

## Benefits

Benefits for Federal employees and eligible family members remain unchanged during a public health emergency such as a pandemic influenza outbreak. The OPM Website has a wealth of information about employee and family support benefits and policies. [Link to guidance](#)

**Retirement** –Information about retirement benefits and making changes in annuity payments for current and former employees of the Federal Government.

[Link to guidance](#)

**Health Insurance** – Information about the world's largest employer-sponsored group health insurance program (for Federal employees, retirees, former employees, family members, and former spouses). [Link to guidance](#)

**Federal Employees' Group Life Insurance Program (FEGLI)** –Information about the world's largest group life insurance program (for Federal employees, retirees, and family members). [Link to guidance](#)

**Federal Long Term Care Insurance Program (FLTCIP)** – Information about long-term insurance for current and retired Federal government employees and their families. [Link to guidance](#)

**Flexible Spending Accounts** – Information about the Federal Flexible Spending Accounts Program (FSAFEDS), including flexible spending accounts (FSAs) for employees who work for an executive branch agency or an agency that has adopted the Federal Flexible Benefits Plan ("FedFlex"). [Link to guidance](#)

**Work/Life Enrichments** – Information about work/life programs and policies designed to create more flexible, responsive work environments supportive of commitments to community, home, and loved ones. [Link to guidance](#)

**Survivor Benefits** – Information about survivor life Insurance benefits for Federal employees, annuitants or compensationers enrolled in the Federal Employees' Group Life Insurance (FEGLI) Program. [Link to guidance](#)