

Benefits Quick Reference

TSP (THRIFT SAVINGS PLAN) – New hires are automatically enrolled for 3%. Employees may make changes at anytime through EBIS at: www.abc.army.mil.

Military Buyback Post-56 Deposit (Federal Employees Retirement System) - Follow steps the steps 1-5 located at www.abc.army.mil under the “How Do I...?” section. Military Service Deposits must be paid in full before retirement.

FEHB (Federal Employees Health Benefits) – Find information on plans at www.opm.gov/insure. You may also wish to use the program at www.plansmartchoice.com to assist in making your decision. Write down the three digit plan enrollment code for the plan you choose. Then, enroll through EBIS at www.abc.army.mil. Enroll within 60 days of hire, or during the Federal Benefits Open Season (mid November – mid December annually).

FEDVIP (Federal Employees Dental & Vision Insurance Program) - Find information on plans at www.opm.gov/insure. You may also wish to use the program at www.plansmartchoice.com to assist in making your decision. Enroll within 60 days of hire, or during the Federal Benefits Open Season (mid November – mid December annually) at: www.benefeds.com.

FEGLI (Federal Employees Group Life Insurance) - You’re automatically enrolled into the basic life plan. Find additional information at www.opm.gov/insure. You have 60 days to enroll in the additional options, and change it through EBIS at www.abc.army.mil.

NGAUS Technician’s Insurance Program (Disability Insurance) – Find more information at www.ngaus.org. Submit NGAUS enrollment form to HRO within 31 days to enroll.

FLTCIP (Federal Employees Long Term Care) – Find more information at www.opm.gov/insure. Enroll within 60 days of hire for an abbreviated underwriting process, or anytime with the full underwriting process at: www.ltcfeds.com.

FSAFEDS (Flexible Spending Accounts) - Find more information at www.opm.gov/insure. Enroll within 60 days of hire, or during the Federal Benefits Open Season (mid November – mid December annually) at: www.fsafeds.com.