



**FEDERAL BENEFITS EXPERTS**

<https://www.narfe.org/> 1-800-456-8410

## **FEHB & FEDVIP Open Season November 13<sup>th</sup> to December 11<sup>th</sup>, 2023**

It's really important to do some research and crunch some numbers this year. Federal employees and retirees will spend an average of 7.7% more on their health insurance premiums in 2024, that is a 1% increase less than last year's increase.

The following In-Person Health Fairs are scheduled in Northwest Washington:

**Tuesday, November 14, 2023, 4:30 - 6:30 pm**, NARFE NW WA Area (Hillcrest Church), 1400 Larrabee Avenue, **Bellingham**, WA 98225

**Wednesday, November 15, 2023, 12:30 - 2:00 pm**, NARFE Everett Chpt 193, Evergreen Lanes, 5111 Claremont, **Everett**, WA 98203

**Thursday, November 16, 2023, 1:30 - 3:30 pm**, NARFE NW WA Area (USFS & NPS Office), 810 State Route 20, **Sedro-Woolley**, WA 98284

**Wednesday, November 29, 2023, 1:00 - 2:30 pm**, NARFE NW WA Area (Mount Vernon Senior Center), 1401 Cleveland Ave., **Mount Vernon**, WA 98274

If anyone would like to attend another In-Person Health Fair that some Agencies or other NARFE chapters may be providing, please contact Merry for locations & times at (360) 202-8999.

**NARFE Federal Benefits Open Season Resources:** <https://www.narfe.org/open-season/>

### **National Virtual Benefits Health Fair**

Register to attend the **2023 Virtual Benefits Fair** to chat with carriers, review 2024 plan details, and get the information you need to help make the right decisions—in one convenient, online location.

#### **Review 2024 plan details**

Log in anytime during the Federal Benefits Open Season, **from November 13 to December 11, 2023**. Download 2024 plan brochures, visit individual carrier booths, watch videos, and register for educational webinars. Most of the FEHB and FEDVIP (BENEFEDS) carriers will have a booth as well as FSAFEDS and FLTCIP.

<https://ve.on24.com/vshow/FVBF23/registration/23221>

There are 4 Live Chat Dates available once you register for the 2023 Virtual Benefits Fair: Nov. 14<sup>th</sup>, Nov. 21<sup>st</sup>, Nov. 30<sup>th</sup>, and Dec. 7<sup>th</sup>. All 4 Live Chats run from 7 a.m. – 2 p.m. (PST)

There are also a variety of other Federal Benefits, Advance-Planning and Webinars available located on the Benefeds website. Check it out.

<https://www.benefeds.com/learn/info/webinars>

## **NARFE Federal Benefits Institute Webinar**

### **To B or Not To B (Whether or Not To Take Medicare Part B)**

Presented by Tammy Flanagan

**Thursday, October 12, 2023 at 11:00 a.m. - 1:00 p.m. PT** 1 hour webinar plus 1 hour Q&A

Cost: \$48.00 \*Cost includes one year of NARFE membership, free if already a member.

Online registration required. <https://www.narfe.org/federal-benefits-institute/narfe-webinars/>

### **Other upcoming NARFE Federal Benefits Institute Webinars include:**

**Tuesday, October 24, 11 a.m. PT**

**BlueCross BlueShield's FEP Medicare Prescription Drug Program**

**Thursday, October 26, 11 a.m. PT**

**Understanding the Pros and Cons of Medicare Advantage Plans**

**Thursday, November 2, 11 a.m. PT**

**Choosing the Best FEHB Plan: Medicare Edition**

**Wednesday, November 9, 11 a.m. PT**

**Prescription Drug Benefits for Federal Annuitants in 2024 and Beyond**

**Wednesday, November 15, 11 a.m. PT**

**Choosing the Best FEHB Plan: Retirees Without Medicare Part B**

All webinars are recorded and **ARCHIVED** for On-Demand viewing – FREE for Members

Check it out: <https://www.narfe.org/federal-benefits-institute/narfe-webinars/webinar-archive/>

**NARFE Federal Benefits Website:** <https://www.narfe.org/federal-benefits-institute/>

**Many Federal Health Insurance Providers have their own individual webinars and/or chats available. Here is a list with website links and customer service phone numbers.**

#### **Aetna (HMO, Regional Plan)**

<http://aetnafeds.com/>

Federal Retirement Center <https://www.aetnafeds.com/retiree-center.php>

Aetna Live & Schedule a one-on-one <https://www.aetnafeds.com/live/index.php>

Customer Service # 877-459-6604

**Aetna Dental # 800-554-2042 & Vision # 888-497-7419 (FEDVIP)**

#### **APWU Health Plan (Fee-for-Service/Nationwide Plans)**

<https://www.apwuhp.com/>

2023 Virtual Open Season Events link, <https://www.apwuhp.com/virtual-open-season-health-fairs/>

Customer Service # 800-222-2798, [openseason@apwuhp.com](mailto:openseason@apwuhp.com)

#### **Blue Cross and Blue Shield (Fee-for-Service/Nationwide Plans)**

<https://www.fepblue.org/>

National Customer Service # 800-411-2583 or WA State # 800-562-1011

**BCBS Vision # 888-550-2583 and Dental # 855-504-2583 (FEDVIP)**

[www.bcbsfepvision.com](http://www.bcbsfepvision.com) & [www.bcbsfepdental.com](http://www.bcbsfepdental.com)

#### **Delta Dental (FEDVIP)**

<https://www1.deltadentalins.com/federal/fedvip.html>

Customer Service # 855-410-3255, email: [deltafeds@delta.org](mailto:deltafeds@delta.org)

Enroll through **BENEFEDS** # 877-888-3337

<https://www.benefeds.com/>

**GEHA – Government Employees Health Association (Fee-for-Service/Nationwide Plan)**

<https://www.geha.com/>

Customer Service # 800-821-6136

Open Season Advisor # 800-262-4342

**GEHA Dental # 877-434-2336 (FEDVIP)**

<https://www.geha.com/plans/dental/2024/overview>

Enroll through **BENEFEDS** # 877-888-3337

<https://www.benefeds.com/>

**Kaiser Permanente for Washington (HMO, Regional Plan)**

<https://healthplans.kaiserpermanente.org/federal-employees-fehb/>

Customer Service # 206-630-4636

National Federal Service # 877-904-0016

**MHBP – Mailhandlers (Fee-for-Service/Nationwide Plans)**

<https://mhbp.com/> or <https://mhbp.com/live/>

Customer Service # 800-410-7778

Dental & Vision # 800-254-0227, <https://mhbp.com/dental-and-vision-plan/> (not FEDVIP)

**NALC Health Benefit Plan – National Association of Letter Carriers (Fee-for-Service/Nationwide Plans)**

<https://www.nalchbp.org/>

Customer Service # 888-636-6252

**United Healthcare (HMO, Regional Plan)**

<https://www.uhcfeds.com/>

Customer Service # 877-835-9861

**(FEDVIP) Vision # 866-249-1999**

**(FEDVIP) Dental # 866-315-2321**

**Federal Long Term Care Insurance Program - FedPoint USA**

<https://www.ltcfeds.com/>

Customer Service # 800-582-3337, TTY # 800-843-3557

**Flexible Spending Account – FSAFEDS**

[www.fsafeds.com](http://www.fsafeds.com)

1-877-FSAFEDS (1-877-372-3337)

**Office of Personnel Management Insurance**

<https://www.opm.gov/healthcare-insurance/>

<https://www.opm.gov/healthcare-insurance/healthcare/reference-materials>

**2024 FEHB Premium Rate Charts**

<https://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>

**Open Season Active Employee FEHB Changes**

Submit [Standard Form 2809, Employee Health Benefits Election Form](#) to your Human Resources Office

**Open Season Annuitant FEHB Changes**

<https://retireefehb.opm.gov/Annuitant/>

Express calling # 800-332-9798

**Federal Employees Dental and Vision Insurance Program (FEDVIP)**

**BENEFEDS # 1-877-888-FEDS (1-877-888-3337)**

<https://www.benefeds.com/>

Shop rates, benefits and coverage: <https://www.benefeds.com/tools>

Education and Support: <https://www.benefeds.com/learn/info/webinars>

**Other Important phone numbers and websites:**

**OPM (Office of Personnel Management):** 202-606-1800, <https://www.opm.gov/>

**OPM Retirement Services:** 888-767-6738, Email to [retire@opm.gov](mailto:retire@opm.gov)  
<https://www.servicesonline.opm.gov/> you must log-in now with <https://secure.login.gov/>

**National Finance Center:** 800-242-9630

**Department of Labor (worker's compensation):** 866-487-2365

**SSA (Social Security Administration):** 800-772-1213, <https://www.ssa.gov/>

**Medicare:** 800-633-4227, <https://www.medicare.gov/> search: [care-compare](#) for providers

**VA (Veterans Administration):** 800-827-1000, <https://www.va.gov/>

**FEGLI (Federal Employees Group Life Insurance):** 800-633-4542,  
<https://www.opm.gov/healthcare-insurance/life-insurance>

**TSP (Thrift Savings Plan):** 877-968-3778, <https://www.tsp.gov/index.html>

**FLTCIP (Federal Long Term Care):** 800-582-3337, <https://www.ltcfeds.com/>

**FSAFEDS (Federal Flexible Spending Account Program):** 877-372-3337,  
<https://www.fsafeds.com/>

**IRS (Internal Revenue Service):** 800-829-1040, <https://www.irs.gov/>

**Guide to Health Plans for Federal Employees:** <https://www.checkbook.org/newhig2/hig.cfm>

**FEDHub (NARFE Community):** <https://fedhub.narfe.org/home>

**NARFE Federal Benefits email:** [fedbenefits@narfe.org](mailto:fedbenefits@narfe.org)

**NARFE WA Federation:** [www.narfewa.org](http://www.narfewa.org)

**NARFE Chapter 0193 Service Officer:** Merry Byrum: 360-202-8999,  
[merrybemerry@gmail.com](mailto:merrybemerry@gmail.com)

**NARFE Washington State Federation Service Officer:** Charlie Caughlan: 360-904-4805,  
[csquare@pacifier.com](mailto:csquare@pacifier.com).

