MILITARY DIVORCE FINANCIAL CHECKLIST

KEY STEPS FOR ACTIVE DUTY, VETERANS, AND SPOUSES TO PROTECT YOUR FINANCIAL FUTURE

Divorce is complicated. But with preparation, you can take control of your financial future and protect your long-term security, no matter where you or your spouse are in your military or post-military journey.

UNDERSTAND MILITARY RETIREMENT DIVISION

- ☐ Review how military retirement pay is treated in your state during divorce
- ☐ Determine eligibility under the 10/10 Rule for DFAS direct payments
- ☐ If you're a retired Veteran, verify whether pension income is included in property division
- ☐ Understand that VA Disability pay is generally not divisible, but may affect support
- ☐ Work with a military-knowledgeable attorney and financial planner

ASSESS HEALTHCARE OPTIONS

- ☐ Verify TRICARE eligibility under the 20/20/20 rule (20 years marriage/service/overlap)
- ☐ If you're not eligible for TRICARE, evaluate CHCBP (Continued Health Care Benefit Program) for temporary coverage
- ☐ Explore civilian healthcare options if your military coverage ends
- ☐ Confirm dependent children's coverage options

REVIEW OTHER MILITARY AND VETERAN BENEFITS

- ☐ Check base access eligibility for commissary, exchange, and installation privileges
- ☐ Update or establish Survivor Benefit Plan (SBP) elections, as required by divorce decree
- ☐ Review impact on VA Disability benefits and survivor benefits
- ☐ Verify SGLI (Servicemembers' Group Life Insurance) and VGLI (Veterans' Group Life Insurance) beneficiary updates

CALCULATE CHILD SUPPORT AND ALIMONY

- ☐ Include all military and Veteran income sources:
  - Base pay
  - BAH (Basic Allowance for Housing)
  - BAS (Basic Allowance for Subsistence)
  - Bonuses and special pay (active duty)
  - Retirement pensions (retired Veterans)
- ☐ Understand how VA Disability pay may factor into support calculations
- ☐ Confirm child support/alimony obligations under state law and military regulations

UPDATE YOUR FINANCIAL ACCOUNTS

- ☐ Change beneficiaries on life insurance, retirement accounts, and TSP/IRA accounts
- ☐ Revise your will, power of attorney, and healthcare directives
- ☐ Close or separate joint accounts, as appropriate
- ☐ Review and adjust your budget for your new circumstances
- ☐ Monitor credit reports and protect personal financial information

BUILD A POST-DIVORCE FINANCIAL PLAN

- ☐ Consult a financial professional who understands military and Veteran-specific finances
- ☐ Establish new financial goals and savings targets
- ☐ Review long-term retirement and investment strategies
- ☐ Build emergency savings to provide stability during transition
- ☐ Create a new estate plan that reflects your updated situation

BONUS TIP

Working with a financial team experienced in military finance can help avoid costly mistakes and bring you peace of mind as you move forward.

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