

NATIONAL INSTITUTE OF  
STANDARDS AND  
TECHNOLOGY

Human Resources Management Division

100 Bureau Drive, Mail Stop 1720  
Gaithersburg, MD 20899-1720  
E-mail: hrmd@nist.gov

325 Broadway, Mail Code 172.03  
Boulder, CO 80305  
Phone: 303-497-3578

We're on the web!  
<http://www-i.nist.gov/hr>

Human Resources  
Management Division

Our Vision Statement:

To deliver exceptional client services through proactive initiatives and innovative HR solutions by:

- Partnering with our clients to recruit, develop, manage, and retain a highly talented and diverse workforce;
- Continually improving our systems and services to deliver better client solutions;
- Continually upgrading staff capabilities to meet emerging HR needs of the Institute and the HR profession; and
- Protecting merit system principles.



Revised 12-03-08

HR4U - Human Resources for YOU!

## Helpful Benefits Websites and Phone Numbers

Check out the following websites or call the numbers listed for more info on Federal benefits programs.

### Federal Employees Health Benefits (FEHB) Program

**Main:** [www.opm.gov/insure/health/index.asp](http://www.opm.gov/insure/health/index.asp)

#### 2009 Plan Information:

<http://www.opm.gov/insure/health/planinfo/index.asp>

#### 2009 Premiums:

<http://www.opm.gov/insure/health/09rates/index.asp>

#### FEHB and Medicare:

[www.opm.gov/insure/health/medicare/index.asp](http://www.opm.gov/insure/health/medicare/index.asp)

### Health Plan Comparison Tools

#### Checkbook's Guide to Health Plans:

<http://www.checkbook.org/newhig2/nist.cfm>

#### FEHB Plan Search:

<http://www.opm.gov/insure/health/search/plansearch.aspx>

### Federal Employees Dental and Vision Insurance (FEDVIP) Program

**Main:** <http://www.opm.gov/insure/dental/chooseindex.asp>

**2009 Dental Premiums:** <http://www.opm.gov/insure/dental/rates/index.asp>

**2009 Vision Premiums:** <http://www.opm.gov/insure/vision/rates/index.asp>

#### BENEFEDS:

<https://www.benefeds.com/>, 1-877-888-3337

### Federal Long Term Care Insurance Program (FLTCIP)

**Main:** <http://www.opm.gov/insure/ltc/>

**LTCFEDS:** <http://www.ltcfeds.com/>  
1-800-LTCFEDS (1-800-582-3337)

### Flexible Spending Accounts (FSA)

**Main:** <http://www.fsafeds.com>

1-877-FSAFEDS (1-877-372-3337)

### Federal Employees Group Life Insurance (FEGLI) Program

**Main:** <http://www.opm.gov/insure/life/>

#### Calculator:

[www.opm.gov/calculator/worksheet.asp](http://www.opm.gov/calculator/worksheet.asp)

### Retirement

**Main:** <http://www.opm.gov/retire/index.asp>

#### Federal Employees Retirement System (FERS)

##### Calculator:

<http://hr.er.usgs.gov/calculators/retire/fers.html>

#### Civil Service Retirement System (CSRS)

##### Calculator:

<http://hr.er.usgs.gov/calculators/retire/csrs.html>

### Thrift Savings Plan (TSP)

**Main:** [www.tsp.gov](http://www.tsp.gov)

1-TSP-YOU-FRST (1-877-968-3778 )

**Calculators:** [www.tsp.gov/calc/index.html](http://www.tsp.gov/calc/index.html)

**Forms:** [www.tsp.gov/forms/index.html](http://www.tsp.gov/forms/index.html)

### Other

#### Benefits Summary Chart:

[www-i.nist.gov/hr/benefits/summarychart.htm](http://www-i.nist.gov/hr/benefits/summarychart.htm)

#### Employee Personal Page:

<https://www.nfc.usda.gov/>

(Scroll down to the Application Launchpad and click on "My EPP" )

1-800-767-9641

**Medicare:** [www.medicare.gov](http://www.medicare.gov)

**Social Security:** [www.ssa.gov](http://www.ssa.gov)

#### Healthy living:

[www.healthierfeds.opm.gov/index.asp](http://www.healthierfeds.opm.gov/index.asp)

**Financial Planning:** [www.mymoney.gov](http://www.mymoney.gov)