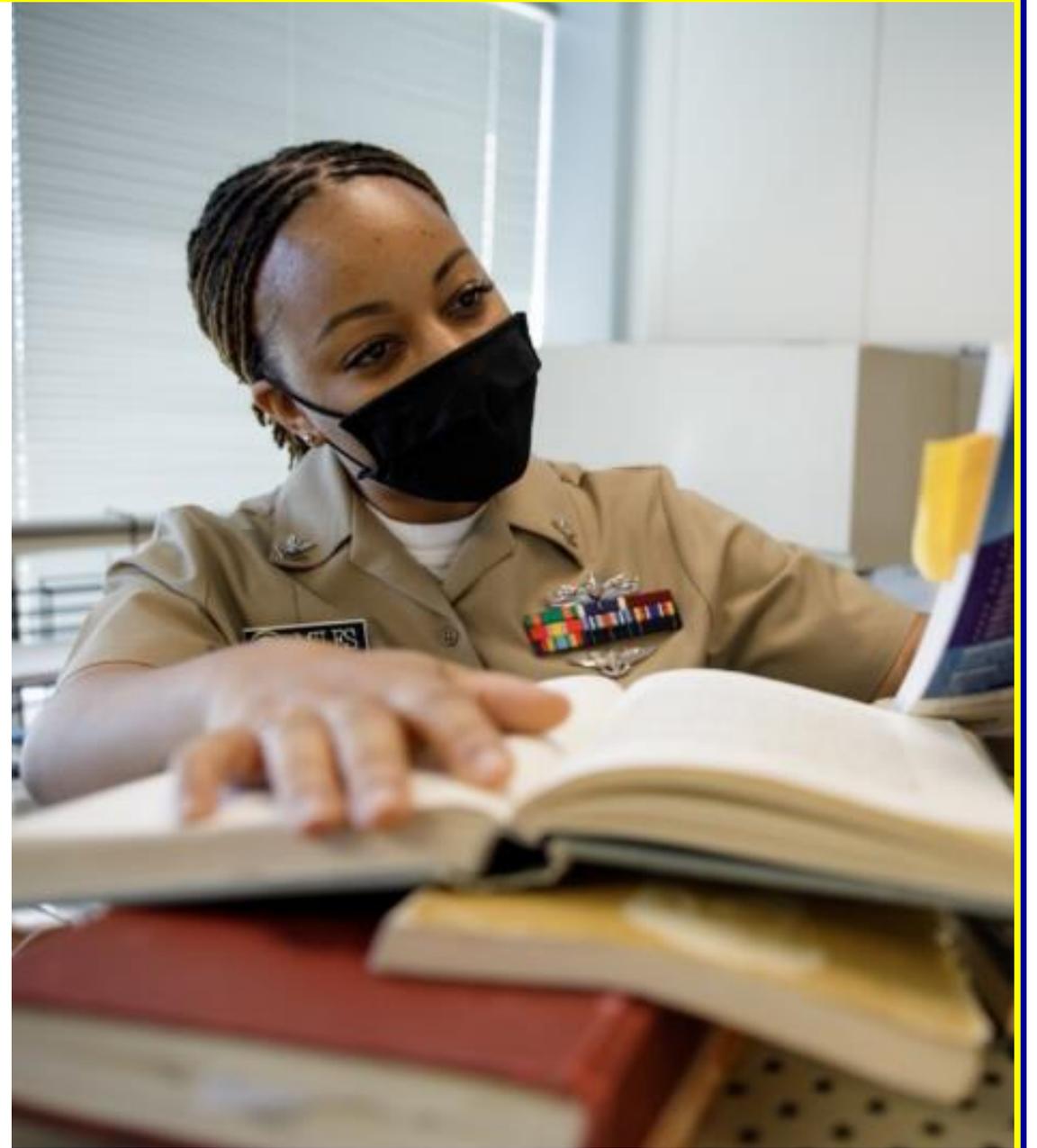
Earn certifications and licenses while serving in the SELRES: Available to officers and enlisted

TRANSFER POST 9/11 GI BILL

Eligibility can be obtained to transfer your Post 9/11 GI Bill to your dependents while serving in the Selected Reserves; incurs a four-year drilling obligation in the SELRES

“A” AND “C” SCHOOL OPPORTUNITIES

Sailors who change their rating can be eligible to attend required formal schooling. Certain billets may also require NEC obtainment or “C” school completion



OTHER BENEFITS

UNIFORMS

- IRR must keep uniforms serviceable
- Enlisted SELRES eligible for partial sea bag issue, one for one swap for unserviceable items

LIFE INSURANCE (SELRES)

- SGLI offered for SELRES up to \$500K, premium \$30/mo
- Dependents eligible for FSGLI up to \$100K spouse, \$10K each child

BASE AND OTHER AMENITIES

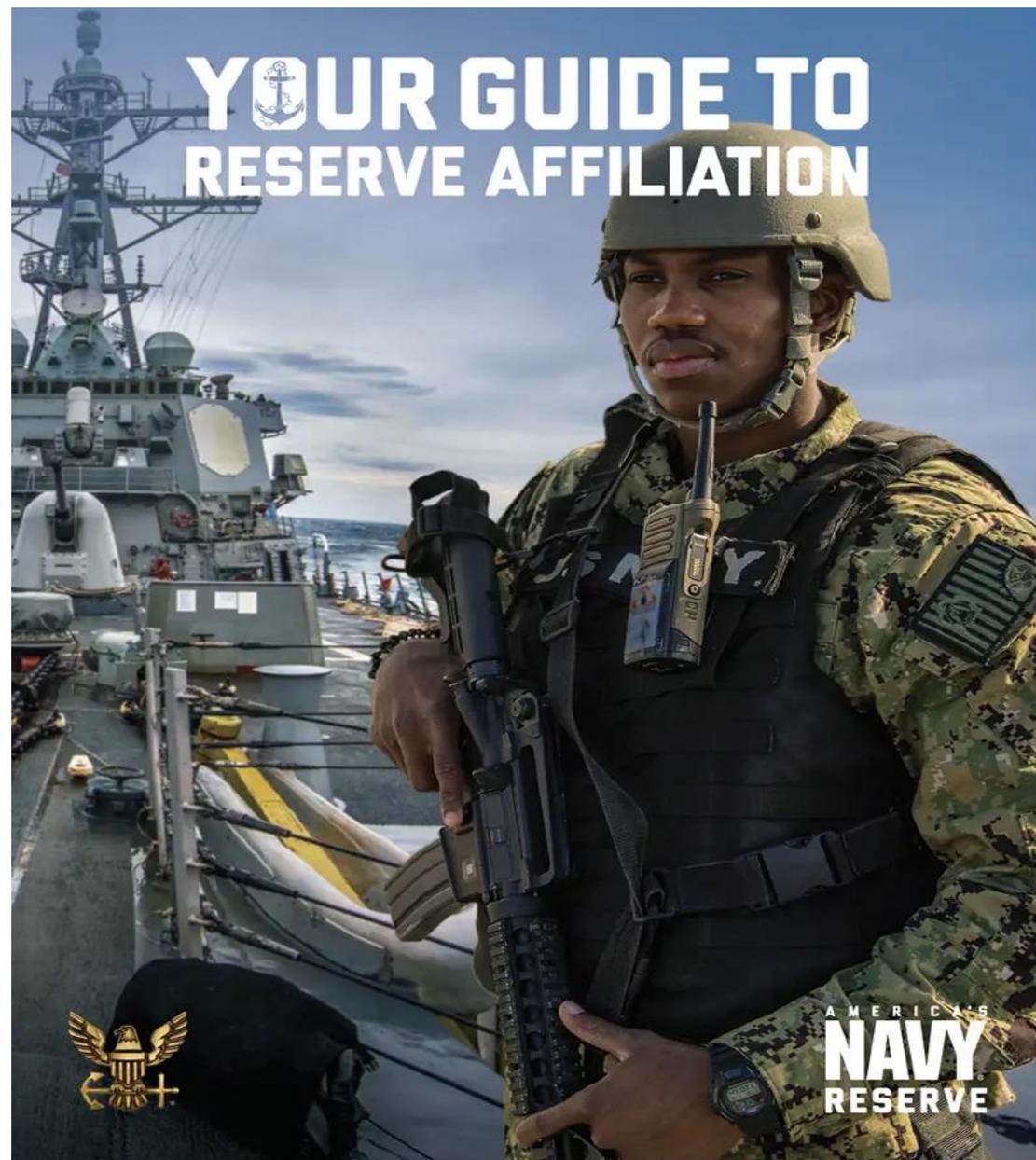
MWR, commissary, exchange, Fleet and Family Service Centers, Military/Navy lodging, Psychological Health Outreach Program, Military One Source, etc.

NETWORKING, CONNECTION

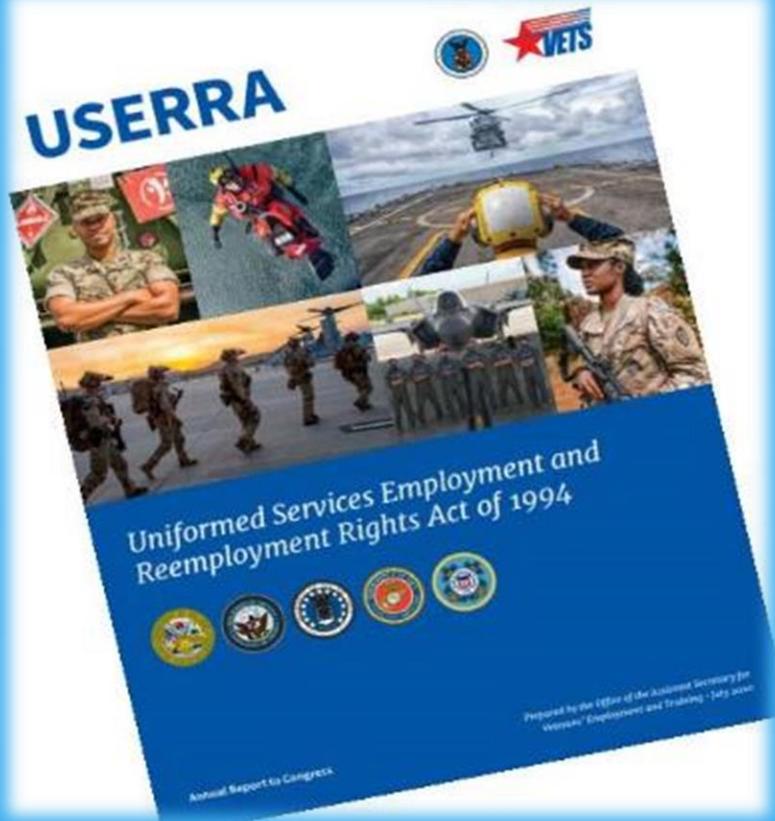
Maintain military affiliation, camaraderie. Connect with other Sailors for expanded civilian/professional opportunities. Strong Reserve mentorship networks

USERRA Protections

By law, your status as a member of the military is protected and as such, an employer may not discriminate against you based on that service in any way. While on orders, your civilian job is protected.



UNIFORMED SERVICE EMPLOYMENT AND REEMPLOYMENT RIGHTS ACT (USERRA)



- Federal law that establishes rights and responsibilities for uniformed Service members and their civilian employers
- Active Duty, National Guard, and Reserve Members covered by USERRA
- More information provided during DOL modules



BASIC OBLIGATIONS

Responsibilities of a SELRES member include completing one weekend of drilling per month and two weeks of Annual Training (AT) each anniversary year.

A Sailor's first year in the SELRES will be prorated based on the time of year when affiliation is completed.

FLEXIBLE DRILLING

Some Reserve Units may offer alternative drilling options.

Train near your home for 16-hours each month at one of the hundred of training sites that span the U.S.

If your civilian career makes weekend service difficult, flexible drilling options are possible.

NAVY RESERVE SAILORS IN EVERY STATE AND TERRITORY



Overall U.S. population distribution





ANNUAL TRAINING

For two weeks each year, you will take part in advanced training that can take you across the U.S. or around the globe

PARTICIPATION MADE EASY

2:10 Navy Reserve Forces Command public.govdelivery.com

UNITED STATES NAVY RESERVE

Email Updates

To sign up for updates or to access your subscriber preferences, please enter your contact information below.

Subscription Type

Email

Email Address

Your contact information is used to deliver requested updates or to access your subscriber preferences.

[Privacy Policy](#) | [Cookie Statement](#) | [Help](#)

- 2:09 Roam
- Search mail
- Commander, Navy Reserve Forces C... 4:39 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 4:33 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 4:32 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 4:30 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 3:59 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 3:57 AM
ADSW Opportunity for E5-E7 as a CsUAS OPE...
1. Supported Command POC Information: YNC...
 - Commander, Navy Reserve Forces C... 3:56 AM
ADSW Opportunity for E5-E7 as a CsUAS OF...
1. Supported Command POC Information: YNC...

3:50 PM 61%

NRRM ACCOUNT ACCESS

JOHN Q. RESERVIST, LCDR
MARYLAND

ANNOUNCEMENTS 2

Readiness

ADMIN	Fully Qualified
IMR	Fully Qualified
PFA	Fully Qualified
DEPLOY	Fully Deployable

Deployability Codes

Admin MAS	--
Medical MAS	--
Training MAS	▼ THS
IMS	--

Release 3.0 Accessibility/Section 508

Hours: Monday - Thursday 0700 - 1530 CST and Friday 0700 - 1300 CST

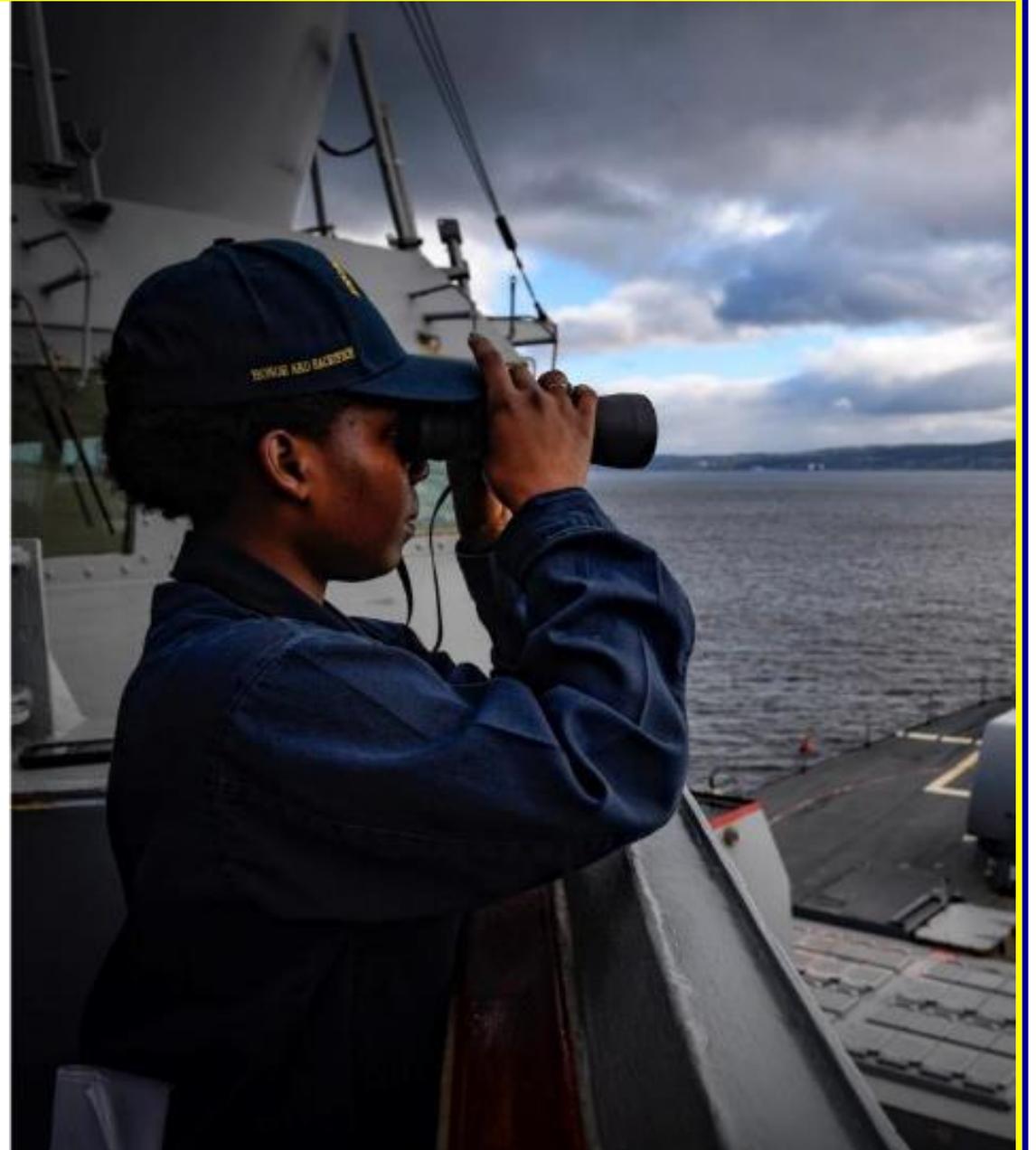


DEPLOYMENT DEFERMENT

RECEIVE A TWO-YEAR INVOLUNTARY MOBILIZATION DEFERMENT

If you join the Navy Reserve you will receive a two-year deferment from involuntary mobilization commencing on the date of affiliation with the Selected Reserve.

Reservists can potentially be deployed during service. There is no formula for determining who will deploy or when, where or for how long.



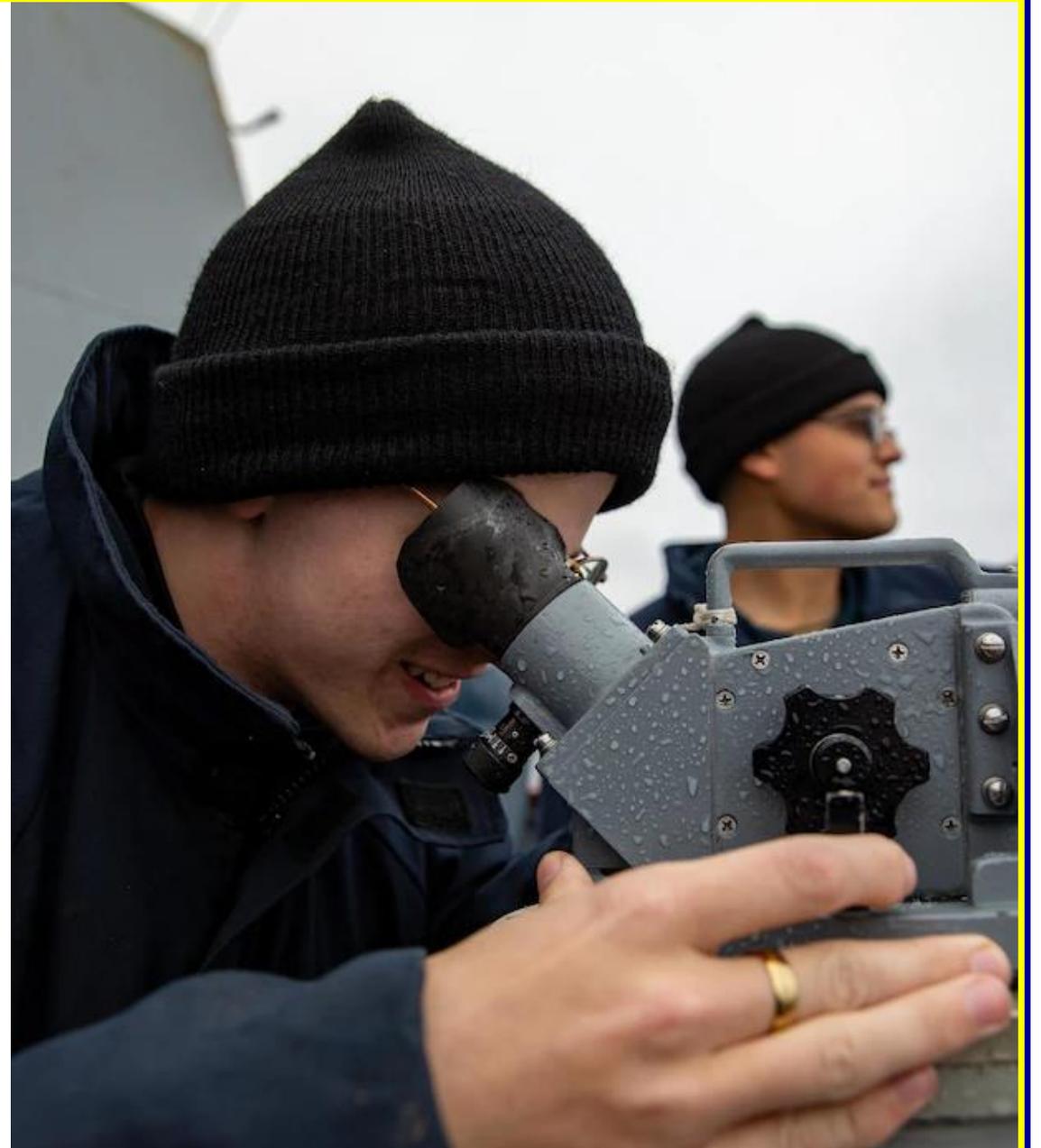
FULL-TIME OPTIONS

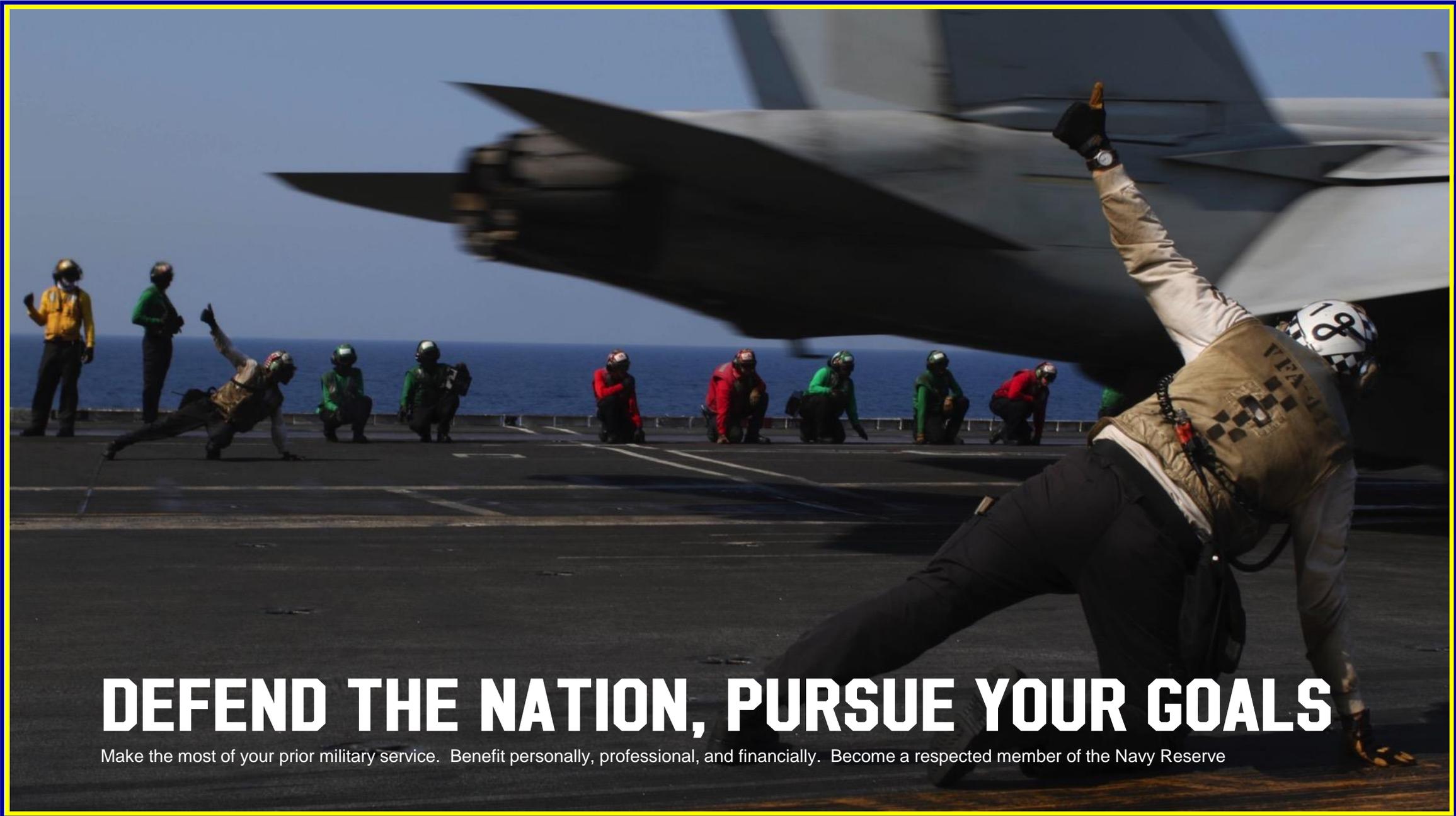
ACTIVE DUTY OPPORTUNITIES

Voluntary temporary recalls to active duty (Definite Recall) for durations of 1-3 years are available. While on these orders the Sailor will earn full Active Duty pay and benefits

Voluntary Active Duty for Operational Support (ADOS) and Active Duty for Training (ADT) allows periods of active duty in a variety of capacities

Indefinite Recall, aka Training and Administration of the Reserve (TAR) program, is a path back to full-time active duty





DEFEND THE NATION, PURSUE YOUR GOALS

Make the most of your prior military service. Benefit personally, professional, and financially. Become a respected member of the Navy Reserve

JOINING OUR TEAM

IT'S EASY

Joining the Navy Reserve is Simple and Seamless

ENTRY PROCESS FOR THOSE WHO'VE SERVED BEFORE

The process of affiliating with the Navy Reserve is relatively simple, as recruiters will guide you through the process and help you determine whether you qualify as a NAVET (Navy Veteran), a OSVET (Other Service Veteran) or for any of the other related entrance programs.

As a military veteran – NAVET or OSVET – you must be able to complete 20 years of service by age 60. You can discuss the specifics of your individual situation with your recruiter, find out whether you're eligible and be advised on next steps.

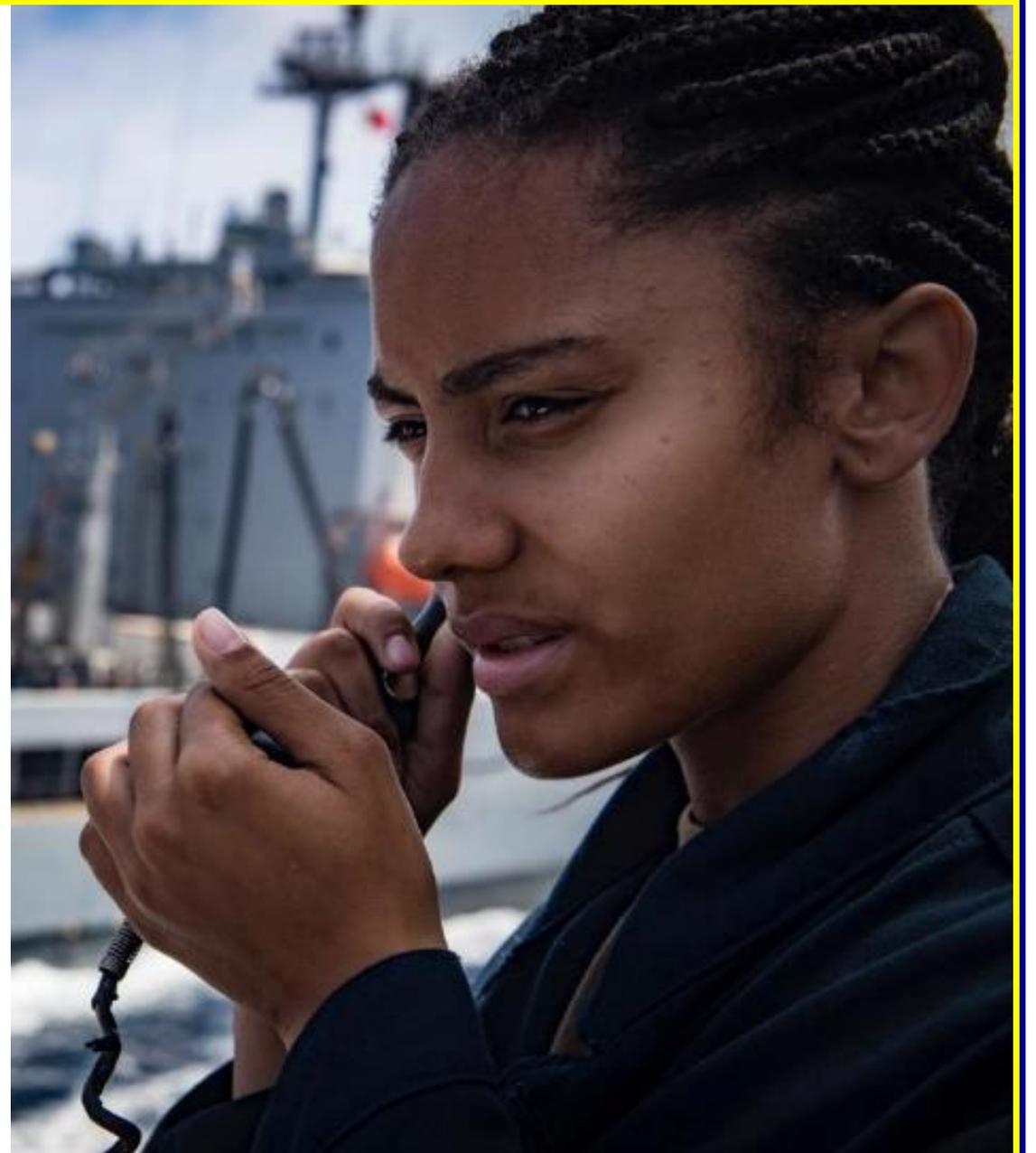
SECURE PRIOR SERVICE DOCUMENTATION

If you've served before and are interested in the Navy Reserve, you'll want to get a copy of your DD 214 form and make sure the information in it is complete and correct. To obtain a copy of your DD 214, simply submit form SF-180, Request Pertaining to Military Records.

EXPECT INITIAL PROCESSING

NAVETs and OSVETs will not be required to complete prerequisite training requirements to affiliate with the Navy Reserve. However, there will be a need to report for administrative processing and uniform fitting.

1-800-USA-NAVY



QUESTIONS?

CONTACT/MORE INFORMATION:

Career Transition Office webpage:
<https://www.mynavyhr.navy.mil/Career-Management/Transition/>

PRIOR SERVICE RESERVE AFFILIATION

NCC (SW) Paul A. Burke
paul.a.burke6.mil@us.navy.mil

Willis (Steve) DeClue
willis.s.declue.civ@us.navy.mil

Llewellyn E. Johnson Sr.
llewellyn.e.johnson.civ@us.navy.mil

Please email the following information so they may provide your information to the Benefits Advisor nearest you:

Name:

Address:

Phone:

Email:

If still on active duty, current duty location:

Best time and way to contact:

