

Free Federal Benefits Training Options

- Army Benefits Center - Civilian (ABC-C) provides monthly Defense Collaboration Services (DCS) CSRS/FERS Retirement Briefings.

DCS link, schedule, Q&A:

<https://www.abc.army.mil/retirements/RetDCS.html>

ABC-C Retirement Briefing Slides:

<https://www.abc.army.mil/retirements/slides.htm>

- ABC-C e-seminars – New Employee Benefits, FERS Retirement, Thrift Savings Plan, Social Security, Insurance, Flexible Spending and Financial Planning.

Login instructions follow on subsequent pages.

Link: <https://www.abc.army.mil/>

- OPM Youtube Video Library:

<http://www.youtube.com/user/USOPM>

[CSRS/FERS - Retirement Overview Video](#)

- OPM Suite of Early/Mid/Late Career Retirement, TSP & Financial planning courses:

<https://golearn.usalearning.net/course/category.php?id=2490>



ARMY BENEFITS CENTER - CIVILIAN

CENTER OF EXCELLENCE

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|----------------------|--------------------------|----------------------|--------------------------|----------------------------|----------------------|
| Home | Benefits | EBIS | About Us | Contact Us | <input type="text"/> |
|----------------------|--------------------------|----------------------|--------------------------|----------------------------|----------------------|

- ### BENEFITS TOPICS
- Health Insurance
 - Life Insurance
 - TSP
 - Retirement
 - Forms
 - Civilian Death-in-Service

- ### QUICK LINKS
- Affordable Care Act
 - Court Ordered Benefits
 - Injury Compensation
 - Leave Without Pay (LWOP)
 - National Guard
 - New Employee Benefits Tool Kit
 - Non-Appropriated Fund
 - Open Season
 - Social Security
 - Unemployment Compensation
 - Uniformed Services

- ### EXTERNAL LINKS
- Federal Employees Dental and Vision Program (FEDVIP)
 - Federal Employees Flexible Spending Account (FSAFEDS)
 - Long Term Care Insurance (LTCI)

ANNOUNCEMENTS

New Employees' Compensation Claims Filing Portal: The Department of the Army will be migrating to the new Employees' Compensation Operations & Management Portal (ECOMP) no later than 1 Oct 2015. For more information, visit our [Injury Compensation](#) page.

The Army Benefits Center-Civilian mailing address has changed!
Our new mailing address is:

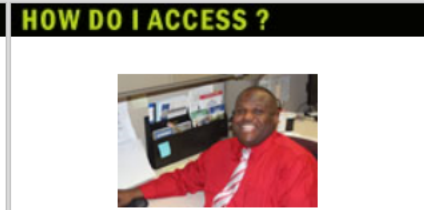
ARMY BENEFITS CENTER-CIVILIAN
305 MARSHALL AVENUE
FORT RILEY, KS 66442-5004

PHASED RETIREMENT: OPM has issued the final regulations. Review the [Phased Retirement Fact Sheet](#) for additional information on phased retirement and the final ruling. Phased Retirement has been approved for the Federal workforce, but Army implementation is pending issuance to DoD and Army policy and operational guidance and as more information becomes available, it will be shared with the workforce.

CSRS/FERS Retirement Briefings: The Army Benefits Center - Civilian will host CSRS/FERS retirement briefings by Defense Collaboration Services (DCS). View our [Retirement Briefings](#) page for more information.

Military Service Deposits: Military Service Deposits must be paid in full prior to the date of separation or retirement. Because processing time requires approximately 120 days, employees who are anticipating retirement should plan accordingly.

- ### WHAT'S HOT
- Tobacco Cessation Benefits
 - Chronological Statement of Retirement Points
 - CSRS/CSRS Offset
 - FERS



Employee Benefits Information System (EBIS)

What is EBIS?

The Employee Benefits Information System (EBIS) is an automated, secure, self-service web application that allows employees to review general and personal benefits information, and allows you to calculate your own retirement estimates. EBIS also allows you to make benefits elections for Federal Employees Health Benefits (FEHB), Federal Employees Group Life Insurance (FEGLI), and the Thrift Savings Plan (TSP).

Did you know?

You can only access EBIS if you are logged in with your Common Access Card (CAC). you must also have your Social Security number and EBIS PIN. This is to help protect your Personally Identifiable Information (PII)!

Are you having problems accessing EBIS? Go to our [Access Information and Assistance](#) page for help.



EBIS

EMPLOYEE BENEFITS INFORMATION SYSTEM

[Help](#)
[My Benefits](#)
[Calculators](#)
[Transactions](#)
[Forms](#)
[HR Link](#)
[eRetirement](#)
[My Profile](#)
[eSeminars](#)
[Information](#)

Session
 User:
JANE E. DOE

PIN Logout

Pending Transactions
 FEHB: None
 TSP: None
 FEGLI: None

eSeminars

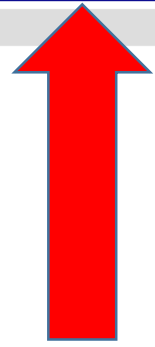
The following catalog covers benefits seminars available to you as a Federal employee. These seminars are designed for employees at any stage of their career.

Requirements:
 Your computer must have speakers to listen to the audio portion of the seminars. These presentations make use of the Macromedia® Flash™ browser plug-in.

To get started - choose one of the following:

| Course | Description | Duration | |
|---------------------------|--|----------|---------------------------|
| Retirement | This segment covers retirement for FERS employees. Topics include eligibility, computation of annuity, survivor benefits, creditable service, withholdings, and processing. | 66m15s | Launch... |
| Retirement: Special Group | This segment covers retirement for FERS Special Group employees such as Law Enforcement, Firefighters, and Air Traffic Controllers. Topics include eligibility, computation of annuity, survivor benefits, creditable service, withholdings, and processing. | 60m29s | Launch... |
| TSP | This segment covers the Thrift Savings Plan for FERS employees. Topics include contributions, investment funds, interfund transfers, loans, withdrawals, and death benefits. | 35m16s | Launch... |
| Social Security | This segment covers Social Security for FERS employees. Topics include eligibility, benefit descriptions, benefit computations, and applying for benefits. | 17m02s | Launch... |
| Insurance | This segment covers FEHB, FEGLI, LTC, and Medicare for Federal employees. | 42m55s | Launch... |
| Flexible Spending | This segment covers Flexible Spending Accounts for Federal employees. Topics include types, benefits, enrollment, and | 7m19s | Launch... |

Agency News
 Did you create a transaction for TSP, FEHB, or FEGLI that is effective this weekend? If you did and you don't see that it is processed yet, remember that our information will not be refreshed for the weekend transactions until Monday morning. If you have concerns about your transaction, please contact a Benefits Specialist.



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| Flexible Spending Accounts | This segment covers Flexible Spending Accounts for Federal employees. Topics include types, benefits, enrollment, and administration. | 7m19s | Launch... |
| Financial Planning | This segment covers Financial Planning for Federal employees. Topics include reason for planning, steps in planning, insurance, taxes, investment options, and estate planning. | 107m34s | Launch... |
| New Employee Benefits Orientation | This course focuses on the benefit programs that Federal employees receive by explaining how each program works and how to maximize the benefits of each program. Benefits covered are Leave, Health Insurance, Dental and Vision Insurance, Life Insurance, Long Term Care Insurance, Flexible Spending Accounts, Retirement, Thrift Savings Plan, and Social Security. | 110m08s | Launch... |