



DIRECTOR - CIVILIAN BENEFITS CENTER

Date: 29 October 2018

To: All Civilian Employees

Subj: Retirement and Benefits Webinars

1. Want to learn more about the Federal Long Term Care Insurance Program (FLTCIP) and Federal Employees Dental and Vision Insurance Program (FEDVIP), plus explore related long term care issues such as making the most of your benefits, financing long term care, and the advantages of planning for retirement? Register today for free webinars at https://www.ltcfeds.com/meet_us/webinars.html. Note: All events will be available through the FLTCIP On-Demand option after the event has occurred.

2. If you are having technical difficulties viewing the webinars at work, these webinars can also be viewed at home using your personal computer.

Topic	Date
<p>Cognitive Fitness: A 6-Step Plan for Long Term Brain Health. How do you stay cognitively fit as you age? Genetics play a role in your brain health, but did you know that you can do something to improve your cognitive fitness? Researchers at Harvard Medical School have identified six cornerstones to an effective brain health program. In this webinar, Dr. Margaret O'Connor will share the lifestyle and behavioral changes that lead to changes in your brain's structure and positively impact cognition. Dr. O'Connor will share her research and experiences with patients and caregivers at the Brain Fit Club at Beth Israel Deaconess Medical Center in Boston.</p>	<p>October 30, 2018</p>
<p>Caregiving: Caring for a Loved One and Yourself. Caring for others fulfills a basic social contract in ways that can draw generations and individuals closer. Caring for an elderly parent or ailing spouse or partner is a worthy, often satisfying pursuit. But it isn't easy. If you're among the estimated 66 million Americans acting as caregivers for friends, family, or neighbors, you may often wrestle with stress as well as exhaustion, anger, guilt, grief, and other emotions. In order to give good care to others, you need stress relief, support, and time for yourself and your family. In this webinar, Harvard Medical School experts will share effective tips and tools to support caregivers in the daily work of caring for another, as well as for themselves.</p>	<p>November 8, 2018</p>
<p>Advanced Care Planning: Documenting Your Decisions for Medical Care When you face big decisions in life, it always helps to think ahead. Yet many people shy away from one very important decision: what type of medical care do they want if they have a chronic illness or they're too sick, confused, or injured to voice their wishes? Even among people receiving long term care because of illness, age, or disability, such planning is not universal. These can be difficult conversations to have, but most people find it a relief to know they have voiced their preferences and laid the groundwork for decision-making if they can't express their wishes. In this webinar, experts from Harvard Medical School explain essential advance care planning documents and why it's important to document your medical choices, including your values, beliefs, and preferences about the care you want to receive.</p>	<p>December 6, 2018</p>

Topic	Date
<p>FEDVIP: Shop, Enroll, and Manage Your Dental and Vision Insurance. Join us as we navigate Federal Employees Dental and Vision Insurance Program (FEDVIP) options, web and mobile sites, and benefit comparison tools, as well as discuss the choices you have when researching and enrolling in FEDVIP during the Federal Benefits Open Season. We'll also review how to contact FEDVIP, Federal Employees Health Benefits (FEHB) Program, Federal Long Term Care Insurance Program (FLTCIP), Federal Flexible Spending Account (FSAFEDS) Program, and BENEFEDS through our 2018 Virtual Benefits Fair. Learn how employees can chat live with participating plan representatives at the fair (chat anytime between 10 a.m. and 5 p.m. (ET) on November 13 and December 5, 2018.</p>	<p>November 1 Virtual Fair November 13, 2018 December 5, 2018</p>
<p>'Tis the Season: Wrap-up the 2018 Federal Benefits Open Season Insurance needs may change throughout your career and into retirement. Did you know some of the best plans are not always the most expensive? Join Tammy Flanagan of Tammy Flanagan, LLC, along with Long Term Care Partners (FLTCIP and BENEFEDS) representatives live in the 2018 Virtual Benefits Fair. We'll review what's new for the Federal Employees Health Benefits (FEHB) Program this open season and provide the information you need to manage your Federal benefits package. You'll also learn about available tax savings that may help reduce your costs. You can also participate in a live Q&A with Tammy, then chat with participating plan representatives between 10 a.m. and 5 p.m. (ET).</p>	<p>December 5, 2018</p>
<p>Federal Financial Planning: Dos and Don'ts. For most of us, maintaining our accustomed lifestyle in retirement requires planning ahead. Join Karen Schaeffer of Schaeffer Financial and the National Institute for Transition Planning and Federal Long Term Care Insurance Program (FLTCIP) representatives as we discuss the basic investing and money-management tips that can make or break your Federal retirement plan.</p>	<p>December 12, 2018</p>
<p>The FLTCIP (Part 1 of 2): Why Should I Plan for My Own Long Term Care? This webinar explores the realities of long term care and family caregiving. We also review possible long term care funding options (and their tradeoffs) such as Medicaid and investing.</p>	<p>December 18, 2018</p>
<p>The FLTCIP (Part 2 of 2): Protecting Your Retirement with a Plan for Long Term Care This webinar includes a thorough review of the benefits and features of the FLTCIP plan.</p>	<p>December 19, 2018</p>

Note: The opinions and views expressed in this material, webinars, and Q&As are the opinions of the respective presenter and are not intended by John Hancock Life & Health Insurance Company, the U.S. Office of Personnel Management (OPM), or Long Term Care Partners, LLC, to represent any legal or investment advice or opinion. While John Hancock and OPM have reviewed this webinar communication, they are not endorsing or approving the webinar vendor or its products or services.

Thank you,
Mary E. Foley