

DETAILS OF NEW REQUIREMENTS FOR FEDERAL OPM CALL LETTER HEALTHCARE

April 7, 2026

In a [letter to FEHB insurers](#) released on March 31, the Office of Personnel Management (OPM) announced new requirements for carriers participating in the Federal Employees Health Benefits (FEHB) and the Postal Service Health Benefits (PSHB) health insurance programs. The updated “call letter” provides guidelines for changes to FEHB plans for the 2027 plan year, including adjustments to childhood vaccine incentives, weight-loss medications, and gender-transition care. Carriers must update their benefits, offerings, and premium rates by May 31 to comply. These changes will apply to the planned year starting January 1, 2027.

Several important changes may impact health coverage. These include expanded access to non-pharmaceutical pain management options and broader availability of treatments supporting lifestyle changes, such as the Make America Healthy Again (MAHA) initiative, which aims to improve nutrition, health, and scientific research. MAHA could influence existing lifestyle medicine programs described in the call letter. In addition, carriers are encouraged to offer select prescription drugs directly from manufacturers at prices aligned with international and federal standards through [TrumpRx](#), a federal online tool designed to help consumers obtain lower prices on certain brand-name drugs by purchasing directly from the manufacturer.