

"Two Decades of Dedication"

New Employee Benefits Election Guide

NEW!

Check out the ABC-C on

Or at: <https://abc.chra.army.mil>



BENEFIT OPTIONS		ENROLLMENT <i>To make an election or change, visit or call:</i>	
	Thrift Savings Plan <i>(retirement savings and investment plan)</i>	<i>To begin, change or stop contributions:</i> ABC-C https://abc.chra.army.mil 1-877-276-9287	<i>To make investment allocations, access your account, view rates of return, etc:</i> Thrift Savings Plan www.tsp.gov 1-TSP-YOU-FRST (1-877-968-3778) TDD: 1-877-847-4385
	Federal Employees Health Benefits	60 days	ABC-C https://abc.chra.army.mil 1-877-276-9287
	Federal Employees' Group Life Insurance	60 days	ABC-C https://abc.chra.army.mil 1-877-276-9287
	Flexible Spending Accounts <i>(pre-tax accounts for out-of-pocket health & dependent care expenses)</i>	60 days	FSAFEDS www.fsafeds.com or 1-877-FSAFEDS or (1-877-372-3337)
	Federal Employees Dental and Vision Insurance Program <i>(supplemental dental/vision insurance)</i>	60 days	BENEFEDS www.BENEFEDS.com 1-877-888-FEDS or 1-877-888-3337 TTY 1-877-889-5680
	Federal Long Term Care Insurance Program <i>(for assisted living expenses)</i>	60 days	FLTCIP www.ltcfeds.com 1-800-LTC-FEDS (1-800-582-3337) TTY: 1-800-843-3557

NOTE: Enrollment changes generally require permissible events after the initial new hire enrollment period. For more information on benefits, also visit <http://www.opm.gov/insure>.

*Eligible individuals can apply at anytime subject to full underwriting.