



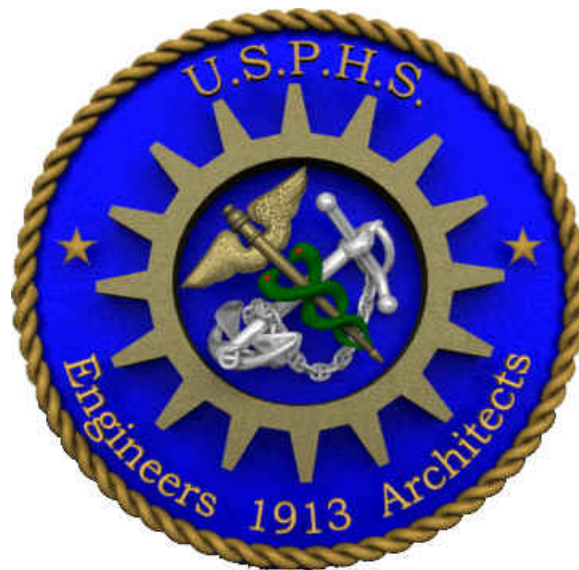
ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



WELCOME TO THE UNITED STATES PUBLIC HEALTH SERVICE (USPHS)

The information included in this welcome packet is intended for Engineer Officers. The EPAC information is intended to help simplify and identify *important/urgent tasks* new officers should focus on within the first 30/60/90/120 days after being Called to Active Duty.

MACHINATORES VITAE (Engineering For Life)



Any instructions, guidance, or program information provided apply only to USPHS Engineer Officers. Others should always check with their agency personnel before utilizing the content in any way. Furthermore, in the event of discrepancies between the information contained in this packet and information from the Commissioned Corps Management Information System (CCMIS) web site, the CCMIS web site <http://dcp.psc.gov/> or any official PHS/government websites will be the authoritative source.

**Engineer Professional Advisory Committee (EPAC)
Updated – March 2010**

**USPHS COMMISSIONED CORPS CORE VALUES
LEADERSHIP - SERVICE - INTEGRITY - EXCELLENCE**



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



The First 30 Days of Commissioning Engineer Officers Should Complete the Following

Relocating: Household Goods Shipment

Contact your Agency Liaison. **Do not start shipping your goods until you have received orders.** Any expense incurred moving goods prior to receiving orders to do so you will have to be paid out-of-pocket. You will need to obtain form SF -1012 "Travel Voucher" from the program administrator. Before moving, be sure the following forms are completed: PHS 1662 "Request for Personnel Action-Commissioned Officer"; PHS-4013-1 "Application for Shipment of Household Goods- (Commissioned Officers)"; and SF 1203 "Government Bill of Lading".

[dcp.psc.gov/Travel
Agency Liaisons](http://dcp.psc.gov/TravelAgencyLiaisons)

Make several copies of your Call to Active Duty (CAD) Order

Have several copies of your CAD. It will be needed to obtain a military ID, access a military base for the first time, set-up medical records profile, register your vehicle, etc.

Obtain a Military Identification (ID) Card

The Military ID card is issued to PHS Officers and to eligible family members. ID cards must be renewed periodically (usually every four years and/or upon promotion). Confirm your information in DEERS is correct. DEERS is the data system that contains essential beneficiaries under the Uniformed Services Health Benefits Program. The ID card allows access to military bases and medical services. All PHS officers must complete Form DD-1172, "Application for Uniformed Services Identification Card- DEERS Enrollment".

[Rapids Site Locator](#)
[moaa_pay and benefits](#)

[Tricare DEERS](#)

Obtaining Health Benefits

PHS Officers are entitled to healthcare from any Uniformed Services Medical/ Military Treatment Facility (MTF) with a valid military ID. Healthcare will vary based on Officer's duty station. If your duty station zip code lies **within 60 miles** of a MTF, you must enroll in **TRICARE Prime** and obtain all routine and non-routine medical and dental care through the MTF. Active-duty officers are **not** eligible for TRICARE Extra or Standard. If your duty station is **60 miles outside the catchments area** of a MTF, you must enroll in **TRICARE Prime Remote**. The officer may obtain services from local physician where TRICARE Prime Remotes is accepted. Services coverage for Officers can differ from coverage offered to dependents. Check the website for benefits offered to Active Duty officers as well as dependents.

[Tricare](#)
[TRICARE Prime Remote](#)
[TRICARE Dental Program](#)
[Delta Dental](#)



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Electronic Commissioned Corps Issuance System (eCCIS)

On 04 AUG 2006, the Commissioned Corps Personnel Manual (CCPM) was officially renamed the electronic Commissioned Corps Issuance System or eCCIS. The eCCIS constitutes the official medium for the issuance of policies, procedures, standards, instructions, and information governing personnel management of the Corps. Officers shall remain subject to the policies, procedures, and standards contained therein.

[electronic Commissioned Corps Issuance System](#)

Navy Mutual Aid Association Loan:

The Officer 'Career Assistance Program' (CAP) and the Career Achievement Program (ECAP) Loans are NO LONGER available from Navy Mutual Aid. For further information please contact a counselor at (800) 628-6011.

<http://www.navymutual.org/>

Montgomery G I Bill/ Education benefits

You can only opt for the GI Bill **once** in your life. You will receive the form with the rest of your initial paperwork. Think twice before declining. Many people have regretted not signing up. Once declined, the process is irreversible. Upon commissioning, you have an option to deduct \$100 a month for the first 12 months out of your paycheck. The funds come out of pretax salary. You can opt to purchase additional funds after the first year. The amount contributed affects the amount you may receive for education. These funds cannot be used until after two years from active duty date.

[GI Bill](#)

Create a Living Will

A will is a legal document that allows the officer to predetermine how his or her personal properties will be distributed after death. Before deploying, you may not have a chance to draft a will. Judge Advocate General's (JAG) Corps, located on most major military bases, will help you draw a will free of charge. All officers are encouraged to have a living will.

<http://www.jag.navy.mil/>

Answering the Call of Compassion, Patriotism and Service:

Find Out How the Commissioned Corps Is Transforming!

Now is the best time to be an officer in the United States Public Health Service (USPHS) Commissioned Corps. On January 18, 2006, U.S. Department of Health and Human Services Secretary Mike Leavitt announced an initiative to transform the Corps to become better prepared than ever to meet the public health needs of the 21st century.

<http://www.usphs.gov/transformation/>

[Initiative to transform the United States Public Health Service \(USPHS\)](#)

USPHS COMMISSIONED CORPS CORE VALUES
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Purchase a PHS Uniform:

As a USPHS officer in a uniformed, unified and visible service, wearing the uniform daily with pride, professionalism, and distinction is expected. Obtain one-time uniform allowance of \$250.00 by submitting a memorandum to Compensation Branch Chief.

[uniform allowance](#)
[required wear of the uniform](#)

Navy Exchange, Virginia Beach, VA 800-368-4088

<https://uniforms.nexweb.org/>
<http://www.navy-nex.com>

Marlow-White Uniform Co., Leavenworth, KS 800-255-6136

<http://www.marlowwhite.com/>
<http://www.marlowwhite.com/html-navigation.html>

Lighthouse Uniform Co., Seattle, WA 800-426-5225

<http://www.lighthouseuniform.com>

Army & Air Force Exchange Service, Dallas, TX 800-527-2345

<http://www.aafes.com>

Ultra Thin (magnetic ribbons), Moore, OK 800-758-7265

[Ultrathin](#)

PHS Ribbon Checker

[Rack Builder](#)

Purchase USPHS nametags

Official nametag must be worn on the uniform. It recommended that you obtain two nametags: agency and non-agency specific. For deployment, only non-agency specific nametag may be worn on the working khaki uniform.

[Ultrathin](#)

Know how to wear the USPHS uniform (CCPM)

[PHS Uniforms:](#)

Book 4: Uniforms (CCI 400 Series)

Uniforms, General Information on Uniforms and Appearance

Uniforms for Male Officers

Uniforms for Female Officers

Insignia and Devices

Special Uniform Situations

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BASIC READINESS

Dedicate your life to public service and to the mission of the Public Health Service. Have the commitment to the PHS mission to protect, promote, and advance the health and safety of the Nation. Help further enhance the healthcare system and strengthen the quality of healthcare services for the American people.

For more than two centuries, officers of the United States Public Health Service (USPHS) Commissioned Corps, one of the nation's seven uniformed services, have worked around the world to help in times of disaster and to provide day-to-day health care for underserved populations in the United States. Most recently, in response to Hurricanes Katrina and Rita, the Corps carried out the largest mobilization in its history. Such events have demonstrated the importance of maintaining and strengthening the nation's ability to respond to future national public health emergencies.

All Commissioned Officers of the U.S. Public Health Service are required to meet BASIC readiness standards. BASIC Readiness Standards are required to ensure officer readiness prior to deployment. Readiness and Deployment Operations Group (RedDOG) is responsible for establishing and maintaining readiness programs for the Corps and tracks the readiness status of individual officers. All Officers are provided user IDs and passwords to the RedDOG websites. Officers are required to login and record readiness information and to login and complete readiness training modules. Basic Readiness Standards include the following requirements: complete immunizations, Annual Physical Fitness Test (APFT), Basic Life Support (BLS) Training, and RedDOG's online training modules. All officers must join the RedDOG List Server. Readiness and Deployment Operations Group (RedDOG) sends out very important information for officers regarding readiness and deployments and the list server is a primary communications tool. Officers may login to the RedDOG Main Website for more detailed information on readiness, training and deployment opportunities.

The Commissioned Corps is to become trained in the Incident Command System (ICS), the National Incident Management System (NIMS), and the National Response Plan (NRP). In fact, across government, all individuals involved in emergency preparedness and response are required to complete four on-line training courses that have been prepared by the Federal Emergency Management Agency (FEMA), and are widely accepted as the national standard. (These courses are in addition to current Corps readiness training requirements) A better understanding of the FEMA course topics will promote utilization of ICS concepts in leading, managing, and participating in an emergency response.

RedDOG/FEMA Courses:

[NIMS](#)

- IS-100 Introduction to Incident Command
- IS-200 Basic Incident Command System for Federal Disaster Workers
- IS-700 National Incident Management System (NIMS), an Introduction
- IS-800 National Response Plan (NRP), an Introduction

Readiness and Deployment Operations Group [RedDOG](#)
Response Operations: RedDOG-RESPONSE@hhs.gov
Response Teams: RedDOG-RESPONSE@hhs.gov
Field Training: RedDOG-Training@hhs.gov

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ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



The First 60 Days of Commissioning Engineer Officers Should Complete the Following

Consider developing a Mentoring relationship with a senior engineer officer to help with your career progression in the USPHS

The Engineer Professional Advisor Committee (EPAC) considers mentoring to be a vital component of career development and enhancement. A strong, viable mentoring program will not only strengthen the career potential of our architects and engineers, it is key to developing competent and confident leaders that will be faced with the public health challenges of the 21st century. The EPAC developed and implemented a pilot-mentoring program for USPHS architects and engineers in 1996. The pilot program has been evaluated and modified based on input from the participants. The revised program is now available to architects and engineers who feel they would benefit from being a mentor or a protégé.

[usphs engineers mentoring](#)

Officer Basic Course (OBC)

All new Calls to Active Duty (CADs) must attend a two-week Officer Basic Course (OBC). OBC provides an introduction to the Commissioned Corps and also provides Officers a better understanding of military customs and courtesy, career development, promotions, leave, compensation, awards, resource utilization, and readiness and deployment. Registration for OBC is through your Agency liaison. [The Commissioned Officer Training Academy \(COTA\)](#)

Review the Engineer Career Planning Handbook

The Handbook provides PHS engineers and architects a better understanding of the category's rich history and provides guidance on building a promising career.

[usphs engineers handbook](#)

Learn about Commissioned Officers Leave Tracking System (COLTS):

Information about the types of leave available to Officers may be found in eCCIS Chapter 6: Leaves and Absences. Annual leave may only be taken in full days; such leave is tracked using COLTS. The Officer is responsible for tracking and confirming his/her leave online.

<https://dcp.psc.gov/cclogin/ccmislogin.aspx>



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



Engineer Professional Advisory Committee

Visit the Engineer Professional Advisory Committee (EPAC) Website for important and valuable information to engineers and architects. Engineer Professional Advisory Committee (EPAC) provides advice and consultation to the Chief Engineer, who in turn reports to the Surgeon General on matters relating to the professional activities and personnel issues affecting PHS engineers. EPAC's month meetings are open to all. Visit the website for scheduling, points-of-contact, and teleconference information. EPAC has eight subcommittees: Awards, Career Development, Emergency Preparedness, Information, Mentoring, Public Health Engineering Practice, Recruitment and Retention, Rules, and the USPHS Training and Scientific Symposium.

It is important to note that the EPAC acts in the interest of both Civil Service and Commissioned Corps engineers and architects.

[usphs engineers](#)

[usphs engineers EPAC](#)

Enroll in Thrift Savings Plan (TSP)

Thrift Savings Plan (TSP) is a retirement savings and investment plan that offers the same type of savings and tax benefits that many private corporations offer their employees under so-called "401(k) plans." The TSP is a defined contribution plan. That is, the retirement income that you receive from the TSP depends upon how much you have contributed to your account and the earnings that have accrued on those contributions. The money that you invest in the TSP comes from pre-tax dollars and reduces your current taxable income. Your investments and earnings are not taxed until they are withdrawn. TSP for Uniformed Services (TSP-U-1) is different than one offered to Civilians (TSP-1). Be sure to enroll using the correct form. Prior federal employees may combine TSP-1 with the officer's TSP-U-1.

[TSP forms](#)

[TSP for Uniformed Services](#)

Reference the Officer Handbook

This is the official guide of USPHS officer.

[Commissioned Officer's Handbook](#)

Learn about Flag Protocol

<http://www.usflag.org/uscode36.html>



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



The First 90 Days of Commissioning Engineer Officers Should Complete the Following

Officer's Electronic Personnel File (eOPF)

Establish and maintain your Officer's Electronic Personnel File (eOPF); keeping your eOPF up-to-date is critical to your career. Review and update your files (CV, Training, etc.) Every 6 months or as needed check the Promotion Information Review (PIR). Information in your file may be reviewed for promotion, awards and jobs by review boards.

<https://dcp.psc.gov/cclogin/ccmislogin.aspx>

Review the Commissioned Corps Management Information System (CCMIS) Web Site

The CCMIS provides updated notices that are important to PHS officers. This is a great source of information. Links can be found here for almost anything. It is recommended that you read the monthly Commissioned Corps E-Bulletins. Join the CCMIS list server, the Commissioned Corps Management Information System (CCMIS) provide vital information to help officers remain informed.

<http://dcp.psc.gov/Reminders>

Join the Junior Officers Advisory Group (JOAG)

JOAG provides advice and consultation to the Surgeon General, Chief Professional Officers, Professional Advisory Committees and other Commissioned Corps groups on issues relating to professional practice and personnel activities affecting Junior Officers in the USPHS Commissioned Corps. The JOAG conducts monthly teleconferences on the second Friday of each month. To participate, see the website for more information. Officers in the DC area may attend the meeting in person. The JOAG List Server sends out important information for new officers.

[JoagHome](#)

Join the NIH List Servers:

The NIH LISTSERV facility is an email-based server that allows users to create, manage, and control electronic mailing lists on a network. The following are recommended to join for updated information: <http://list.nih.gov>

JOAG - Junior Officer Advisory Group (JOAG)

HHS-STAFF-URGENT - Urgent announcements to all U.S. DHHS Staff

HHSNEWSLETTER - HHS Weekly Newsletter

HHSPRESS - US Dept of HHS: Press Releases, Other Info

WHAT'SNEW-AT-HHS - What's New Updates on the HHS Web Site

Join the Commissioned Corps LISTSERV:

https://service.govdelivery.com/service/multi_subscribe.html?code=USOPHSCC

Subscribe to free White House e-mail updates

<http://www.whitehouse.gov/>

http://www.whitehouse.gov/weekly_address/

Learn about your Agency

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Be able to identify your Agency Liaison. Agency Liaison may be a good resource for Agency-specific information and will also be processing your PHS Form 1662 Change in Personnel for billet changes, submission of awards, etc.

[Commissioned Corps Liasons](#)

Learn about your profession in the USPHS

Engineer officers in the PHS Commissioned Corps work throughout the Department of Health and Human Services (HHS) and in other Federal agencies/programs. Engineers may work in non-engineer positions/billets. Statistical Reports are available to provide an idea where engineers are detailed to agencies.

[Statistical Reports](#)

Learn about the Engineer Benchmarks

The benchmarks are guideposts used by promotion boards as they review the service records of each officer consideration for promotion. **PLEASE NOTE** that the Promotion Board members are asked to exercise their professional judgment and discretion in the review and rating of each record. The benchmarks serve as a guide to the board members in their deliberations and are not criteria required for promotions. It is strongly suggested an Officer review the benchmarks as some may require time to obtain. Meeting the benchmark **does not** guarantee a promotion. Promotion to O-4 and above is a competitive process.

[2016 Benchmarks](#)

Commissioned Officers' Effectiveness Report (COER)

COERS are web-based evaluations of your performance. They are intended to cover a Fiscal Year (October 1 thru September 30) each year. Be familiar with the evaluation criteria to be used for your COER. It is the officer's responsibility to ensure his/her Annual COER is transmitted by the prescribed deadline.

[Commissioned Officers' Effectiveness Report](#)

Join the COA List Serve

Commissioned Officers Association (COA) is the **only** professional association specifically representing the PHS Commissioned Corps. In addition to being a "voice on Capitol Hill", COA offers its members a range of services, including a strong professional network, financial services, and annual scientific meeting. The annual meeting, usually held in late spring, is an excellent opportunity to meet colleagues from other agencies/programs, and to exchange scientific and career information.

<http://www.coausphs.org>

<http://groups.yahoo.com/group/USPHS-COA/>

Commissioned Officers Association (COA)

<http://www.coausphs.org/>

Atlanta Branch of the Commissioned Officers Association (ACOA)

<http://www.atlantacoa.com/>

Commissioned Officers Association, Cincinnati

[CincinnatiCOA](#)

DC Metro Area Branch of the COA

<http://www.dccoa.org>

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The First 120 Days of Commissioning Engineer Officers Should Complete the Following

Review the general USPHS Career Development information developed by CDR Ron Keats
Posted on the CDC website for reference:
[USPHS Career Development](#)

Learn about your Billet and Position Description:
Know your billet and the requirements to move to the next billet.
See Form 1662 for official billet changes.
[dcp.psc.gov billets](#)
EPAC Billet FAQs
[usphs career development billet](#)

Learn about the USPHS Surgeon General, America's chief health educator, giving Americans the best scientific information available on how to improve their health and reduce the risk of illness and injury.
<http://www.surgeongeneral.gov/>
<http://www.surgeongeneral.gov/aboutoffice.html>

Learn about PHS History, which may be traced to the passage of an Act in 1798 that provided for the care and relief of sick and injured merchant seamen.
<http://www.hhs.gov/about/hhshist.html>
<http://www.usphs.gov/AboutUs/history.aspx>

Learn about the PHS Mission - "Protecting, Promoting, and Advancing the Health and Safety of the Nation." and your involvement in continuing to achieve this mission for people in need.

[usphs mission](#)

USPHS Music
The purpose of the Commissioned Corps Ensemble is to provide musical support for formal and informal Public Health Service and Commissioned Corps events.

[phsensemble](#)

Become involved as an Engineer Recruiter
You can help recruit and sell PHS to other students and graduates. New engineers are valuable recruiting tools.
[usphs apply](#)
[usphsengineers](#)
[jobweb](#)
[Office of Environmental Health and Engineering](#)
[usajobs](#)



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Joint Engineer and Officer Professional Organizations:

Society of American Military Engineers (SAME) <http://www.same.org>
Commissioned Officers Association (COA) <http://www.coausphs.org>
Reserve Officers Association (ROA) <http://www.roa.org>
Association of Military Surgeons of the United States (AMSUS) www.amsus.org/
The Military Officers Association of America (MOAA) <http://www.moaa.org/>
National Society of Professional Engineers (NSPE) <http://www.nspe.org/>
EPAC Links <http://www.usphsengineers.org/links.htm>

Retirement calculator

Service members who remain on active duty or serve in the Reserves or Guard for a sufficient period of time may be eligible to retire and receive retirement pay. The general requirement is a minimum of 20 years of service.

<http://www.defenselink.mil/militarypay/>

Healthy Lifestyles Program of the Commissioned Corps

As USPHS Commissioned Officers, we have the mission of health promotion and disease prevention for the American people. As public health professionals, Commissioned Corps officers should be leading the way by going beyond providing education on healthy behaviors to serving as real life examples of integrating healthy behaviors into everyday lives.

<http://www.cdc.gov/nccdphp/dnpa/usphs/>

Commissioned Corps Personnel Manual (CCPM)

Pamphlet # 58, "A Supervisor's Guide to the Commissioned Personnel System, 1999."

This pamphlet, published as part of the CCPM for Corps officers' supervisors, gives supervisors of officers' basic information on the Corps. The pamphlet is found on the Commissioned Corps Management Information System (CCMIS) Web site, <http://dcp.psc.gov/>, under the "Publications" tab, and listed there under "Official Publication" at: http://dcp.psc.gov/PDF_docs/pamphlet58.pdf as "CCPM Pamphlet 58: A Supervisor's Guide to the CC Personnel System, 1999".

CCPM Subchapter CC27.1 Commissioned Officers' Recognition Program

INSTRUCTION 1- Commissioned Officers' Awards Program

The policy regarding Commissioned Officers' Awards can be viewed at:

http://dcp.psc.gov/PDF_docs/2711f.pdf on the CCMIS Web site.

Engineer Curriculum Vitae (CV), CV Coversheet, and Promotion Related Information

A variety of example formats for the curriculum vitae (CV) and CV Coversheet were developed. Depending on the where the officer is in their career and/or the type of information to be presented, one format may serve the officer better than another. Example CVs are available on the EPAC website. All officers need to have a current CV in their eOPF.

usphsengineers.org/careerdevelopment

Other Links of Possible Interest to PHS Officers

[Links of Interest.](#)

Help promote the USPHS – you are one of us – It's "Our Corps"

<http://www.usphs.gov/>

<http://www.hhs.gov/>

<http://www.surgeongeneral.gov/>

<http://www.usphsengineers.org>

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The Minority Officers Liaison Council provides advice and consultation to the Surgeon General on issues relating to the professional practice and the personnel activities (Commissioned Corps and Civil Service) relating to minorities in the USPHS. The **MOLC** provides similar advisory assistance to the chairs of the HOAC, BCOAG, AI/ANCOAC, and APAOC, and upon request, to the Agency and/or Program Heads of the Public Health Service, and to non-PHS Programs that routinely use PHS personnel.

Minority Officers Liaison Council (MOLC)

[molc](#)

American Indian/Alaska Native Commissioned Officers Advisory Committee (AI/ANCOAC)

[aiancoac](#)

Asian Pacific Officers Committee (APAOC)

[apaoc](#)

Hispanic Officers Advisory Committee (HOAC)

[hoac](#)

Black Commissioned Officers Advisory Group (BCOAG)

[bcoag](#)

Start your USPHS Collection

Be a part of USPHS History! Collect books, photographs, news articles, magazines, pins, flags, coins, or anything about PHS during your career as a USPHS Engineer Officer.

USPHS Memorabilia

http://www.dcco.org/phs_pride_merchandise.html

Carry Your PHS Coin

<http://www.militarycoins.com/>

U.S. Public Health Service Swords

<http://www.militarysabers.com/public-health-service-sword.html>

PHS Flags Available

http://www.atlantacoa.com/ACOA_Store.htm

USPHS apparel

<http://www.cafepress.com/LinkinMall/386918>

You can order T-Shirts with the PHS logo with the Engineer motto embroidered from the catalog. The numbers for the PHS (769185) and engineer (ENG) (764235)

<http://www.aramark-uniform.com/>

Surgeon General's Honor Cadre

<http://www.usphs.gov/AboutUs/honorcadre.aspx>

Escort Officers (Aides-de-Camp)

No information at this time.



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



MILITARY BENEFITS

Armed Forces Vacation Club

Armed Forces Vacation Club provides incredible deals on lodging for uniform services. You can stay for a week at a Space-A hotel or condo throughout major destinations in the U.S. and around the world. Occupancies may be for 2 to 8 people depending on the property.

[resort trip](#)
afvclub.com

Base and Post Exchanges

A valid military ID will gain you access to the Exchange on base. The exchange is similar to a department store on a smaller scale. Purchases are tax free. There may be several other shops in the exchange such as watch repair, uniform shop, auto services, optical, barber shop, florist, fast food, etc. Purchases may be made online as well as on the base.

navy-nex.com
aafes.com

Commissary

Commissaries are grocery stores on bases. A valid military ID is required to purchase food. Although there is a small service fee, food is tax free and usually cheaper than local supermarkets. Commissaries tend to be busiest on paydays, 1st and the 15th of each month, as well as the weekend. The baggers work for tips only.

commissaries.com

Service Member's Group Life Insurance (SGLI)

Low cost group life insurance for service members. Officers with SGLI coverage have two options upon release from service. They can convert their full-time SGLI coverage to term insurance under Veteran's Group Life Insurance or convert to a permanent plan of insurance with one of the participating commercial insurance companies.

[SGLI insurance.va.gov](http://SGLI.insurance.va.gov)

Space-Available ("Space-A") Travel

Officers and their dependents may be able to travel on Space-A domestic and international flights. Generally there is no cost for the flight. Some terminals may collect taxes or fees from Space-A passengers on commercial contract missions. Officer must have leave approved prior to applying for the Space-A flight. Check with the local base Air Mobility Command to obtain flight schedules.

<http://www.amc.af.mil/questions/topic.asp?id=380>
<http://www.amc.af.mil/shared/media/document/AFD-060328-001.doc>

United Services Automobile Association (USAA)

USAA is financial institution servicing officers by providing auto and property insurance, investment opportunities, life and health insurance, banking, financial planning, and shopping and discounts. They offer attractive VA loans for first time homeowners and competitive car insurance rates. Membership is free and may be obtained online.

<https://www.usaa.com>



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



Service member's Civil Relief Act (SCRA) - Interest rate 6% protection

The Service member's Civil Relief Act (SCRA) allows you to request that the interest rate you pay on a debt incurred before you joined the military be reduced to 6% annually. To be eligible for the 6% cap, you must have incurred the debt before joining the service and your ability to pay must have been materially affected by military service. "Material effect" is a vague term that is often interpreted to involve mobilization for war or an extended deployment overseas. However, since the burden is on the creditor to prove a lack of "material effect", many creditors will grant the cap as a courtesy if properly requested. It is up to the service member to request the 6% cap; a sample letter is provided below. You should include a copy of your military orders and may be asked to include financial information in your request. If a creditor refuses to lower the interest rate on a qualified pre-service debt, you should see a NLSO Legal Assistance Attorney (on base). **This protection does not apply to government-backed college loans or to any debt acquired after joining the military.**

Sample 6% Request Letter

Date _____

(Your name & address)

(Company's name & address)

Dear _____,

This is a letter requesting a reduction of the interest rate on my (account name & number), under the Soldiers' and Sailors' Civil Relief Act (50 U.S.C. App. 526). As an active duty member of the uniformed services, I am entitled to maximum interest rate protection of 6% per annum on pre-service debt obligation. This interest rate protection applies during peacetime as well as time of war. There is no requirement of overseas service and the difference between the old rate and the 6% maximum is forgiven.

Attached you will find a copy of my enlistment contract and/or orders to active duty.

Thank you for your cooperation.

Sincerely, LTJG New Engineer

[Servicemembers Civil Relief Act about.com](#)

[SSCRA defenselink.mil](#)

[Servicemembers Civil Relief Act \(SCRA\) military.com](#)

Lodging Facilities

Officers with valid military ID may stay in Bachelor Officers' Quarters (BOQ) and Visiting Officers' Quarters (VOQ), lodging available on most military bases. Rooms vary from dormitory style with shared bathrooms to executive suites.

[USMC- Inns of the Corps](#)

[www.navy-lodge.com](#)

[Army Lodging](#)

[dodlodging.net](#)

Recreational Facilities

Such facilities include mess (dining) halls, gyms, swimming pools, bowling lanes, movie theaters, sporting and camping gear rentals, community and youth centers, and information/ticket offices. The ticket center sells discounted tickets for local attractions, movie tickets as well as theme parks. Some may require ordering in advance. Recreation groups will also host day and overnight trips for officers and dependents. See your local bases for facilities and hours of operation.

Service Club

PHS officers are eligible to use Officers Club, which are membership fee clubs on military bases. Membership provides free food on Fridays during happy hours. Call your local base to find out the hours of operations.

**USPHS COMMISSIONED CORPS CORE VALUES
LEADERSHIP - SERVICE - INTEGRITY - EXCELLENCE**



ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC) CAREER DEVELOPMENT INFORMATION



Uniformed Services University of the Health Sciences (USUHS)

Officers in the DC metro area can attend the Uniformed Services University. They have a School of Nursing, School of Medicine, School of Public Health, graduate studies, etc. The admission is competitive; however, tuition is free for officers.

www.usuhs.mil

United Service Organization (USO)

USPHS Officers are eligible to utilize USO facilities with military ID. These facilities are located throughout the US, primarily in most major airports. You and your dependents can use the services (e.g., phone, internet, showers, etc) free of charge. It is a nice place to lounge if you have a layover. Most provide food as well. USO can also help you arrange a hotel with military rate nearby as well as obtain local event tickets.

<http://www.uso.org>

HHS University

[The Department's HHS Learning Portal](#)

The United States Public Health Service Commissioned Corps CORE VALUES

- **Leadership** – Provides vision and purpose in public health through inspiration, dedication, and loyalty
- **Service** – Demonstrates a commitment to public health through compassionate actions and stewardship of time, resources, and talent
- **Integrity**– Exemplifies uncompromising ethical conduct and maintains the highest standards of responsibility and accountability
- **Excellence** – Exhibits superior performance and continuous improvement in knowledge and expertise

**USPHS COMMISSIONED CORPS CORE VALUES
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**ENGINEER PROFESSIONAL ADVISORY COMMITTEE (EPAC)
CAREER DEVELOPMENT INFORMATION**



CAREER DEVELOPMENT MILESTONES

Career Initiation – recent entry into profession

*Initial on the job training
Postgraduate internship
Postgraduate apprenticeship/Engineer Intern
Basic Techniques and skills development*

Early Career – 3 to 8 years in the profession

*Exposure and training needed to fine-tune skills
Appropriate level of projects and assignments
Exposure to outside professional organizations
Professional registration*

Mid-Career – 8 to 20 years in profession

*Development of managerial and leadership skills
Fine-tuning of administrative abilities
Involvement in outside professional organizations
Initiate new methods/approaches to solve problems
Continue training to maintain skills*

Advanced Career – 20 years and beyond in profession

*Providing direction on many topics/areas
Proven administrative/technical reputation
Associated with federal, private and professional organizations
Well published in areas of expertise
Continue training to maintain skills*

Change in Career – Considering a change in professional field

*Evaluation of Early, Mid, and Advanced Career milestones related to current situation
Method/strategy for approaching milestones to achieve change
Realistic and deliberate milestones and actions to achieve change*