

**NATIONAL INSTITUTE OF  
STANDARDS AND  
TECHNOLOGY**

Human Resources Management Division

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**We're on the web!**  
[www.nist.gov/hrmd](http://www.nist.gov/hrmd)

**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.



**HR4U - Human Resources for YOU!**

**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 Program (FEHB)**

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

**2008 Plan Information:**

[www.opm.gov/insure/08/](http://www.opm.gov/insure/08/)

**2008 Premiums:**

[www.opm.gov/insure/health/08rates/index.asp](http://www.opm.gov/insure/health/08rates/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:**

[www.opm.gov/insure/08/spmt/plansearch.aspx](http://www.opm.gov/insure/08/spmt/plansearch.aspx)

**FEDVIP Plan Search:**

[www.opm.gov/insure/08/FEDVIP/FEDVIPSearch.aspx](http://www.opm.gov/insure/08/FEDVIP/FEDVIPSearch.aspx)

**Federal Employees Dental and Vision Insurance Program (FEDVIP):**

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

**BENEFEDS:**

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

1-877-888-3337

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

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

**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 Program (FGLI)**

**Main:** [www.opm.gov/insure/life/](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.nist.gov/hrmd/benefits/summarychart.htm](http://www.nist.gov/hrmd/benefits/summarychart.htm)

**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)