








# Federal Employee Benefits Reference Guide

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

# Federal Employee Benefit Enrollment Guide

	<p align="center"><b>FEHB</b> Federal Employee Health Benefits</p>	<p><a href="https://portal.chra.army.mil/abc">https://portal.chra.army.mil/abc</a> 1-877-276-9287 <a href="https://www.opm.gov/healthcare-insurance/healthcare/">https://www.opm.gov/healthcare-insurance/healthcare/</a></p>	<p>60 days from hire date</p>
	<p align="center"><b>FLTCIP</b> Federal Long Term Care Insurance Plan</p>	<p><a href="https://www.ltcfeds.gov">https://www.ltcfeds.gov</a></p>	<p>60 days from hire date w/abbreviated underwriting, after 60 days enrollment subject to full underwriting</p>
	<p align="center"><b>FSAFEDS</b> Flexible Spending Accounts</p>	<p><a href="https://fsafeds.gov">https://fsafeds.gov</a></p>	<p>60 days from hire date <b>AND</b> prior to October 1st</p>
	<p align="center"><b>NGAUS</b> National Guard Association of the United States—Term Life &amp; Disability Insurance</p>	<p>Contact HRO 971-355-3325</p>	<p>Guaranteed acceptance within 31 days of hire date—After 31 days, the decision is left up to the insurance company</p>
	<p align="center"><b>FEDVIP</b> Federal Employees Dental &amp; Vision Insurance</p>	<p><a href="https://www.benefeds.gov">https://www.benefeds.gov</a> 1-877-888-3337</p>	<p>60 days from hire date</p>
	<p align="center"><b>FEGLI</b> Federal Employee Group Life Insurance</p>	<p><a href="https://portal.chra.army.mil/abc">https://portal.chra.army.mil/abc</a> 1-877-276-9287 <a href="https://www.opm.gov/healthcare-insurance/life-insurance/">https://www.opm.gov/healthcare-insurance/life-insurance/</a></p>	<p>60 days from hire date <b>ONLY OPPORTUNITY TO INCREASE—NO REGULAR OPEN SEASON</b></p>
	<p align="center"><b>TSP</b> Thrift Savings Program</p>	<p><a href="http://www.tsp.gov">http://www.tsp.gov</a></p>	<p>Automatically enrolled 5%  Make changes anytime</p>