

2019 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/fsafeds.pdf
Get information about the flexible spending account program	FSAFEDS website	www.FSAFEDS.com www.opm.gov/healthcare-insurance/flexible-spending-accounts
	FSAFEDS brochure	www.opm.gov/healthcare-insurance/flyers/flexible-spending-account-overview.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/dental.pdf
Compare dental plans	2020 Compare Dental Plans tool	www.opm.gov/fedvipcompare
Find 2020 premiums	2020 Dental Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2020 Dental plan brochures (premiums on back page)	www.opm.gov/healthcare-insurance/dental-vision/plan-information/premiums/2020dentalpremium.pdf
Determine how my dental plan changes for 2020	2020 Dental Overview and 2020 Dental Plan Flyer	www.opm.gov/healthcare-insurance/dental-vision/plan-information/plans/dental
Determine my out-of-pocket costs		https://www.opm.gov/healthcare-insurance/flyers/dental-insurance-overview.pdf

Open Season runs from November 11 through December 9, 2019.
The 2020 Plan Information and Premiums will be available at www.opm.gov/insure.

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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	https://www.opm.gov/healthcare-insurance/fastfacts/
Compare vision plans	2020 Compare Vision Plans tool	www.opm.gov/fedvipcompare
Find 2020 premiums	2020 Vision Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2020 Vision plan brochures (premiums on back page)	https://www.opm.gov/healthcare-insurance/dental-vision/plan-information/premiums/2020visionpremium.pdf
Determine how my vision plan changes for 2020 Determine my out-of-pocket costs	2020 Vision Overview and 2020 Vision Plan Flyer	www.opm.gov/healthcare-insurance/dental-vision/plan-information/plans/vision https://www.opm.gov/healthcare-insurance/flyers/vision-insurance-overview.pdf
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	2020 Compare Health Plans tool	www.opm.gov/fehbcompare
Find my 2020 premiums	2020 FEHB Premiums	www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/
	2020 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 Self Plus One Reference Materials - Enrollment	www.opm.gov/selfplusone https://www.opm.gov/healthcare-insurance/healthcare/reference-materials/reference/enrollment/
Determine how my health plan changes for 2020	2020 Health Plan Information	https://www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types/
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2020 Compare Health Plan tool	www.opm.gov/fehbcompare
	2020 Health plan brochure for service area changes	www.opm.gov/FEHBbrochures
Determine my out-of-pocket costs	2020 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)	FEHB Handbook	www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook
	Glossary	www.opm.gov/healthcare-insurance/insurance-glossary
	Types of Plans	www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types

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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

Human Capital has created a designated Open Season iShare page that provides one-stop-shopping for employees.
The site can be reached at this [link](#).