

**NATIONAL INSTITUTE  
OF STANDARDS AND  
TECHNOLOGY**

Office of Workforce Management

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

**Office of Workforce  
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.



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**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.

**Flexible Spending Accounts (FSA)**

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

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

**Federal Employees Health Benefits (FEHB) Program**

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

**2011 Plan Information:**

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

**2011 Premiums:**

<http://www.opm.gov/insure/health/rates/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**

**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/insure/dental/chooseindex.asp>

**2011 Dental Premiums:** <http://www.opm.gov/insure/dental/rates/index.asp>

**2011 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>

1-800-LTCFEDS (1-800-582-3337)

**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 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:** <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/> (See the Application Launchpad on the right and click on "My EPP")

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

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

**Healthy living:**

<http://www.healthierfeds.opm.gov/index.asp>

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