

# Unemployment insurance (UI) benefits for ex-service members

## Am I eligible for UI benefits?

If you were on active duty in the U.S. military, you may be eligible for unemployment benefits. This depends on your service. You must have **completed your first full term of service and been separated under honorable conditions**. If you haven't completed your first full term of service, you may still be eligible. This depends on your past civilian work and the reason you were separated from the military.

## Where can I file?

You may file in any of the 50 states, the District of Columbia, Puerto Rico or the Virgin Islands. You must physically be in the state where you file your claim, but you don't need to live in that state. Payment amount is based on your military rank when you separated from service. Each state has its own formula for calculating weekly and total benefit amounts. Below (Table 1) is the list of maximum weekly benefit amounts per neighboring state as of 2025. Please contact the state to verify, as weekly amounts may change.

Table 1. Max weekly benefit per neighboring state, 2025

State	Max weekly benefit	Phone	Website
Idaho	<b>\$624</b>	208-332-8942	<a href="http://labor.idaho.gov">labor.idaho.gov</a>
Montana	<b>\$767</b>	406-444-2545	<a href="http://montanaworks.gov">montanaworks.gov</a>
Nevada	<b>\$631</b>	888-890-8211	<a href="http://ui.nv.gov">ui.nv.gov</a>
Oregon	<b>\$872</b>	877-345-3484	<a href="http://oregon.gov">oregon.gov</a>
Utah	<b>\$777</b>	888-848-0688	<a href="http://jobs.utah.gov">jobs.utah.gov</a>
Washington	<b>\$1,152</b>	800-318-6022	<a href="http://esd.wa.gov">esd.wa.gov</a>
Wyoming*	<b>\$651</b>	307-473-3789	<a href="http://dws.wyo.gov">dws.wyo.gov</a>

\* Wyoming does not have a waiting week.

## How do you file?

You can apply online or over the phone. How you file depends on where you file your claim. You may need to give us a copy of your DD214. To request this, visit [Veterans Affairs forms](#) or the [National Archives Veterans' Service Records](#).

If you file in Idaho, file through the [Claimant Portal](#). Fax a copy of your DD214 to 208-334-6400, Attention: Benefits. If you don't have access to the internet, you can use a computer at any of the department's local offices.

## When can I file my claim?

File your claim as soon as you are discharged from active duty. You must also be able and available for work. **Your claim cannot be accepted before your separation date.**

**Do I qualify for benefits if I retire from military service?**

It depends. If you retired from the military within the last two (2) years, your monthly retirement may be divided into weekly amounts. This amount will be subtracted from your weekly benefit. If your weekly pension amount is equal to or more than your weekly benefit amount, you won't be eligible for benefits.

**When will I start getting my benefits?**

You will typically be paid at least two (2) weeks after you file for benefits. To be paid on time, file your weekly certifications and your DD214 in a timely manner.

**Are payments automatic?**

No. To get benefits, you must be eligible. All states need you to be physically able and available to work for each week you claim benefits. The state you file in will tell you what else you must do to get benefits.

**Can you help me find work?**

Yes. To learn more about veteran employment benefits and Priority of Service, [view Title 38](#).

You can also visit [labor.idaho.gov](http://labor.idaho.gov) to access job information, workshops and other opportunities. Visit the department's office directory to make an appointment for free assistance with any of our veteran representatives

If you were working before you entered the services and wish to return, contact your preservice employer. You may have reemployment rights with them.