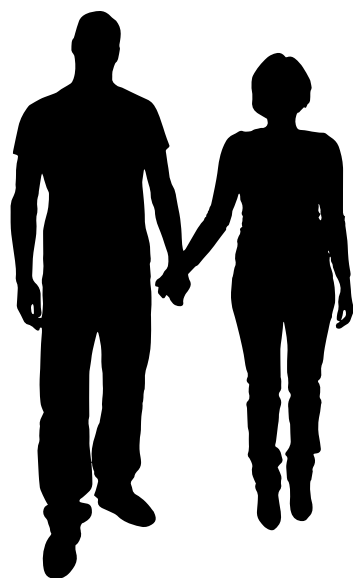


# NEW for 2016



**S E L F**  
**+ O N E**

You can now choose a  
**Self Plus One** enrollment type  
through the Federal Employees  
Health Benefits (FEHB) Program.

The first opportunity to enroll in **Self Plus One**  
will be during **Open Season:**  
**November 9, 2015 to December 14, 2015.**

To enroll or change your enrollment, use your agency's  
online enrollment system or contact your Human Resources Office.

For more information visit:  
[www.opm.gov/selfplusone](http://www.opm.gov/selfplusone)  
or contact: