



Kevin C. McDonald

I enlisted in the U.S. Army as a Cavalry Scout at the age of 19 and served at Ft. Lewis, Korea, and Ft. Bliss. I deployed to the Middle East in support of Desert Shield and Desert Storm with the 3rd ACR as a gunner on a Bradley Fighting Vehicle. Upon my return from the desert, I was selected for recruiting duty and served in a variety of assignments such as recruiter, station commander, operations NCOIC, battalion recruiter trainer, and ultimately company first sergeant. I retired in 2008 after a 23-year career. My final assignment was as the Redding Recruiting Company First sergeant.

During my first assignment at Ft. Lewis, I met my wife Brooke, and we married in 1987. She has been my rock during the tumultuous times of my career and has been my best friend ever since we met. We had a baby boy, Vincent, in 1988 and he became the center of our world. He grew into a great man and left for Army Basic Training the same week I began transitional leave for my retirement.

I first heard about U.S. Family Health Plan during my rotation at the Lynnwood recruiting station in 1993. The Plan was offered as a pilot program to the family members of the recruiting company and my wife and son quickly enrolled. We were very impressed with the personalized care and used the Plan until my 1995 PCS to Ft. Hood. When we retired to the Puyallup area, there was no question of which TRICARE option we would select and we have been members since 2008.

The thing I like best about U.S. Family Health Plan is that the staff never forgets that we are people and treat us accordingly. This means any questions we have are promptly answered and the staff always has our best interests in mind.

I truly enjoy my role as a Field Marketing Representative for U.S. Family Plan because it allows me to stay connected to the military community and I am able to make a difference for Active Duty families and retirees.