

NATIONAL INSTITUTE OF STANDARDS AND TECHNOLOGY

Office of Human Resources
Management

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

Office of Human Re- sources Management 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.

Helpful Benefits Websites and Phone Numbers

Checkout the following websites or call the numbers listed for more information on Federal benefits programs.

Federal Employees Health Benefits (FEHB) Program

Main: <http://www.opm.gov/insure/health>

2015 Plan Information:

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

2015 Premiums:

<http://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>

FEHB and Medicare:

www.opm.gov/insure/health/medicare/index.asp

Health Plan Comparison Tools

Plan Smart Choice:

<https://www.plansmartchoice.com/>

FEHB Plan Search:

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

FEDVIP Plan Search:

<http://www.opm.gov/insure/dental/search/fedvipsearch.aspx>

Federal Employees Dental and Vision Insurance Program (FEDVIP)

Main: <http://www.opm.gov/healthcare-insurance/dental-vision/>

2015 Dental and Vision Premiums: <http://www.opm.gov/healthcare-insurance/dental-vision/plan-information/#url=Premiums>

BENEFEDS:

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

Federal Long Term Care Insurance Program (FLTCIP)

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

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:

<http://www.opm.gov/calculator/worksheet.asp>

Retirement

Main: <http://www.opm.gov/retire>

Federal Ball Park Estimator Calculator:

<http://www.opm.gov/retirement-services/calculators/federal-ball-park-estimator/>

Thrift Savings Plan (TSP)

Main: <http://www.tsp.gov>

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

Calculators: <https://www.tsp.gov/planningtools/retirementplanning/howMuchToSave.shtml>

Forms: <https://www.tsp.gov/forms/formsPubs.shtml>

Other

Benefits Summary Chart:

<http://www.nist.gov/hrmd/benefits/summarychart.cfm>

Employee Personal Page:

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

Medicare: <http://www.medicare.gov>

Social Security: <http://www.ssa.gov>

Health and Wellness:

<http://www.opm.gov/policy-data-oversight/worklife/health-wellness/>

Financial Planning: <http://www.mymoney.gov>