

LIFE INSURANCE WORKSHEET

Instructions	How much insurance you have	Instructions	How much it costs
BASIC			
1. Enter your annual rate of basic pay.	\$	7a. Divide the amount in line 5 by \$1,000.	
2. If not an even thousand, round up to the next even thousand.	\$	7b. If you are paid biweekly, multiply line 7a by \$0.150. If you are paid monthly, multiply line 7a by \$0.325. This is how much you pay for Basic (the Extra Benefit based on your age at death is provided at no additional cost to you).	\$
3. Add \$2,000.	+\$2,000		
4. Add the amounts in lines 2 and 3.	\$	Your Age Age Multiplication Factor	
5. Enter the amount in line 4, or \$10,000, whichever is greater.	\$	35 or under 2.0	There is no additional cost to you for the Extra Benefit.
6. Enter the Age Multiplication Factor* (from the table at the right).		36 1.9	
7. Multiply the amount in line 5 times the amount in line 6. This is the total amount of Basic you have at your present age.*	\$	37 1.8	
		38 1.7	
		39 1.6	
		40 1.5	
		41 1.4	
		42 1.3	
		43 1.2	
		44 1.1	
		45 and over 1.0	
OPTION A—STANDARD			
8. Enter \$10,000.	\$	8a. Enter the Option A cost for your age group from page 7 . This is how much you pay for Option A.	\$
OPTION B—ADDITIONAL			
9. Enter the amount in line 2.	\$	11a. Divide the amount in line 11 by \$1,000.	
10. Enter the number of multiples you elect (1, 2, 3, 4, or 5).		11b. Enter the Option B cost for your age group from page 8 .	\$
11. Multiply the amount in line 9 times the amount in line 10. This is the amount of your Option B coverage.	\$	11c. Multiply the amount in line 11a times the amount in line 11b. This is how much you pay for Option B.	\$
OPTION C—FAMILY			
12. You may choose from 1 to 5 multiples of Family Coverage. Each multiple is equal to \$5,000 for your spouse and \$2,500 for each of your eligible children.		12a. Enter the Option C cost for your age group from page 9 . \$ _____ Enter the number of multiples you want (from 1 to 5). x _____ Multiply the cost by the number of multiples and enter that amount at right.	\$
13. Add the amounts in lines 7, 8, and 11. This is the total amount of insurance on your life.	\$	13a. Add the amounts in lines 7b, 8a, 11c, and 12a. This is the total withholding for the life insurance you have on your life and your family.	\$

* The age multiplication factor that is used to calculate death benefits corresponds to your age at the time of your death. You are calculating the amount of insurance that you have at your present age.

Note: Refer to [pages 7, 8, and 9](#) for the withholding rates for Option A, Option B and Option C insurance, respectively. You may refer to the FEGLI Calculator at www.opm.gov/insure/life. With this online calculator you can rapidly and conveniently:

- Determine the face value of various combinations of FEGLI coverage.
- Calculate the premiums for the various combinations of FEGLI coverage, and see how choosing different Options can change the amount of life insurance and the premiums.
- See how the life insurance carried into retirement will change over time.