

## *Remember....*

**TSP (THRIFT SAVINGS PLAN)** - Automatically enrolled for 3%, and may make changes at anytime to contribution allocation through EBIS at [www.ebis.army.mil](http://www.ebis.army.mil). For TSP account information, please go to [www.tsp.gov](http://www.tsp.gov).

**Military Buyback Post-56 Deposit (Federal Employees Retirement System)** – If you would like to know a general estimate of how much your military service deposit would be, please go to <http://www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits/estimator.html> and select the “Military Service Earnings/ Buy Back Estimator” tool. If you are interested in purchasing your military time to count towards FERS retirement, please contact the Army Benefits Center at 1-877-276-9287.

**FEHB (Federal Employees Health Benefits)** – Compare and review plans at [www.opm.gov/insure](http://www.opm.gov/insure). Write down the three digit plan enrollment code for the plan you choose, then enroll through EBIS at [www.ebis.army.mil](http://www.ebis.army.mil). Enroll within **60 days**.

**FEDVIP (Federal Employees Dental & Vision Insurance Program)** – Compare and review plan at [www.opm.gov/insure](http://www.opm.gov/insure) or at [www.benefeds.com](http://www.benefeds.com). Enroll within **60 days** at [www.benefeds.com](http://www.benefeds.com).








**FEGLI (Federal Employees Group Life Insurance)** - You’re automatically enrolled into the basic life insurance, unless you waive it. To find out how much FEGLI costs, go to <https://www.opm.gov/retirement-services/calculators/fegli-calculator/>. Find additional information at <https://www.opm.gov/healthcare-insurance/life-insurance/>. You have **60 days** to enroll in the additional options. Enroll in additional options or waive enrollment through EBIS at [www.ebis.army.mil](http://www.ebis.army.mil).

**NGAUS Technician’s Insurance Program (Disability Insurance)** – Find more information at [www.ngaus.org](http://www.ngaus.org). Submit NGAUS enrollment form to HRO within **31 days** after hire.

**FLTCIP (Federal Employees Long Term Care)** – Find more information at <https://www.opm.gov/healthcare-insurance/long-term-care/>. Enroll any time at [www.ltcfeds.com](http://www.ltcfeds.com).

**FSAFEDS (Flexible Spending Accounts)** - Find more information and enroll at [www.fsafed.com](http://www.fsafed.com). Must enroll within **60 days** of hire.

**MyBiz+** – Follow instructions to create account and update personal information, including work e-mail address. Your supervisor will create your yearly appraisal here. For more information on appraisals, go to [www.hr.ong.ohio.gov](http://www.hr.ong.ohio.gov), select Employment > New Employee Orientation & Training. It is recommended you review the Training Slides, Participant Guide and then the Quick Guide for Establishing Critical Elements. Then set up your Performance Plan with supervisor within 30 days in MyBiz at <https://compo.dcpds.cpms.osd.mil>.

BENEFIT OPTIONS		ENROLLMENT	
		To make an election or change, visit or call:	
 <p><b>Thrift Savings Plan</b> (retirement savings and investment plan)</p> 	<p>To begin, change or stop contributions:</p> <p><b>ABC-C</b>  <a href="https://www.abc.army.mil">https://www.abc.army.mil</a>            1-877-276-9287            TDD: 1-877-276-9833</p>	<p>To make investment allocations, access your account, view rates of return, etc:</p> <p><b>Thrift Savings Plan</b>  <a href="http://www.tsp.gov">www.tsp.gov</a>            1-TSP-YOU-FRST (1-877-968-3778)            TDD: 1-877-847-4385</p>	
 <p><b>Federal Employees Health Benefits</b></p>	<p><b>60 days</b></p>	<p><b>ABC-C</b>  <a href="https://www.abc.army.mil">https://www.abc.army.mil</a>            1-877-276-9287            TDD: 1-877-276-9833</p>	
 <p><b>Federal Employees Group Life Insurance</b></p>	<p><b>60 days</b></p>	<p><b>ABC-C</b>  <a href="https://www.abc.army.mil">https://www.abc.army.mil</a>            1-877-276-9287            TDD: 1-877-276-9833</p>	
 <p><b>FSAFEDS</b></p>	<p><b>60 days</b></p>	<p><b>FSAFEDS</b>  <a href="http://www.fsafeds.com">www.fsafeds.com</a>            or 1-877-FSAFEDS or (1-877-372-3337)            TTY: 1-800-952-0450</p>	
 <p><b>Federal Employees Dental and Vision Insurance Program</b></p>	<p><b>60 days</b></p>	<p><b>BENEFEDS</b>  <a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a>            1-877-888-FEDS or 1-877-888-3337            TTY 1-877-889-5680</p>	
 <p><b>Federal Long Term Care Insurance Program</b> (for assisted living expenses)</p>	<p><b>60 days</b></p>	<p><b>FLTCIP</b>  <a href="http://www.ltcfeds.com">www.ltcfeds.com</a>            1-800-LTC-FEDS (1-800-582-3337)            TTY: 1-800-843-3557</p>	

**NOTE: Enrollment changes generally require permissible events after the initial new hire enrollment period. For more information on benefits, also visit <http://www.opm.gov/insure>.**

\*Special rules apply for those hired later in the year - see <https://www.fsafeds.com/fsafeds/SummaryOfBenefits.asp#EnrollNew>.

\*\*Eligible individuals can apply at anytime subject to full underwriting.