

POST-DEPLOYMENT

COAST GUARD FINANCIAL READINESS

Preparation: Distribute and discuss the *Post-Deployment* Checklist and accompanying handouts to support this video-based training course. Checklists and handouts can be found online at [Coast Guard Personal Financial Management Program - FINRED Learning Resource Library - APAN Community](#).

★ PART ONE: Introduction and Financial Planning

Play Videos 1, 2, and 3



1. Overview —
Post-Deployment

Introduction: Welcome to this training course. Today we will have a conversation about managing your finances after returning home from deployment. The goal of today's discussion is to go over financial tips and information that are helpful when adjusting back to everyday life.

The excitement from returning home from a deployment is a feeling like no other. However, this change has financial implications for which you should be prepared. The following videos will provide guidance on making adjustments to your post-deployment financial plan.



2. Financial
Planning for
Post-Deployment

DISCUSSION QUESTIONS

1. What aspects of your income will change when you return from deployment?

Talking Points: Examples include loss of deployment pays, income that was nontaxable while deployed will be exposed to taxes once again. Monitor your Payslip to ensure you are receiving appropriate entitlements.



3. Reassessing
Your Goals
After
Deployment

2. How will your expenses change when you are no longer deployed?

Talking Points: Food, gas, housing, entertainment, overdue vacations, family outings, travel, insurance, cell phone are likely to increase. Reassess your spending plan to include the additional expenses that will occur.

3. Will you be experiencing any major life events or large purchases after your deployment?

Talking Points: Marriage, divorce, new child, family changes/support; purchases such as a car, house, vacation.

Play Videos 4 and 5



4. Managing
Debt and
Understanding
Credit

DISCUSSION QUESTIONS

1. Why is it important to pay attention to how you are managing debt?

Talking Points: Poor management can impact your security clearance, cause stress, and cost you more in interest charges. Good debt management can help build a positive credit reputation.



5. Emergency
Funds

2. How much should you save in an emergency fund?

Talking Points: Experts recommend saving three to six months of living expenses in a readily available account like a savings or money market account.

★ PART TWO: Estate Planning, Insurance and Credit Protections

Play Videos 6, 7, and 8



6. Transition
to Other
Financial
Planning
Topics

DISCUSSION QUESTION

1. With regards to legal documents, are there any changes that need to be made?

Talking Points: It is always recommended to keep legal documents up to date. Did you issue a power of attorney (POA) that is no longer needed? Review your will and beneficiaries to ensure your wishes are reflected.



7. Legal
Documents
Post-Deployment

KNOWLEDGE CHECK

Question: What free resource do you have access to, to assist in reviewing your legal documents?

Answer: Your local legal assistance office



8. Other
Post-Deployment
Considerations

Question: If you participated in the Savings Deposit Program (SDP), how long will your funds continue to earn interest after you return from deployment?

Answer: 90 Days

Play Videos 9 and 10



9. Insurance

DISCUSSION QUESTION

1. Prior to deployment it was recommended you review and update insurance policies as needed. Now that you are home it is a good time once again to verify your insurance needs are met. What insurance coverage items should you consider at this time?



10. Active Duty Alerts

Talking Points: Medical (TRICARE coverage) — Did your family return home while you were gone and now you are back together at your duty location in a different TRICARE region? While you were deployed were there any changes to the makeup of your family that would require an update to your life insurance? If you made major “post-deployment” purchases, your property and auto insurance will need reviewing as well.

KNOWLEDGE CHECK

Question: If you placed an Active Duty alert on your credit, which credit reporting agency should you contact to remove the alert?

Answer: All three: Equifax, Experian, TransUnion

★ PART THREE: THRIFT SAVINGS PLAN

Play Videos 11 and 12



11. Understanding the TSP

DISCUSSION QUESTIONS

1. How much can you contribute to your TSP?

Talking Points: The IRS allows you to contribute up to the elective deferral limit under normal circumstances. For 2024, this amount is \$23,000. If you are serving in a combat zone tax exclusion area, you may be able to contribute up to the IRS-defined annual addition limit, which is \$69,000 for 2024.



12. Managing Your TSP

2. The TSP account is yours which means you are in charge of managing it. What steps can you take now to ensure you are handling your retirement plan properly?

Talking Points: Check to make sure your account address in Direct Access is accurate. Check your tax treatment on contributions (meaning are you making Traditional or Roth contributions) and update the percentage of pay you’re contributing. Order your account number and password through <https://www.tsp.gov>. Log in at <https://www.tsp.gov> to view your allocation of current balance and future contributions, update if needed, and review and update your beneficiaries.

2. The TSP account is yours which means you are in charge of managing it. What steps can you take now to ensure you are handling your retirement plan properly?

KNOWLEDGE CHECK

Question: Where can you learn more about how to invest your TSP?

Answer: Visit <https://www.tsp.gov> for more information on the investment fund choices available to you.

★ PART FOUR: Conclusion

Play Video 13



13. Other
Considerations
and Wrap Up

Conclusion: We have reviewed financial information and provided reminders for important considerations as you return from deployment. Remember to update contact information if you have changed your phone number, email address, or moved, so you will continue to receive important notices. If you have not filed your taxes and it is time to do so, be sure to organize your documents and file your returns soon after you return home. Finally, be sure to review your financial goals now that you're back and make sure you update your plan to achieve them, if necessary.