

Military & Family Readiness

Resource Newsletter

FEBRUARY 2026



Are You Covered?

Are you covered by medical and dental insurance? Take a look at current premiums for National Guard members who are NOT ACTIVATED.

TRICARE Reserve Select

- Monthly Premium Member only: \$57.88
- Member and family: \$286.66

United **Concordia**
dental®



For more information or to enroll: <https://tricare.mil/Plans/Enroll/TRS>
or call TriWest Healthcare Alliance 888-TRIWEST (874-9378)

TRICARE Dental (United Concordia) Enroll at any time, but you must enroll at least 12 months

- National Guard Premium for Single/E-4 and below: \$8.79/E-5 and above: \$11.72
- National Guard Premium for Sponsor plus Family/E-4 and below: \$84.97/E-5 and above: \$87.90

For more information or to enroll: <https://www.uccitdp.com/member> or call 844-653-4061

MilTax: Free Tax Services

Take advantage of FREE (no hidden fees) secure tax preparation and e-filing software for your federal and state tax returns. Plus, access tax consultants with military expertise!

“Military OneSource MilTax is a suite of free tax services provided by the War Department. It includes tax prep and filing software tailored for military life and comes with personalized support from tax consultants trained in military-specific tax situations.”

Start HERE:

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>



Birth to 5 Eligibility Tool

First 5 Hawaii gets you connected to the assistance programs and educational resources you need for children from birth to age five.

Utilize their Eligibility Tool to find out what programs your family might qualify for, such as:

- Childcare and Early Education
- Health and Safety
- Special Needs and Early Intervention
- Food and Nutrition
- Parenting and Family Support

<https://www.firstfivehawaii.org/>



Questions, concerns?
Give us a
text/call/email

**Military & Family
Readiness Specialists**
are here to support YOU!

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