








### Federal Employee Benefit Enrollment Guide

|   | Plan Name   | Enrollment Link  | Enrollment Period<br>(from date of appt)               |
|---|---|--|--|
|    | <b>FEHB</b><br>Federal Employee Health Benefits           | <a href="https://www.abc.army.mil">https://www.abc.army.mil</a><br>Call: 1-877-276-9287<br>Plan Information at:<br><a href="http://www.opm.gov/healthcare-insurance/">http://www.opm.gov/healthcare-insurance/</a> | 60 Days  |
|    | <b>FLTCIP</b><br>Federal Long Term Care Insurance         | <a href="http://www.ltcfeds.com">http://www.ltcfeds.com</a>  | 60 Days  |
|    | <b>FSAFEDS</b><br>Flexible Spending Accounts              | <a href="https://www.fsafeds.com">https://www.fsafeds.com</a>  | 60 Days  |
|    | <b>NGAUS</b><br>Term Life & Disability Insurance          | Contact HRO<br>503-584-3975  | Guaranteed acceptance if<br>applied for within 31 days |
|  | <b>FEDVIP</b><br>Dental & Vision Insurance                | <a href="https://www.benefeds.com">https://www.benefeds.com</a><br>Call: 1-877-888-FEDS  | 60 Days  |
|  | <b>FEGLI</b><br>Federal Employees Group Life<br>Insurance | <a href="https://www.abc.army.mil">https://www.abc.army.mil</a><br>Call: 1-877-276-9287<br>Plan Information at:<br><a href="http://www.opm.gov/healthcare-insurance/">http://www.opm.gov/healthcare-insurance/</a> | 60 Days  |
|  | <b>TSP</b><br>Thrift Savings Plan                         | <a href="https://www.abc.army.mil">https://www.abc.army.mil</a><br>Plan Information at:<br><a href="http://www.tsp.gov">http://www.tsp.gov</a>   | Anytime  |

## Federal Employee Benefit Reference Guide

|   | Name   | Link  |
|---|--|---|
|    | <b>My Biz+</b>   | <a href="https://compo.dcpds.cpms.osd.mil/">https://compo.dcpds.cpms.osd.mil/</a>                             |
|    | <b>eOPF</b><br>Electronic Official Personnel File                | <a href="https://eopf.opm.gov/nationalguard">https://eopf.opm.gov/nationalguard</a>                           |
|    | <b>ABC-C</b><br>Army Benefits Center - Civilian                  | <a href="https://portal.chra.army.mil/abc">https://portal.chra.army.mil/abc</a><br>Call: 1-877-276-9287       |
|    | <b>OPM</b><br>Office of Personnel Management                     | <a href="http://www.opm.gov">www.opm.gov</a>  |
|  | <b>GRB</b>   | <a href="https://www.ebis.army.mil">https://www.ebis.army.mil</a>   |
|   | <b>Mass Transit</b>  | Contact HRO<br>503-584-3975   |
|  | <b>ATAAPS</b><br>Automated Time And Attendance Production System | <a href="https://ataaps.csd.disa.mil/">https://ataaps.csd.disa.mil/</a>                                       |
|  | <b>MyPay</b>   | <a href="https://mypay.dfas.mil/">https://mypay.dfas.mil/</a>   |
|  | <b>EAP</b><br>Employee Assistance Program                        | Military:<br><a href="http://www.militaryonesource.com">www.militaryonesource.com</a><br>Call: 1-800-222-0364 |
|  | <b>EAP</b><br>Employee Assistance Program                        | Civilian:<br><a href="http://www.FOH4you.com">www.FOH4you.com</a><br>Call: 1-800-222-0364                     |