



United States Office of Personnel Management  
Healthcare and Insurance

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## Benefits Administration Letter

**Number:** 23-205

**Date:** December 6, 2023

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### **Subject: Contraception**

On June 23, 2023, President Biden signed [Executive Order 14101](#), “Strengthening Access to Affordable, High-Quality Contraception and Family Planning Services.” [Section 4\(a\)](#) directed OPM to educate Federal Employees Health Benefits (FEHB) Program enrollees and covered family members on how to access affordable, high-quality contraception, including through public awareness initiatives that provide timely and accurate information about such access. Last year, OPM released [Carrier Letter 2022-17](#) to ensure robust coverage of contraception for all FEHB enrollees and covered family members. This Benefits Administration Letter informs Agency Benefits Officers of how to assist their employees to understand the comprehensive contraception coverage that FEHB enrollees and their covered family members are entitled to.

Agency Benefits Officers should use their agency’s preferred communications vehicles (e.g., email, intranet, or newsletters) to distribute a [link to OPM’s website with information on FEHB contraception coverage](#). The webpage has a print function so Agency Benefit Officers can distribute hard copies of the information.

For questions concerning this Benefits Administration Letter, please contact your Agency’s Headquarters Benefits Officer. If you do not know who this person is, please refer to OPM’s [list of agencies and their Headquarters Benefits Officers](#).

Sincerely,

Laurie Bodenheimer  
Associate Director  
Healthcare and Insurance