



MANAGING YOUR TRANSITION TIMELINE (MYTT)



Transition activities must begin **NLT 365 DAYS** before transition and may begin as early as **24 MONTHS** prior to retirement

Access [Transition Online Learning \(TOL\)](#) for self-paced online courses

24 - 18 MONTHS

- ☐ Make an appt with your local TAP Counselor to begin the TAP process
- ☐ Retiring: Schedule and attend Individualized Initial Counseling and Pre-Separation Brief
- ☐ Identify a [mentor](#)
- ☐ Create a [LinkedIn](#) account and start to build your network
- ☐ Review your Joint Service Transcript (JST), [Verification of Military Experience and Training \(VMET\)](#), [CG-4082](#), and other Service specific documents for accuracy
- ☐ Use [MilGears](#) to conduct career exploration
- ☐ Update your spending plan; review your emergency savings fund

18-12 MONTHS

- ☐ Download or request your [medical records](#)
- ☐ Separating: Schedule and attend Individualized Initial Counseling and Pre-Separation Brief
- ☐ Explore [SkillBridge](#) opportunities or credentialing opportunities through [COOL](#)
- ☐ Schedule [TAP courses](#) through your TAP Counselor/Office
- ☐ Create a [master resume](#)
- ☐ Consider taking [CLEP](#) exams
- ☐ If starting a business, connect with your [Veterans Business Outreach Center](#).

12-6 MONTHS

- ☐ Create a [VA.gov account](#)
- ☐ Begin and refine your job search
- ☐ Use your master resume to begin drafting targeted resume
- ☐ Contact your [local transportation office](#) to arrange for household goods (HHG) if necessary
- ☐ Review and update your will and other legal documents
- ☐ Retiring: meet with your Service Retirement Office
- ☐ Start attending [career fairs](#)
- ☐ Obtain copies of medical records and attend appointments to prepare to submit for [Benefits Delivery at Discharge \(BDD\)](#) or [Fully Developed VA Disability claim](#)

6-4 MONTHS

- ☐ Start your SHPE and SHA, By visiting [Health.mil](#) online
- ☐ Schedule dental checkups
- ☐ Consider whether to take [terminal leave or sell back your leave balance](#)
- ☐ Determine if you are eligible for separation pay or early retirement
- ☐ Submit a BDD claim using an [accredited VSO](#)
- ☐ [Connect with an American Job Center \(AJC\) near you](#)
- ☐ Sign up for a free year of [LinkedIn Premium](#)
- ☐ Make an appointment with a [financial counselor](#)
- ☐ Set up a one-on-one session with a VA Benefits Advisor
- ☐ Set up a one-on-one session with a DOL Employment Navigator

3 MONTHS

- ☐ Review your DD 2648 and DD 214
- ☐ Research your health insurance options
- ☐ Retiring: Register for [TRICARE](#)
- ☐ [Complete VA Healthcare registration](#)
- ☐ [Obtain a Veterans' Preference letter](#) from VA
- ☐ [Apply for Personalized Career Planning and Guidance](#)

90 DAYS OR LESS

- ☐ Begin applying and interviewing for positions
- ☐ Submit fully developed VA Disability claim through an [accredited VSO](#)
- ☐ [Retiring: Make a Survivor Benefit Plan election](#)
- ☐ Retiring: Review and complete DD 2656 with a retirement services office or counselor
- ☐ Review [Military OneSource](#) for resources available first-year post-transition
- ☐ Retiring: Sign up for dental and vision insurance
- ☐ Schedule Capstone with a TAP Counselor and Commander/designee

DAY OF SEPARATION

- Have multiple certified copies of your DD 214 and 2656
- Update VA.gov with personal phone number, email, and address
- Apply for [VA Dental Insurance](#)
- [Apply for VA Veteran's Health Identification Card, if using VA healthcare](#)
- Apply for [Veteran ID card](#) to receive Veteran discounts
- Resources available post-transition:
 - [Military OneSource](#)
 - [AJC](#) for employment needs
 - [TOL](#) for TAP courses and resources
 - [National Resource Directory](#) for vetted federal, state, and local resources

Updated: April 2026