

## Helpful Resources for Open Season

### FLEXIBLE SPENDING ACCOUNT – Federal Flexible Spending Account Program (FSAFEDS)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and flexible spending accounts	Open Season and FEHB FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts/">www.opm.gov/healthcare-insurance/fastfacts/</a>
Get information about the flexible spending account program	FSAFEDS website	<a href="http://www.FSAFEDS.com">www.FSAFEDS.com</a>
	FSAFEDS brochure	<a href="http://www.FSAFEDS.com/forms/OPM-FSA-OVTF-10-031.pdf">www.FSAFEDS.com/forms/OPM-FSA-OVTF-10-031.pdf</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Talk to an FSAFEDS representative	Open Season benefits fair	Contact your agency HR staff
	Contact FSAFEDS	1-877-372-3337 (TTY Line: 1-800-952-0450) Email: <a href="mailto:fsafeds@shps.com">fsafeds@shps.com</a>

### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and dental insurance	Open Season and Dental Insurance FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts/">www.opm.gov/healthcare-insurance/fastfacts/</a>
Compare dental plans including the three new dental plans	2014 Compare Dental Plans tool	<a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Find 2014 premiums	2014 Dental Premiums	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a>
	2014 Dental plan brochures (premiums on back page)	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Determine how my dental plan changes for 2014	2014 Dental plan brochure: “How We Have Changed for 2014”	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
Determine my out-of-pocket costs	2014 Dental plan brochure	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>

Open Season runs from November 11 through December 9, 2013.

The 2014 premiums will be available at [www.opm.gov/insure](http://www.opm.gov/insure) in early October.

The 2014 Plan Information section at [www.opm.gov/insure](http://www.opm.gov/insure) will be available by the first week in November.

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### DENTAL INSURANCE – Federal Employees Dental and Vision Insurance Program (FEDVIP) - Continued

What do I need to do?	What resources are available to me?	Where can I find resources?
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in <i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>

### VISION INSURANCE -- Federal Employees Dental and Vision Insurance Program (FEDVIP)

What do I need to do?	What resources are available to me?	Where can I find these resources?
Get general information about Open Season and vision insurance	Open Season and Vision Insurance FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts/">www.opm.gov/healthcare-insurance/fastfacts/</a>
Compare vision plans including the one new vision plan	2014 Compare Vision Plans tool	<a href="http://www.opm.gov/fedvipcompare">www.opm.gov/fedvipcompare</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Find 2014 premiums	2014 Vision Premiums	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums">www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums</a>
	2014 Vision plan brochures (premiums on back page)	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Determine how my vision plan changes for 2014	2014 Vision plan brochure: “How We Have Changed for 2014”	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
Determine my out-of-pocket costs	2014 Vision plan brochure	<a href="http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/">www.opm.gov/healthcare-insurance/dental-vision/plan-information/</a>
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers available in the <i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>

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<b>HEALTH INSURANCE – Federal Employees Health Benefits (FEHB) Program</b>		
<b>What do I need to do?</b>	<b>What resources are available to me?</b>	<b>Where can I find these resources?</b>
Get general information about Open Season and health insurance	Open Season and FEHB FastFacts	<a href="http://www.opm.gov/healthcare-insurance/fastfacts/">www.opm.gov/healthcare-insurance/fastfacts/</a>
Compare health plans	2014 Compare Health Plans tool	<a href="http://www.opm.gov/fehcompare">www.opm.gov/fehcompare</a>
	PlanSmartChoice for 2014 (available to all Federal employees and annuitants)	<a href="http://www.plansmartchoice.com/registration.aspx">www.plansmartchoice.com/registration.aspx</a>
	Consumer’s Checkbook for 2014 (if your agency has a subscription)	<a href="http://www.checkbook.org/newhig2/hig.cfm">www.checkbook.org/newhig2/hig.cfm</a>
Find my 2014 premiums	2014 FEHB Premiums	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/">www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/</a>
	2014 Health plan brochures (premiums on the back page)	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
Determine how my health plan changes for 2014	2014 Health plan brochure: Section 2. “Changes for 2014”	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Determine if my health plan is still participating in the FEHB Program or has changed service areas	2014 Compare Health Plan tool	<a href="http://www.opm.gov/fehcompare">www.opm.gov/fehcompare</a>
	<i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>
	2014 Health plan brochure for service area changes	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Determine my out-of-pocket costs	2014 Health plan brochure	<a href="http://www.opm.gov/FEHBbrochures">www.opm.gov/FEHBbrochures</a>
Find out what different types of plans are available to me (Fee-for-Service, Health Maintenance Organization, High Deductible Health Plan, Consumer-Driven Health Plan)	FEHB Handbook	<a href="http://www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook">www.opm.gov/healthcare-insurance/healthcare/reference-materials/#url=FEHB-Handbook</a>
	Glossary	<a href="http://www.opm.gov/healthcare-insurance/insurance-glossary/">www.opm.gov/healthcare-insurance/insurance-glossary/</a>
	Types of Plans	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types/">www.opm.gov/healthcare-insurance/healthcare/plan-information/plan-types/</a>

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<b>What do I need to do?</b>	<b>What resources are available to me?</b>	<b>Where can I find these resources?</b>
Talk to a plan representative	Open Season benefits fair	Contact your agency HR staff
	Plan phone numbers in the <i>2014 Guide to Federal Benefits</i>	<a href="http://www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/">www.opm.gov/healthcare-insurance/healthcare/plan-information/guides/</a>

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