



DEPARTMENT OF THE ARMY
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ASSISTANT G-1 FOR CIVILIAN PERSONNEL
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CIVILIAN PERSONNEL
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Benefits Open Season – November 9 through December 14, 2009

The Benefits Open Season will be held from Monday, November 9 through Monday, December 14, 2009. The Office of Personnel Management now uses the term "benefits open season" rather than "FEHB open season" because it includes not only the Federal Employees Health Benefits but Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program as well.

- Federal Employees Health Benefits (FEHB)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)
- Flexible Spending Accounts (FSAs)

FEHB: Employees may enroll in a health plan, change from one plan or option to another (i.e., high/standard, self only/self and family), or cancel their FEHB enrollment during the open season. Prior to the start of the open season, the OPM will post the 2010 FEHB guides and individual plan brochures on their website at <http://www.opm.gov/insure/health/>. Employees who wish to make a change to their FEHB coverage must do so through the Army Benefits Center-Civilian (ABC-C) website at <https://www.abc.army.mil> or by telephone at 1-877-276-9287.

FEDVIP: During the open enrollment period, employees may enroll in supplemental dental and/or vision coverage, change from one plan or option to another, or cancel their enrollment. To learn more, visit the OPM FEDVIP homepage at <http://www.opm.gov/insure/dentalvision/> and the BENEFEDS website at <http://www.BENEFEDS.com>. For questions regarding the Federal Employees Dental and Vision Insurance Program, please contact the customer service representatives at 1-877-888-3337. Employees who wish to elect the dental and/or vision insurance must do so through the BENEFEDS Portal (<http://www.BENEFEDS.com>).

FSAs: An FSA allows employees to set aside pre-tax dollars for out-of-pocket health care and dependent care expenses, thereby reducing the amount you pay in taxes. Employees may choose either a health care FSA for out-of-pocket medical expenses such as co-pays, over-the-counter medications, etc., and/or a dependent care FSA for child and/or adult daycare expenses. **Employees who had a FSA account in 2009 must re-enroll for 2010 if they wish to continue this benefit.** To learn more or to enroll, employees must contact FSAFEDS at <http://www.fsafeds.com> or by phone at 1-877-FSAFEDS (372-3337) or TTY at 1-800-952-0450.

Benefits Fair: The Civilian Personnel Advisory Center (CPAC) will be sponsoring a Benefits Fair at the Library/Education Center, Bldg 660, Room #101, on Wednesday, November 18, 2009, from 0930 - 1400. The Library/Education Center is located at 7460 Colorado Avenue, Fort Polk, LA. Employees may obtain information on the different plans while at the fair or speak with representatives that will be attending.

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DONALD R. MALLETT
Director, Civilian Personnel Advisory Center