

**National Institute of Standards and Technology  
Human Resources Management Division**



## **Helpful Retirement Websites and Phone Numbers**

### **Office of Personnel Management (OPM):**

**Phone:**

1-888-767-6738

Monday-Friday 7:30 a.m. to 7:45 p.m.

**Services Online:** <https://www.servicesonline.opm.gov>

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

**Email address:** [retire@opm.gov](mailto:retire@opm.gov)

**Address:**

U.S. Office of Personnel Management  
Retirement Operations Center  
P.O. Box 45  
Boyers, PA 16017-0045

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

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

**FEHB and Medicare:**

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

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

**Dental:** <http://www.opm.gov/insure/dental>

**Vision:** <http://www.opm.gov/insure/vision>

**BENEFEDS:**

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

1-877-888-3337

### **Federal Employees Group Life Insurance Program (FEGLI)**

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

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

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

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

**LTCFEDS:**

<http://www.ltcfeds.com>

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

### **Thrift Savings Plan (TSP)**

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

**Phone:** 1-TSP-YOU-FRST (1-877-968-3778 )

**Calculators:** <http://www.tsp.gov/calc>

**Forms:** <http://www.tsp.gov/forms>

### **Other**

**Medicare:**

<http://www.medicare.gov>

1-800-MEDICARE (1-800-633-4227)

**Social Security:**

<http://www.ssa.gov>

1-800-772-1213

**Healthy living:** <http://www.healthierfeds.opm.gov>

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

**Please note:** By law, annuitants (other than reemployed annuitants) cannot participate in any flexible spending account (FSA) programs, including FSAFEDS. FSAs are a way of setting aside pre-tax salary for reimbursement of eligible expenses. Annuitants receive annuities which are not salary.