



DIRECTOR – CIVILIAN BENEFITS CENTER

Date: 8 October 2019

To: All Civilian Employees

Subj: Health, Dental, and Vision Insurance Premiums for 2020

1. This is the second message published in preparation for the upcoming Federal Benefits Open Season. The first message entitled “Get Ready for Federal Benefits Open Season” is available on the Office of Civilian Human Resources (OCHR) portal at <https://portal.secnav.navy.mil/orgs/MRA/DONHR/Benefits/Pages/Benefits-Officer-Messages.aspx>. The 2020 Open Season begins 11 November and ends on 9 December 2019. Employees are able to make changes to their Federal Employees Health Benefits (FEHB) and Federal Employees Dental and Vision Insurance Programs (FEDVIP) enrollments and elect to participate in the Federal Flexible Spending Account Program (FSAFEDS).

2. The 2020 FEHB and FEDVIP Non-Postal premium rates are available on the Office of Personnel Management (OPM) web site, and plan booklets will be available in early November. I encourage everyone to review the 2020 rates and coverage associated with your existing plan.

a. FEHB. The average 2020 health insurance premium increased by 4.0 percent. This year’s increase, while higher than last year’s historically low increase, is comparable to average increases from the past 5 years.

<http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>.

b. FEDVIP. The enrollee pays the total cost of the FEDVIP premiums; there is no government contribution. For 2020, the overall average premium for dental plans will increase by 5.6 percent, and the overall average premium for vision plans will increase by 1.5 percent. <http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/Premiums>.

3. The central source for current information regarding the open season is located at https://portal.secnav.navy.mil/orgs/MRA/DONHR/Benefits/Pages/Benefits_Open_Season.aspx. You must use a government computer; and have a “.mil, .edu, or .gov” email address and a Department of Defense Common Access Card (CAC). If this is your first time accessing the web site, you will be required to complete a simple registration.

4. For questions, contact:

a. FEHB

- Telephone: Benefits Line at 888-320-2917
- TTY: 866-359-5277
- Email: navybenefits@navy.mil

b. FEDVIP

- Telephone: BENEFEDS at 877-888-3337
- TTY: 877-889-5680
- Email: service@benefeds.com

Thank you,
Mary E. Foley