

Federal Benefits Open Season



This is the time of year to ensure you have the right health, dental, or vision insurance coverage for you and your family. Also, consider how you can save on out-of-pocket medical and dependent care expenses for the upcoming year.

Each year, Open Season starts in early November and ends in early December — visit [OPM.gov/OpenSeason](https://www.opm.gov/OpenSeason) for exact start/end dates.

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Health Benefits



Choose from dozens of plans offering medical coverage and other health benefits.

- Enroll
- Change plan/option
- Cancel enrollment
- Self, Self + One, Self & Family
- Use your agency's online enrollment system or contact your human resources office

Dental and Vision



Get comprehensive vision and dental benefits. (FEDVIP)

- Enroll
- Change plan/option
- Cancel enrollment
- Self, Self + One, Self & Family
- [Benefeds.gov](https://www.benefeds.gov) or 1-877-888-3337

Flexible Spending Accounts



Set aside pre-tax money with a flexible spending account (FSA) to pay for healthcare costs. (FSAFEDS)

- Enroll
- Re-enroll (it's not automatic!)
- Increase/decrease election amount to suit your needs
- [FSAFEDS.gov](https://www.fsafeds.gov) or 1-877-372-3337

Things to Consider:

- What are my family's health, dental, and vision needs for next year?
- Will my current plan still be available next year?
- Will my current plan's benefits or premiums change next year?
- If I make no changes, health, dental, and vision enrollments rollover automatically
- Use the online comparison tool to explore a better plan
- Could I save money with a flexible spending account?