

Get to Know Your Servicemembers' Group Life Insurance Benefit

Overview

Servicemembers' Group Life Insurance, or SGLI, is a low-cost, term life insurance policy designed to protect your loved ones from unexpected financial stress. Your military branch will automatically enroll you for the maximum coverage amount of \$400,000, and the SGLI premium deductions are taken out of your monthly base pay. The beneficiary of your policy receives the tax-free benefit if your death occurs during the coverage period.

Key points

- **Eligibility:** Active-duty service members and eligible Reserve and National Guard members (depending on status) are automatically enrolled in SGLI. In addition, if you are covered under SGLI, your spouse and dependent children may be eligible for Family SGLI coverage. To learn more about eligibility and options for coverage, visit the Department of Veterans Affairs website at <https://www.va.gov/life-insurance/options-eligibility/sgli>.
- **Changing or adding coverage:** You can change the amount of coverage, decline coverage or change the beneficiary designation at any time. Changes can be made through the SGLI Online Enrollment System at <https://milconnect.dmdc.osd.mil/milconnect>. If you do elect to opt out, know it may be harder to change or obtain coverage in the future.
- **Rates:** SGLI costs depend on the amount of coverage you choose – and that depends on your specific financial situation.

SGLI premium rates, effective July 1, 2019:

Coverage amount	Monthly premium rate	TSGLI premium	Total monthly premium deduction
\$400,000	\$24.00	\$1.00	\$25.00
\$350,000	\$21.00	\$1.00	\$22.00
\$300,000	\$18.00	\$1.00	\$19.00
\$250,000	\$15.00	\$1.00	\$16.00
\$200,000	\$12.00	\$1.00	\$13.00
\$150,000	\$9.00	\$1.00	\$10.00
\$100,000	\$6.00	\$1.00	\$7.00
\$50,000	\$3.00	\$1.00	\$4.00

- **Discontinuation of coverage:** Once you leave the service, membership enrollment in SGLI stops as well. Coverage ends 120 days from your departure date; however, you can convert SGLI to a veteran policy within the 120 day period. Also, if you become totally disabled while serving, coverage may be extended for up to two years.

Resources

If you have questions on your SGLI coverage, contact a personal financial manager or counselor at your nearest Family Center, or search at <http://www.militaryinstallations.dod.mil> or <https://finred.usalearning.gov/pfcMap>.

View the SGLI handbook here: https://benefits.va.gov/INSURANCE/resources_handbook_ins.asp.

For more information regarding your transition to civilian life, visit <https://finred.usalearning.gov/planning/CareerReadyPortal>.

For more financial planning resources, visit our website: <https://finred.usalearning.gov>.

Follow @DoDFINRED:



Download the Sen\$e app through your phone's app store.

[Download on the App Store](#)

[Get it on Google Play](#)

