Be sure you have a problem, not just a peeve. 
(Are the cooks turning out lousy chow or was it just one bad meal)

✓ Give your chain of command a chance to solve the problem. 
(Many problems must be addressed to the chain of command for resolution anyway).
✓ If IG assistance is needed, contact your local IG. 
(IG’s at higher commands will normally refer the case to the local IG for action).
✓ Be honest and don’t provide misleading information. 
(IGs will discover the truth quickly in most cases and there are penalties for knowingly providing false information).
✓ Keep in mind that IGs are not policy makers. 
(If a policy is flawed you can submit proposed change on a DA form 2028).
✓ Keep in mind that IGs can only recommend, not order a resolution. 
(Only Commanders can order; the role of the IG is to advise the Commander).
✓ Remember IGs can only resolve a case on the basis of facts. 
(Your claim that a supervisor has violated the rules doesn’t make it fact. A claim must be supported with evidence).
✓ Don’t expect instant action on your request... Be patient. 
(Investigations take time, and IGs tend to have heavy workloads).
✓ Be prepared to take “No” for the answer. 
(In any case “Yes” or “No”, the IG will explain why).

Phone: 602-267-2670 or email: IGAZ@az.ngb.army.mil

To complain without fear of reprisal is the right of any Soldier, Civilian, or Family Member seeking IG help. After all, problem solving is one of the IG’s primary missions.