



## UNITED STATES MARINE CORPS

9TH MARINE CORPS DISTRICT  
3805 E 155TH STREET, BLDG. 710  
KANSAS CITY, MISSOURI 64147-1309

Welcome Aboard! My name is Dave Gutierrez and I'm the Family Readiness Officer for the 9th Marine Corps District.

*My mission is "To Provide Support To The Marines And Family Members Of The District With Accurate Information And Resources To Enhance Their Quality Of Life Assigned To The 9th Marine Corps District."*

Your tour with the 9th MCD will be the most rewarding and exciting experience you'll ever have. If there is anything I can assist you and your family with, please feel free to call me at (816) 843-3900 or my cell phone which is (816) 547-8064.

As the Marine Corps concentrates on improving the quality of life in the Marine Corps, my intent is to assure your quality of life meets or exceeds your expectations.

We created a "Family Readiness Timeline" to assure that you and your family have the appropriate information and resources for TRICARE, Childcare, Housing, Financial, etc. The way the timeline will work is:

I will contact you and your spouse prior to departing recruiting school for an initial review of your concerns and needs.

I will follow up in 30 days after you have obtained suitable housing and have checked into your Recruiting Station. This is meant to identify new issues and assure that the initial issues have been resolved or provides the assistance and resources to get them solve.

I will then have a 90 day follow up. This will be used to identify new issues and assure resolution of old issues.

After 12 months from check in, I will again follow up with you to see how you are doing and if further assistance is needed.

The 9th Marine Corps District Command Sponsorship program will assist you as prepare and arrive at your new duty station. Your Marine's NCOIC (his supervisor) is assigned as your sponsor. If there is any information or resources you feel need, please feel free to contact your sponsor.

Here are a few things I suggest for you do prior to your arrival at your new duty station:

**TRICARE** I would recommend that you go to your base hospital, clinic or the TRICARE Service Center to get information about TRICARE and especially for TRICARE Prime Remote (TPR). I advise that you read as much as you can about TRICARE because there are three basic options; TRICARE Prime (Remote), Extra and Standard. By reading about your health care plan, you and your family will have a better understanding of your medical health benefits while assigned to the 9th Marine Corps District.

You will either pick to participate in TRICARE Prime/Remote (**strongly recommended**), Extra or Standard (CHAMPUS). For those who are stationed in remote areas (which means you will not be near a military installation) there is an additional option - **TRICARE Prime Remote** (under this option you will be covered as if you were enrolled in TRICARE Prime). This available for all Active Duty Personnel and Family Members. Word of warning—The only important thing for you to understand and remember is to “*stay within the network.*” If you don’t, it will be very expensive. When in doubt, always call your TRICARE Regional Service Center for clarification.

TRICARE recently underwent a re-organization – they went from eleven health care regions to three health care regions:

#### **TRICARE NORTH REGION**

<http://www.tricare.osd.mil/north/default.cfm>

**Ph. 1-877-874-2273 (877-TRICARE)**

The states they cover are: **WI, IL, MI, IN, some parts of St Louis, MO**, OH, KY, NC, VA, WV, PA, DC, MD, DE, NJ, NY, CT, RI, MA, NH, VT, ME

#### **TRICARE WEST REGION**

<http://www.tricare.osd.mil/west/default.cfm>

**Ph. 1-888-874-9378 (888-TRIWEST)**

The states they cover are: **MN, IA, MO, ND, SD, NE, KS**, MT, WY, CO, TX, NM, ID, UT, AZ, NV, WA, OR, CA, HI, AK

#### **TRICARE SOUTH REGION**

[www.humana-military.com](http://www.humana-military.com)

**Ph. 1-800-444-5445**

The states they cover are: **AR (the upper part of the state)**, TX, OK, LA, TN, AL, GA, SC, FL

**Marines and Family Members:** If you are currently enrolled in TRICARE Prime “**DO NOT DIES-ENROLL.**” Please check the ruling on “**portability**” with your local TRICARE Service Center at your current installation. Once you get to your new duty station, you will need to enroll into your new health care region, which will also automatically disenroll you from your old health care region.

**NOTE:** For those who are going to enroll into TRICARE Prime Remote, (**specifically, married personnel**) the active member **MUST** enroll into TRICARE Prime Remote, if they do not, their family members may not be eligible for TRICARE Prime Remote.

**NOTE:** All active duty personnel **MUST** enroll into TRICARE Prime Remote that are in remote locations (**Single or Married Marines**).

**The Marine Corps Community Services (MCCS)** Take time to visit your installation's *Relocation and Information Offices*. They will assist you in getting more information about the area where you'll be assigned. You might want them to print a "SITE Booklet" for nearest military installations. This will give you an idea of what will be available and what the military installation offers.

**Military One Source** The Marine Corps has partnered with Ceridian, which is a company that provides information and resources to our Marines and family members at no cost. To access Military One Source online the website is [www.militaryonesource.com](http://www.militaryonesource.com) ***the User ID is military and the Password is onesource***. They are available seven days a week, 24 hours a day and 365 days a year. Their toll-free telephone number from the United States is (800) 342-9647, from outside the United States call (where available) (800) 3429-6477; if calling collect call (484) 530-5908 and for En Espanola (877) 888-0727.

**Renters or Home Insurance** I recommend that you look into either renters or home insurance while you are assigned to the 9<sup>th</sup> Marine Corps District. The reason I mention this is because we have had our fair share of Marines who have lost their home to due fire or other natural causes. It would also give you a peace of mind that if anything does go wrong, you would have the proper insurance to cover your house or apartment that you are either renting or buying.

**The 9th Marine Corps District Family Support Program** The 9th MCD has a Family Support Program called "**The Unit Family Readiness Program (UFRP)**." The program is designed to assist you and your family while serving with the 9th MCD.

We have designed this program in a way so all who would like to volunteer and share their talents with others may do so in a friendly environment. The Family Readiness Program Advisor is a communication link and a very helpful person to assist you in your family's transition into Recruiting Duty. Also, the Family Readiness Program Assistants are friendly and willing to assist you and your family during your move. The Recruiting Station's Deputy Family Readiness Officers are listed below. Please feel free to call me or your Unit's Deputy Family Readiness Officer.

**District Headquarters**  
David W. Gutierrez  
Family Readiness Officer  
Cell: (816) 547-8064  
Ph. (816) 843-3900

Call FRO or the  
UFRP Advisor

**RS-Chicago, IL**  
Deputy Family Readiness Officer  
Ph. (847)-296-8103

Call DFRO or the  
UFRP Advisor

**RS-Des Moines, IA**  
Deputy Family Readiness Officer  
Ph. (515) 727-3479

Call DFRO or the  
UFRP Advisor

**RS-Indianapolis, IN**  
Deputy Family Readiness Officer  
Ph. (317) 549-6122

Call DFRO or the  
UFRP Advisor

**RS-Kansas City, MO**  
Deputy Family Readiness Officers  
Ph. (816) 891-0813

Call DFRO or the  
UFRP Advisor

**RS-Lansing, MI**  
Deputy Family Readiness Officer  
Ph. (517) 882-8762

Call DFRO or the  
UFRP Advisor

**RS-Milwaukee, WI**  
Deputy Family Readiness Officer  
Ph. (414) 434-0484

Call DFRO or the  
UFRP Advisor

**RS-St. Louis, MO**  
Deputy Family Readiness Officers  
Ph. (314) 331-4552

Call DFRO or the  
UFRP Advisor

**RS-Twin Cities, MN**  
Deputy Family Readiness Officer  
Ph. (612) 725-3218

Call DFRO or the  
UFRP Advisor

**Prior Service Recruiting**  
Deputy Family Readiness Officer  
Ph. (847) 688-6503

Call DFRO or the  
UFRP Advisor

Again, welcome to the 9th Marine Corps District. If there is anything I could do to make your move less stressful, please feel free to call upon me. Again, my telephone is (816) 843-3900 and my cell phone (816) 547-8064. I'm looking forward to meeting you.

Sincerely,

*Dave Gutierrez*

Dave Gutierrez  
Family Readiness Officer/  
Health Benefit Advisor