

## Helpful Resources for Open Season

### FLEXIBLE SPENDING ACCOUNT – Federal Flexible Spending Account Program (FSAFEDS)

| What do I need to do?  | What resources are available to me?                            | Where can I find these resources?  |
|--|--|--|
| Get general information about Open Season and flexible spending accounts | Open Season and Flexible Spending Accounts (FSAFEDS) FastFacts | <a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>   |
| Get information about the flexible spending account program              | FSAFEDS website  | <a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>   |
|  | FSAFEDS brochure   | <a href="http://www.fsafeds.com/public/pdf/4151-feds-overview-bro.pdf?h=mypornttamwnu1zzzbx6ejqy5krrbedt8nxunaq6cyw5sjoadwjo">www.fsafeds.com/public/pdf/4151-feds-overview-bro.pdf?h=mypornttamwnu1zzzbx6ejqy5krrbedt8nxunaq6cyw5sjoadwjo</a> |
| Talk to an FSAFEDS representative  | Open Season benefits fair                                      | Contact your agency HR staff   |
|  | Contact FSAFEDS  | 1-877-372-3337 (TTY Line: 1-800-952-0450)  |
| Enroll in FSAFEDS (must enroll each year)                                | Contact FSAFEDS  | 1-877-372-3337 (TTY Line: 1-800-952-0450)<br><a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>  |

### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP)

| What do I need to do?  | What resources are available to me?                               | Where can I find these resources?  |
|--|---|--|
| Get general information about Open Season and dental insurance | Open Season and Dental Insurance FastFacts                        | <a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>   |
| Compare dental plans   | 2018 Compare Dental Plans tool                                    | <a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>   |
|  | Consumer’s Checkbook for 2018 (if your agency has a subscription) | <a href="http://www.checkbook.org/newhig2/hig.cfm">www.checkbook.org/newhig2/hig.cfm</a>   |
| Find 2018 premiums   | 2018 Dental Premiums  | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a> |
|  | 2018 Dental plan brochures (premiums on back page)                | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>                             |
| Determine how my dental plan changes for 2018                  | 2018 Dental plan brochure: “How We Have Changed for 2018”         | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>                           |
| Determine my out-of-pocket costs                               | 2018 Dental plan brochure   | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>                             |

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### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP) - Continued

| What do I need to do?                 | What resources are available to me?                    | Where can I find these resources?   |
|---------------------------------------|--|---|
| Talk to a plan representative         | Open Season benefits fair<br><br>Virtual Benefits Fair | Contact your agency HR staff<br><br><a href="http://www.LTCFEDS.com/webinar">www.LTCFEDS.com/webinar</a>            |
| Enroll in a plan or change enrollment | Contact BENEFEDS                                       | <a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a> , 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680 |

### VISION INSURANCE -- Federal Employees Dental and Vision Insurance Program (FEDVIP)

| What do I need to do?  | What resources are available to me?                               | Where can I find these resources?  |
|--|---|--|
| Get general information about Open Season and vision insurance | Open Season and Vision Insurance FastFacts                        | <a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>   |
| Compare vision plans   | 2018 Compare Vision Plans tool                                    | <a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>   |
|  | Consumer’s Checkbook for 2018 (if your agency has a subscription) | <a href="http://www.checkbook.org/newhig2/hig.cfm">www.checkbook.org/newhig2/hig.cfm</a>   |
| Find 2018 premiums   | 2018 Vision Premiums  | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a> |
|  | 2018 Vision plan brochures (premiums on back page)                | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>                             |
| Determine how my vision plan changes for 2018                  | 2018 Vision plan brochure: “How We Have Changed for 2018”         | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>                             |
| Determine my out-of-pocket costs                               | 2018 Vision plan brochure   | <a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information">www.opm.gov/healthcare-insurance/dental-vision/plan-information</a>                             |
| Talk to a plan representative                                  | Open Season benefits fair<br><br>Virtual Benefits Fair            | Contact your agency HR staff<br><br><a href="http://www.LTCFEDS.com/webinar">www.LTCFEDS.com/webinar</a>   |
|  |   |  |

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|   |   |  |
|---|---|--|
| Enroll in a plan or change enrollment   | Contact BENEFEDS  | <a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a> , 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680  |
| <b>HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program</b>  |   |  |
| <b>What do I need to do?</b>  | <b>What resources are available to me?</b>                        | <b>Where can I find these resources?</b>   |
| Get general information about Open Season and health insurance  | Open Season and FEHB FastFacts                                    | <a href="http://www.opm.gov/healthcare-insurance/fastfacts">www.opm.gov/healthcare-insurance/fastfacts</a>   |
| Compare health plans  | 2018 Compare Health Plans tool                                    | <a href="http://www.opm.gov/fehbcompare">www.opm.gov/fehbcompare</a>   |
|   | Consumer’s Checkbook for 2018 (if your agency has a subscription) | <a href="http://www.checkbook.org/newhig2/hig.cfm">www.checkbook.org/newhig2/hig.cfm</a>   |
| Find my 2018 premiums   | 2018 FEHB Premiums  | <a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums">www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums</a>                           |
|   | 2018 Health plan brochures (premiums on the back page)            | <a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>   |
|   |   |  |
| Determine how my health plan changes for 2018   | 2018 Health plan brochure: Section 2. “Changes for 2018”          | <a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>   |
| Determine if my health plan is still participating in the FEHB Program or has changed service areas   | 2018 Compare Health Plan tool                                     | <a href="http://www.opm.gov/fehbcompare">www.opm.gov/fehbcompare</a>   |
|   | 2018 Health plan brochure for service area changes                | <a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>   |
| Determine my out-of-pocket costs  | 2018 Health plan brochure   | <a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>   |
| Find out what different types of plans are available to me (Fee-for-Service, Health Maintenance Organization, High Deductible Health Plan, Consumer-Driven Health Plan) | FEHB Handbook   | <a href="http://www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook">www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook</a> |
|   | Glossary  | <a href="http://www.opm.gov/healthcare-insurance/insurance-glossary">www.opm.gov/healthcare-insurance/insurance-glossary</a>   |
|   | Types of Plans  | <a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types">www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types</a>                       |

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| <b>HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program - Continued</b> |   |  |
|--|---|--|
| <b>What do I need to do?</b>   | <b>What resources are available to me?</b>                | <b>Where can I find these resources?</b>   |
| Talk to a plan representative  | Open Season benefits fair                                 | Contact your agency HR staff   |
|  | Plan phone numbers are listed on each FEHB Plan's website | <a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/">www.opm.gov/healthcare-insurance/healthcare/plan-information/</a> |
| Enroll in a plan or change enrollment  | Your agency's enrollment system                           | Contact your agency HR staff   |

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