



**FEDERAL BENEFITS EXPERTS**

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

## **FEHB & FEDVIP Open Season November 11<sup>th</sup> to December 9<sup>th</sup>, 2024**

The Federal Benefits Open Season ends at 11:59pm Eastern Time on Monday December 9, 2024 for the Federal Employees Dental and Vision Insurance Program (FEDVIP) and the Federal Flexible Spending Account Program (FSAFEDS). Open Season for the Federal Employees Health Benefits Program (FEHB) ends at 11:59pm, per the location of your electronic enrollment system, on Monday December 9, 2024.

Postal Service employees, Postal annuitants, and their eligible family members: You may continue to participate in the Federal Employees Health Benefits (FEHB) Program through December 31, 2024. Your first opportunity to select a plan under the new Postal Service Health Benefits (PSHB) Program will be during Open Season in 2024. Coverage under the PSHB Program will begin January 1, 2025. PSHB Helpline at 844-451-1261  
Postal Annuitants can stay updated on [www.keepingposted.org](http://www.keepingposted.org)

**NARFE is hosting several In-Person Health Fairs in Northwest Washington:**

**Wednesday, November 6, 2024, 1:30 – 3:30 PM, Sedro-Woolley, WA**

**Thursday, November 7, 2024, 1:00 – 3:00 PM, Mount Vernon, WA**

**Monday, November 11, 2024, 10:00 – 1:30 PM, Bremerton, WA**

**Saturday, November 16, 2024, 2:00 – 5:30 PM, Bellingham, WA**

**Wednesday, November 20, 2024, 12:30 – 2:30 PM, Everett, WA**

**Wednesday, November 20, 2024, 5:30 – 7:30 PM, Lynnwood, WA**

**Wednesday, November 27, 2024, 11:00 – 1:00 PM, Sequim, WA**

**Tuesday, December 3, 2024, 4:30 – 6:30 PM, Bellingham, WA**

If anyone would like to attend an In-Person Health Fair that we will be hosting or some Agencies or other NARFE chapters may be providing, please contact Merry for locations & times at (360) 202- 8999, merrybemerry@gmail.com. There is an announcement flyer available.

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

### **Review 2025 plan details**

Log in anytime during the Federal Benefits Open Season, **from November 11 to December 9, 2024**. Download 2025 plan brochures, visit individual carrier websites and get phone numbers to call. Get information on the FEHB, PSHB and FEDVIP (BENEFEDS) carriers as well as FSAFEDS and FLTCIP.

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

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**

### **Medicare Advantage Plans (in FEHB and out of it)**

Presented by Tammy Flanagan

**Thursday, October 31, 2024 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:**

**Thursday, November 7, 11 a.m. PT**

**Postal Service Health Benefits Program**

**Tuesday, November 12, 11 a.m. PT**

**Choosing the Best FEHB Plan with Medicare**

**Thursday, November 14, 11 a.m. PT**

**Choosing the Best FEHB Plan Without Medicare**

**Thursday, November 21, 11 a.m. PT**

**FEHB Prescription Drug Plans**

**Thursday, December 12, 11 a.m. PT**

**Estate Planning**

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 # 855-277-4356

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

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

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

2024 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/> & <https://retiree.uhc.com/geha>

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/>

<https://retiree.uhc.com/geha>

Customer Service # 877-835-9861 or 844-491-9898

**(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:** <https://www.narfe.org/wa/>

**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).

