








Federal Employee Benefit Reference Guide

	<u>Name</u>	<u>Link</u>
	MyBiz+	https://compo.dcpds.cpms.osd.mil/
	eOPF Electronic Official Personnel File	https://eopf.opm.gov/nationalguard
	ABC-C Army Benefits Center— Civilian	https://portal.chra.army.mil/abc 1-877-276-9287
	OPM Office of Personnel Management	www.opm.gov
	GRB Government Retirement & Benefits	https://www.platform.army.mil/
	Mass Transit	Contact HRO 971-355-3325
	ATAAPS Automated Time And Attendance System	Air Employees: https://af.ataaps.csd.disa.mil/ Army Employees: https://ataaps.csd.disa.mil/
	MyPay	https://mypay.dfas.mil/
	EAP Employee Assistance Program	<i>Military Personnel</i> www.militaryonesource.mil Army: 1-800-342-9647 Air Force: 1-866-580-9078
	EAP Employee Assistance Program	<i>Civilian Personnel</i> Www.FOH4you.com

Federal Employee Benefit Enrollment Guide

	<u>Plan Name</u>	<u>Enrollment Link</u>	<u>Enrollment Timeline</u>
	<p>FEHB</p> <p>Federal Employee Health Benefits</p>	<p>https://www.abc.army.mil</p> <p>1-877-276-9287</p> <p>https://www.opm.gov/healthcare-insurance/</p>	60 days from hire date
	<p>FLTCIP</p> <p>Federal Long Term Care Insurance Plan</p>	<p>https://www.ltcfeds.com</p>	60 days from hire date w/abbreviated underwriting, after 60 days enrollment subject to full underwriting
	<p>FSAFEDS</p> <p>Flexible Spending Accounts</p>	<p>https://fsafeds.com</p>	60 days from hire date AND prior to October 1st
	<p>NGAUS</p> <p>National Guard Association of the United States—Term Life & Disability Insurance</p>	<p>Contact HRO</p> <p>971-355-3325</p>	Guaranteed acceptance within 31 days of hire date—After 31 days, the decision is left up to the insurance company
	<p>FEDVIP</p> <p>Federal Employees Dental & Vision Insurance</p>	<p>https://www.benefeds.com</p> <p>1-877-888-FEDS</p>	60 days from hire date
	<p>FEGLI</p> <p>Federal Employee Group Life Insurance</p>	<p>https://www.abc.army.mil</p> <p>1-877-276-9287</p> <p>https://www.opm.gov/healthcare-insurance</p>	60 days from hire date ONLY OPPORTUNITY TO INCREASE—NO REGULAR OPEN SEASON
	<p>TSP</p> <p>Thrift Savings Program</p>	<p>https://www.abc.army.mil</p> <p>http://www.tsp.gov</p>	Automatically enrolled 5% Make changes anytime