

# USPHS Retirement Seminar

May 8, 2023

Cox Business Convention Center

Tulsa, OK

## Agenda

<b>Time</b>	<b>Topic</b>	<b>Facilitator</b>
8:00-8:05	Welcome and Introductions	Jacqueline Rychnovsky, ExecDir
8:05-9:45	USPHS Retirement Process Retired Pay Terminal Leave Separation Forms	LCDR Adelaida Rosario, CCHQ
9:45-10:00	Break	
10:00-10:45	You and Your Travel	LCDR Andrew Okolo, CCHQ
10:45-11:45	Veterans Disability Claims	Art Timmins, American Legion
11:45-12:00	Break/ Grab Box Lunch	
12:00-1:30	Roadmap to Retirement	Dan Precourt, Prudential Pathways
1:30-1:45	Break	
1:45-2:30	TRICARE	Maria (Luly) Burciaga Health Net Federal Services
2:30-3:30	Survivor Benefit Program TSP Pre-Separation Brief	Heather Walrath,, Navy Mutual
3:30-3:45	Break	
3:45-4:45	Federal Dental and Vision Insurance (FEDVIP)	Richard Hartley, FEDPOINT Dental
4:45-5:00	Q&A/Closing Remarks	RDML Randall Gardner, USPHS (Ret.)
5:00-6:00	Small group targeted breakouts and/or 1:1 individual Q&A with CCHQ staff	LCDR Adelaida Rosario, CCHQ