**Benefits**

Federal Employees Health Benefits Program (FEHBP)

The Federal Employees Health Benefit Program (FEHBP) offers a wide selection of health plans to employees, retirees, and their survivors. Employees can choose from a variety of plans to cover yourself and family members. For more information regarding this program, please visit <http://www.opm.gov/insure/health/index.asp>.

Federal Employees Group Life Insurance (FEGLI)

FEGLI provides group term life insurance. As such, it does not build up any cash value or paid-up value. It consists of *basic* life insurance coverage and three options. In most cases, if you are a new federal employee, you are automatically covered by *basic* life insurance and your payroll office deducts premiums from your paycheck unless you waive the coverage. In addition to the *basic*, there are three forms of *optional* insurance that you can elect. You must have basic insurance in order to elect any of the options. Unlike *basic*, enrollment in *optional* insurance is not automatic – you must take action to elect the options. For more information regarding this program, please visit <https://archive.opm.gov/insure/life/index.asp>.

Thrift Saving Plan (TSP)

The TSP is a retirement savings plan for civilians who are employed by the United States government and members of the uniformed services. For more information regarding this program, please visit <https://www.tsp.gov/index.html>.

Federal Long-Term Care Insurance Program (FLTCIP)

The Federal Long-Term Care Insurance Program provides long term care insurance to help pay for costs of care when you need help with activities you perform every day, or you have a severe cognitive impairment, such as Alzheimer's disease. Over 20 million members of the federal family can apply for the insurance offered in this program. For more information regarding this program, please visit <https://www.opm.gov/healthcare-insurance/long-term-care/>.

Flexible Spending Accounts for Federal Employees (FSAFEDS)

FSAFEDS is a Flexible Spending Account (FSA) program for federal employees that will save you money on health and dependent care expenses by allowing you to set aside pre-tax funds to pay for a wide range of common out-of-pocket expenses. For more information regarding this program, please visit <https://www.opm.gov/healthcare-insurance/flexible-spending-accounts/>.

Dental

The federal dental program provides eligible federal employees, retirees, and their eligible family members on an enrollee-pay-all basis. Employees can enroll in a plan for *self only*, *self plus one* or *self and family*. For more information, visit the following website. <https://www.opm.gov/healthcare-insurance/dental-vision/>.

Vision

The federal vision program provides eligible federal employees, retirees, and their eligible family members on an enrollee-pay-all basis. Employees can enroll in a plan for *self only*, *self plus one* or *self and family*. For more information, visit the following website <https://www.opm.gov/healthcare-insurance/dental-vision/>.

Fitness Reimbursement Program (BLM only)

Fitness IM – LINKED, doc in folder   
Fitness Reimbursement Attachment 1, Attachment 2, Attachment 3