

2018 Open Season Helpful Resources

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	www.opm.gov/healthcare-insurance/fastfacts
Get information about the flexible spending account program	FSAFEDS website	www.FSAFEDS.com
	FSAFEDS brochure	https://www.fsafeds.com/GEM/FSAFEDSForms/OPM-FSA-OVTF-10-031.pdf
	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) www.FSAFEDS.com

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	www.opm.gov/healthcare-insurance/fastfacts
Compare dental plans	2019 Compare Dental Plans tool	www.opm.gov/fedvipcompare
	Consumer’s Checkbook for 2019 (if your agency has a subscription)	www.checkbook.org/newhig2/hig.cfm
Find 2019 premiums	2019 Dental Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2019 Dental plan brochures (premiums on back page)	www.opm.gov/healthcare-insurance/dental-vision/plan-information
Determine how my dental plan changes for 2019	2019 Dental plan brochure: “How We Have Changed for 2019”	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
Determine my out-of-pocket costs	2019 Dental plan brochure	www.opm.gov/healthcare-insurance/dental-vision/plan-information

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The 2019 Plan Information section at www.opm.gov/insure will be available by the first week in November.

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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 Virtual Benefits Fair	Contact your agency HR staff www.LTCFEDS.com/webinar
Enroll in a plan or change enrollment	Contact BENEFEDS	www.BENEFEDS.com , 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	www.opm.gov/healthcare-insurance/fastfacts
Compare vision plans	2019 Compare Vision Plans tool	www.opm.gov/fedvipcompare
	Consumer’s Checkbook for 2019 (if your agency has a subscription)	www.checkbook.org/newhig2/hig.cfm
Find 2019 premiums	2019 Vision Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2019 Vision plan brochures (premiums on back page)	www.opm.gov/healthcare-insurance/dental-vision/plan-information
Determine how my vision plan changes for 2019, Determine my out-of-pocket costs	2019 Vision plan brochure: “How We Have Changed for 2019” 2019 Vision plan brochure	www.opm.gov/healthcare-insurance/dental-vision/plan-information
Talk to a plan representative	Virtual Benefits Fair	www.LTCFEDS.com/webinar
Enroll in a plan or change enrollment	Contact BENEFEDS	www.BENEFEDS.com , 1-877-888-FEDS (1-877-888-3337), TTY number 1-877-889-5680

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HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program		
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 health insurance	Open Season and FEHB FastFacts	www.opm.gov/healthcare-insurance/fastfacts
Compare health plans	2019 Compare Health Plans tool	www.opm.gov/fehbcompare
	Consumer’s Checkbook for 2019 (if your agency has a subscription)	www.checkbook.org/newhig2/hig.cfm
Find my 2019 premiums	2019 FEHB Premiums	www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums
	2019 Health plan brochures (premiums on the back page)	www.opm.gov/FEHBbrochures
Learn more about the Self Plus One enrollment type	OPM’s Self Plus One Webpage	www.opm.gov/selfplusone
	Self Plus One FastFacts	https://www.opm.gov/healthcare-insurance/fastfacts/self-plus-one-enrollment.pdf
Determine how my health plan changes for 2019	2019 Health plan brochure: Section 2. “Changes for 2016”	www.opm.gov/FEHBbrochures
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2019 Compare Health Plan tool	www.opm.gov/fehbcompare
	2019 Health plan brochure for service area changes	www.opm.gov/FEHBbrochures
Determine my out-of-pocket costs	2019 Health plan brochure	www.opm.gov/FEHBbrochures
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	www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook
	Glossary	www.opm.gov/healthcare-insurance/insurance-glossary

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	Types of Plans	www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types
HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program – 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	Contact your agency HR staff
	Plan phone numbers are listed on each FEHB Plan’s website	www.opm.gov/healthcare-insurance/healthcare/plan-information/
Enroll in a plan or change enrollment	Your agency’s enrollment system	Contact your agency HR staff

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