

Options for 2019 Federal Benefits Open Season

Monday, November 11 through Monday, December 9, 2019.

Please review the chart below to learn more about your options during this Open Season.

Please note that the 2019 Open Season information (i.e. premiums, plan brochures) will be posted at www.opm.gov/openseason by early November.

	What are my Open Season options?	What if I do nothing?	What should I know?	How do I make a change?	Effective Date of enrollment or change
FEHB Health insurance	<ul style="list-style-type: none"> • Enroll • Change plans • Change plan options • Change enrollment type (to Self, Self Plus One, or Self and Family) • Cancel coverage 	Your current coverage will automatically continue. However, you must change plans if your plan has ended coverage in your area or your plan is terminating participation in the FEHB Program.	<p>Visit the OCHR Benefits Page https://portal.secnav.navy.mil/orgs/MRA/DONHR/Benefits/Pages/Benefits Open Season.aspx for the latest information.</p> <p>Visit www.opm.gov/openseason to get more information about plans available in your area.</p>	<p>Starting on November 11 to December 9, 2019:</p> <p>Make your health insurance election on the GRB Platform at https://www.civilianbenefits.hroc.navy.mil/ on a government computer with a “.mil, .edu, or .gov” email address using your Department of Defense Common Access Card (CAC).</p>	January 5, 2020, which is the first day of the first pay period that begins on or after January 1, 2020 and which follows a pay period during any part of which are in pay status
FEDVIP Dental and vision insurance	<ul style="list-style-type: none"> • Enroll • Change plans • Change plan options • Change enrollment type (to Self, Self Plus One, or Self and Family) • Cancel coverage 	Your current coverage will automatically continue. You do not need to take any action if you are satisfied with your current FEDVIP plan, dental and/or vision.	Visit www.benefeds.com for more information about eligibility and enrollment.	<p>www.benefeds.com or call 877-888-FEDS (877-888-3337)</p> <p>TTY: 877-889-5680 International: +1-571-730-5942</p> <p>Customer Service is open Monday through Friday from 9 a.m. to 7 p.m. ET.</p>	January 1, 2020

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FSAFEDS Flexible Spending Accounts	<ul style="list-style-type: none"> Enroll/Reenroll in Health Care FSA (HCFSA), Limited Expense Health Care FSA (LEX HCFSA), and Dependent Care FSA (DCFSA) Increase or decrease your election 	<p>Your election will not automatically continue. You must reenroll to continue your account(s) for the next benefit year.</p> <p>NOTE: A condition of being eligible to carry over up to \$500 from this plan year's HCFSA or LEX HCFSA is re-enrolling in either of these two plans in the subsequent year.</p> <p>DCFSA's are ineligible for carryover.</p>	<p>Visit www.fsafeds.com</p> <p>Currently the minimum annual election amount for all FSAFEDS accounts is \$100. The contribution maximum for the Health Care or Limited Expense Health Care FSA's is \$2,700 per participant. The maximum for the Dependent Care FSA is \$5,000 per family.</p> <p>The contribution maximums for Flexible Spending Accounts are determined by the Internal Revenue Service and are subject to change. If FSAFEDS adopts new maximums, notification will be provided on www.opm.gov/openseason.</p>	<p>www.fsafeds.com or call 877-FSAFEDS (877-372-3337), TTY Line: 866-353-8058</p> <p>Benefits Counselors are available Monday through Friday from 9 a.m. until 9 p.m. Eastern Time.</p> <p>Verify your account login now to save time when you're ready to make your 2020 elections.</p> <p>Visit www.FSAFEDS.com, enter your Username and Password, and select "LOG IN." If you don't remember your Username and/or Password, select "Forgot Username or Password?" for assistance.</p>	January 1, 2020

If you have questions about Federal Benefits Open Season or any other questions about your benefits, contact Benefits Line at 888-320-2917.