

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 FEHB FastFacts	www.opm.gov/healthcare-insurance/fastfacts/
Get information about the flexible spending account program	FSAFEDS website	www.FSAFEDS.com
	FSAFEDS brochure	www.FSAFEDS.com/forms/OPM-FSA-OVTF-10-031.pdf
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
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) Email: fsafeds@shps.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 including the three new dental plans	2014 Compare Dental Plans tool	www.opm.gov/fedvipcompare
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
Find 2014 premiums	2014 Dental Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2014 Dental plan brochures (premiums on back page)	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
Determine how my dental plan changes for 2014	2014 Dental plan brochure: “How We Have Changed for 2014”	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
Determine my out-of-pocket costs	2014 Dental plan brochure	www.opm.gov/healthcare-insurance/dental-vision/plan-information/

Open Season runs from November 11 through December 9, 2013.

The 2014 premiums will be available at www.opm.gov/insure in early October.

The 2014 Plan Information section at www.opm.gov/insure will be available by the first week in November.

Helpful Resources for Open Season

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 resources?
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in <i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/

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 including the one new vision plan	2014 Compare Vision Plans tool	www.opm.gov/fedvipcompare
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
Find 2014 premiums	2014 Vision Premiums	www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums
	2014 Vision plan brochures (premiums on back page)	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
Determine how my vision plan changes for 2014	2014 Vision plan brochure: “How We Have Changed for 2014”	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
Determine my out-of-pocket costs	2014 Vision plan brochure	www.opm.gov/healthcare-insurance/dental-vision/plan-information/
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in the <i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/

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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	2014 Compare Health Plans tool	www.opm.gov/fehcompare
	PlanSmartChoice for 2014 (available to all Federal employees and annuitants)	www.plansmartchoice.com/registration.aspx
	Consumer’s Checkbook for 2014 (if your agency has a subscription)	www.checkbook.org/newhig2/hig.cfm
Find my 2014 premiums	2014 FEHB Premiums	www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/
	2014 Health plan brochures (premiums on the back page)	www.opm.gov/FEHBbrochures
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
Determine how my health plan changes for 2014	2014 Health plan brochure: Section 2. “Changes for 2014”	www.opm.gov/FEHBbrochures
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2014 Compare Health Plan tool	www.opm.gov/fehcompare
	<i>2014 Guide to Federal Benefits</i>	www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/
	2014 Health plan brochure for service area changes	www.opm.gov/FEHBbrochures
Determine my out-of-pocket costs	2014 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/
	Types of Plans	www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types/

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