

**SUBJECT:**

**NEW: Self Plus One for the Federal Employees Health Benefits Program**

**BODY OF EMAIL:**

**NEW for**  **SELF**  
**2016** **+ ONE**

**New for 2016:**

You can now choose a **Self Plus One** enrollment type through the Federal Employees Health Benefits (FEHB) Program.

The first opportunity to enroll in **Self Plus One** will be during **Open Season: November 9, 2015 to December 14, 2015.**

Shop around, compare plans, and choose an option that is best for you. For information on how to compare plans visit [www.opm.gov/healthcare-insurance/Guide-Me/Federal-Employees/Health/How-do-I-find-a-plan/#url=Health](http://www.opm.gov/healthcare-insurance/Guide-Me/Federal-Employees/Health/How-do-I-find-a-plan/#url=Health).

This new enrollment type will cover you and one eligible family member. An eligible family member can be a spouse or a child up to age 26. For complete details on family member eligibility, visit [www.opm.gov/healthcare-insurance/healthcare/reference-materials/reference/family-members](http://www.opm.gov/healthcare-insurance/healthcare/reference-materials/reference/family-members).

To enroll or change your enrollment, use your agency's online enrollment system or contact your Human Resources (HR) Office. If you need contact information for your HR Office, ask your supervisor.

Coverage will be effective in January 2016.

For more information about the **Self Plus One** enrollment type please see the attached **Self Plus One FastFacts** or visit: [www.opm.gov/selfplusone](http://www.opm.gov/selfplusone).