How to Update SGLI
1. Go to milConnect
2. Sign in using DS Logon, CAC, or DFAS myPay Password
3. Benefits > Life Insurance (SOES - SGLI Online Enrollment System)
Standard Mandatory DoD Notice and Consent

You are accessing a U.S. Government (USG) Information System (IS) that is provided for USG-authorized use only.

By using this IS (which includes any device attached to this IS), you consent to the following conditions:

- The USG routinely intercepts and monitors communications on this IS for purposes including, but not limited to, penetration testing, COMSEC monitoring, network operations and defense, personnel misconduct (PM), law enforcement (LE), and counterintelligence (CI) investigations.
- At any time, the USG may inspect and seize data stored on this IS.
- Communications using, or data stored on, this IS are not private, are subject to routine monitoring, interception, and search, and may be disclosed or used for any USG authorized purpose.
- This IS includes security measures (e.g., authentication and access controls) to protect USG interests - not for your personal benefit or privacy.
- Notwithstanding the above, using this IS does not constitute consent to PM, LE or CI investigative searching or monitoring of the content of privileged communications, or work product, related to personal representation or services by attorneys, psychotherapists, or clergy, and their assistants. Such communications and work product are private and confidential. See User Agreement for details.

Privacy Act Information

Authority: 38 USC §1967(a), (c), (e) and 38 USC §1970(a).

Purpose: The information you provide will be used to make changes to your Servicemembers’ Group Life Insurance (SGLI) or Family SGLI (FSGLI) insurance benefits. Information you provide may be used to calculate any necessary deductions from your pay. Information provided will be used to generate a Certificate of Coverage which will be filed in your Official Military Personnel File. Upon a death covered by your policy, data may be provided to your Service casualty office for verification of coverage.

Routine Use: Data may be used by the Department of Veteran Affairs (DVA) to evaluate your coverage request as well as to convert SGLI benefits to Veterans Group Life Insurance (VGLI). Upon a death covered by your policy, your information will be provided to the government contracted insurance company for the payment of the claim to your identified beneficiary.

Disclosure: Voluntary. Refusal to provide the requested information will not result in denial of benefits. However, if the requested information is not provided, it may impede efforts to identify and contact the beneficiary listed in your policy.
5. Look over information > Check what applies
6. Confirm & Certify
7. Check the boxes > Continue
8. Review information > Continue
9. Type name & email to electronically sign > Continue
10. Print/Save > Email Document > Done