








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 971-355-3975 |
|  | 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 1-800-222-0364 |

Federal Employee Benefit Enrollment Guide

| | <i>Plan Name</i> | <i>Enrollment Link</i> | <i>Enrollment Timeline</i> |
|---|--|--|---|
|  | FEHB Federal Employee Health Benefits | https://www.abc.army.mil 1-877-276-9287 https://www.opm.gov/healthcare-insurance/ | 60 days from hire date |
|  | FLTCIP Federal Long Term Care Insurance Plan | https://www.ltfedfs.com | 60 days from hire date w/abbreviated underwriting, after 60 days enrollment subject to full underwriting |
|  | FSAFEDS Flexible Spending Accounts | https://fsafeds.com | 60 days from hire date AND prior to October 1st |
|  | NGAUS National Guard Association of the United States—Term Life & Disability Insurance | Contact HRO 971-355-3975 | Guaranteed acceptance within 31 days of hire date—After 31 days, the decision is left up to the insurance company |
|  | FEDVIP Federal Employees Dental & Vision Insurance | https://www.benefeds.com 1-877-888-FEDS | 60 days from hire date |
|  | FEGLI Federal Employee Group Life Insurance | https://www.abc.army.mil 1-877-276-9287 https://www.opm.gov/healthcare-insurance | 60 days from hire date ONLY OPPORTUNITY TO INCREASE—NO REGULAR OPEN SEASON |
|  | TSP Thrift Savings Program | https://www.abc.army.mil http://www.tsp.gov | Automatically enrolled 5% Make changes anytime |