

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/insure/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>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/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/insure/fastfacts
Compare dental plans	2013 Compare Dental Plans tool	www.opm.gov/insure/dental/search/fedvipsearch.aspx
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
Find 2013 premiums	2013 Dental Premiums	www.opm.gov/insure/dental/rates
	2013 Dental plan brochures (premiums on back page)	www.opm.gov/insure/dental/planinfo
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
Determine how my dental plan changes for 2013	2013 Dental plan brochure: “How We Have Changed for 2013”	www.opm.gov/insure/dental/planinfo
Determine my out-of-pocket costs	2013 Dental plan brochure	www.opm.gov/insure/dental/planinfo
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in <i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides

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 The 2013 Plan Information section at www.opm.gov/insure will be available in late October.

Helpful Resources for Open Season

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/insure/fastfacts
Compare vision plans	2013 Compare Vision Plans tool	www.opm.gov/insure/dental/search/fedvipsearch.aspx
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
Find 2013 premiums	2013 Vision Premiums	www.opm.gov/insure/vision/rates
	2013 Vision plan brochures (premiums on back page)	www.opm.gov/insure/vision/planinfo
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
Determine how my vision plan changes for 2013	2013 Vision plan brochure: “How We Have Changed for 2013”	www.opm.gov/insure/vision/planinfo
Determine my out of pocket costs	2013 Vision plan brochure	www.opm.gov/insure/vision/planinfo
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in the <i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides

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/insure/fastfacts
Compare health plans	2013 Compare Health Plans tool	www.opm.gov/insure/health/search/plansearch.aspx
	PlanSmartChoice for 2013 (available to all Federal employees and annuitants)	www.plansmartchoice.com/registration.aspx
	Consumer’s Checkbook for 2013 (if your agency has a subscription)	www.checkbook.org/newhig2/hig.cfm

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Helpful Resources for Open Season

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?
Find my 2013 premiums	2013 FEHB Premiums	www.opm.gov/insure/health/rates
	2013 Health plan brochures (premiums on the back page)	www.opm.gov/FEHBbrochures
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
Determine how my health plan changes for 2013	2013 Health plan brochure: Section 2. “Changes for 2013”	www.opm.gov/FEHBbrochures
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2013 Compare Health Plan tool	www.opm.gov/insure/health/search/plansearch.aspx
	<i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides
	2013 Health plan brochure for service area changes	www.opm.gov/FEHBbrochures
Determine my out-of-pocket costs	2013 Health plan brochure	www.opm.gov/insure/health/search/plansearch.aspx
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/insure/health/reference/handbook/fehb05.asp#top
	Glossary	www.opm.gov/insure/glossary/index.asp
	Types of Plans	www.opm.gov/insure/health/planinfo/types.asp
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers in the <i>2013 Guide to Federal Benefits</i>	www.opm.gov/insure/health/planinfo/guides

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