

The [Federal Benefits Open Season](#) runs from **Monday, November 11 – Monday, December 9, 2019**. During this period, you have the opportunity to enroll, change plans or plan options, change enrollment type, or cancel enrollment for the Federal Employees Health Benefits (FEHB) Program and the Federal Employees Dental and Vision Insurance Program (FEDVIP). You also have the opportunity to re-enroll or newly enroll in the Federal Flexible Spending Account (FSAFEDS) Program. Please review the chart below to learn more about your options during this Open Season.

Please note that the 2019 Open Season information (i.e. premiums, plan brochures) will be posted on our website at [www.opm.gov/openseason](http://www.opm.gov/openseason) by early November.

	What are my Open Season options?	What if I do nothing?	What should I know?	How do I make a change?	Effective Date of enrollment or change
<b>FEHB</b>	<ul style="list-style-type: none"> <li>• Enroll</li> <li>• Change plans</li> <li>• Change plan options</li> <li>• Change enrollment type (to Self, Self Plus One, or Self and Family)</li> <li>• Cancel coverage</li> </ul>	Your current coverage will automatically continue. However, you must change plans if your plan has ended coverage in your area or your plan is terminating participation in the FEHB Program.	Visit <a href="http://www.opm.gov/openseason">www.opm.gov/openseason</a> to get more information about plans available in your area.	Visit <a href="http://www.opm.gov/healthcare-insurance/healthcare/enrollment/for-instructions">www.opm.gov/healthcare-insurance/healthcare/enrollment/for-instructions</a> .	The first day of the first pay period that begins on or after January 1, 2020 and which follows a pay period during any part of which you (if an employee) are in pay status
<b>FEDVIP</b>	<ul style="list-style-type: none"> <li>• Enroll</li> <li>• Change plans</li> <li>• Change plan options</li> <li>• Change enrollment type (to Self, Self Plus One, or Self and Family)</li> <li>• Cancel coverage</li> </ul>	Your current coverage will automatically continue. You do not need to take any action if you are satisfied with your current FEDVIP plan.	Visit <a href="http://www.benefeds.com">www.benefeds.com</a> for more information about eligibility and enrollment.	<a href="http://www.benefeds.com">www.benefeds.com</a> or call <b>877-888-FEDS</b> (877-888-3337) <b>TTY:</b> 877-889-5680 <b>International:</b> +1-571-730-5942  Customer Service is open Monday through Friday from 9 a.m. to 7 p.m. ET.	January 1, 2020

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<b>FSAFEDS</b>	<ul style="list-style-type: none"> <li>Enroll/Reenroll in Health Care FSA (HCFSA), Limited Expense Health Care FSA (LEX HCFSA), and Dependent Care FSA (DCFSA)</li> <li>Increase or decrease your election</li> </ul>	<p>Your election will <b><u>not</u></b> automatically continue. You must reenroll to continue your account(s) for the next benefit year.</p> <p>NOTE: A condition of being eligible to carry over up to \$500 from this plan year's HCFSA or LEX HCFSA is re-enrolling in either of these two plans in the subsequent year.</p> <p>DCFSA's are ineligible for carryover.</p>	<p>Visit <a href="http://www.fsafeds.com">www.fsafeds.com</a></p> <p>Currently the minimum annual election amount for all FSAFEDS accounts is \$100. The contribution maximum for the Health Care or Limited Expense Health Care FSA's is \$2,700 per participant. The maximum for the Dependent Care FSA is \$5,000 per family.</p> <p>The contribution maximums for Flexible Spending Accounts are determined by the Internal Revenue Service and are subject to change. If FSAFEDS adopts new maximums, notification will be provided on <a href="http://www.opm.gov/openseason">www.opm.gov/openseason</a>.</p>	<p><a href="http://www.fsafeds.com">www.fsafeds.com</a> or call <b>877-FSAFEDS</b> (877-372-3337), TTY Line: 866-353-8058</p> <p>Benefits Counselors are available Monday through Friday from 9 a.m. until 9 p.m. Eastern Time.</p> <p>Verify your account login now to save time when you're ready to make your 2020 elections.</p> <p>Visit <a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>, enter your Username and Password, and select "LOGIN." If you don't remember your Username and/or Password, select "Forgot Username or Password?" for assistance.</p>	January 1, 2020

If you have questions about Federal Benefits Open Season or any other questions about your benefits, contact (please insert here your agency benefit office contact information).