



FEDERAL BENEFITS EXPERTS

<https://www.narfe.org/> 1-800-456-8410

2026 Coverage under all Programs began January 1, 2026 for retired folks receiving an annuity. Coverage under all programs began the first full pay period in the calendar year of 2026 (January 11, 2026) for folks that are still federal employees. PSHB Helpline at 844-451-1261. Postal Annuitants can stay updated on www.keepingposted.org

NARFE Federal Benefits Open Season Resources: <https://www.narfe.org/open-season/>

NARFE Washington State Federation Resources:
<https://www.narfe.org/wa/meetingsevents/events/open-season/>

Review 2026 plan details

Download 2026 plan brochures, visit individual carrier websites and get phone numbers to call. Get information on the FEHB, PSHB and FEDVIP (BENEFEDS) carriers as well as FSAFEDS and FLTCIP.

<https://www.opm.gov/healthcare-insurance/open-season/>

There are also a variety of other Federal Benefits, Advance-Planning, and Webinars available located on the BENEFEDS website. Check it out.

<https://www.benefeds.gov/learn/info/webinars>

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NARFE Federal Benefits Institute Webinar

Many on-demand webinars on health benefits and other issues important to Feds!

Cost: \$48.00 *Cost includes one year of NARFE membership, free if already a member.

Online registration required. <https://www.narfe.org/federal-benefits-institute/narfe-webinars/>

Recent NARFE Federal Benefits Institute Webinars for Open Season include:

FEHB/PSHB for Active Feds (and Retirees without Medicare), Recorded November 6, 2025

FEHB/PSHB with Medicare, Recorded November 13, 2025

Open Season Prep: FEHB, PSHB, FEDVIP, & FSAFEDs, Recorded November 4, 2025

Medicare Advantage Plans, Recorded October 30, 2025

Medicare: To Part B or Not to B?, Recorded October 23, 2025

Investing Strategy/Education for Feds, Recorded October 9, 2025

All webinars are recorded and **ARCHIVED** for On-Demand viewing – FREE for Members

Check it out: <https://www.narfe.org/federal-benefits-institute/narfe-webinars/webinar-archive/>

NARFE Federal Benefits Website: <https://www.narfe.org/federal-benefits-institute/>

NARFE Federal Benefits Email: fedbenefits@narfe.org

Many Federal Health Insurance Providers have their own individual webinars and/or chats available. Here is a list with website links and customer service phone numbers.

Aetna (HMO, Regional Plan)

<http://aetnafeds.com/>

Customer Service # 855-277-4356 or 877-459-6604

<https://www.aetnafedspostal.com/retireeplans>

Customer Service # 833-497-2410

Federal Retirement Center <https://www.aetnafeds.com/retiree-center.php>

Aetna Live & Schedule a one-on-one <https://www.aetnafeds.com/live/index.php> **Aetna**

Dental & Vision # 877-459-6604 (FEDVIP)

APWU Health Plan (Fee-for-Service/Nationwide Plans)

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

Customer Service # 800-222-2798, openseason@apwuhp.com

Blue Cross and Blue Shield (Fee-for-Service/Nationwide Plans)

<https://www.fepblue.org/>

National Customer Service # 800-411-2583 or WA State # 800-562-1011

BCBS Vision # 888-550-2583 and Dental # 855-504-2583 (FEDVIP)

www.bcbsfepvision.com & www.bcbsfepdental.com

Delta Dental (FEDVIP)

<https://www1.deltadentalins.com/federal/fedvip.html>

Customer Service # 855-410-3255, email: detafeds@delta.org

Enroll through **BENEFEDS** # 877-888-3337 <https://www.benefeds.gov/>

GEHA – Government Employees Health Association (Fee-for-Service/Nationwide Plan)

<https://www.geha.com/> & <https://retiree.uhc.com/geha>

Customer Service # 800-821-6136 or 844-491-9898

Open Season Advisor # 800-262-4342

GEHA Dental # 877-434-2336 (FEDVIP)

<https://www.geha.com/2026-dental-plans>

Enroll through **BENEFEDS** # 877-888-3337

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

Kaiser Permanente for Washington (HMO, Regional Plan)

<https://choose.kaiserpermanente.org/fehb> Customer

Service # 206-630-4636

National Federal Service # 877-904-0016

MHBP – Mailhandlers (Fee-for-Service/Nationwide Plans)

<https://mhbp.com/> or <https://mhbp.com/live/>

Customer Service # 800-410-7778

Dental & Vision # 800-254-0227, <https://mhbp.com/dental-and-vision-plan/> (not FEDVIP)

NALC Health Benefit Plan – National Association of Letter Carriers (Fee-for-Service/Nationwide Plans)

<https://www.nalchbp.org/> Customer Service # 888-636-6252

United Healthcare (HMO, Regional Plan)

<https://www.uhcfeds.com/>
<https://retiree.uhc.com/geha>

Customer Service # 844-481-8821 or 877-835-9861
(FEDVIP) Vision # 866-249-1999 (FEDVIP) Dental #866-315-2321

Federal Long Term Care Insurance Program - FedPoint USA

<https://www.ltcfeds.gov/> FEDPoint, PO Box 797, Greenland, NH 03840-0797 Customer Service # 800-582-3337, or TTY 711

Flexible Spending Account – FSAFEDS

www.fsafeds.gov
1-877-FSAFEDS (1-877-372-3337)

Office of Personnel Management Insurance

<https://www.opm.gov/healthcare-insurance/healthcare/reference-materials>
<https://www.opm.gov/healthcare-insurance/pshb/>

2026 FEHB Premium Rate Charts

<https://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums/>
<https://www.opm.gov/healthcare-insurance/pshb/premiums/#url=Premiums>

Open Season Active Employee FEHB Changes

Submit [Standard Form 2809, Employee Health Benefits Election Form](#) to your Human Resources Office

Open Season Annuitant FEHB Changes

<https://retireefehb.opm.gov/Annuitant/>
Express calling # 800-332-9798

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Federal Employees Dental and Vision Insurance Program (FEDVIP)

BENEFEDS # 1-877-888-FEDS (1-877-888-3337)

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

Shop rates, benefits and coverage: <https://www.benefeds.gov/tools>

Education and Support: <https://www.benefeds.gov/learn/info/webinars>

Other Important phone numbers and websites

OPM (Office of Personnel Management): 202-606-1800, <https://www.opm.gov/>

OPM Retirement Services: 888-767-6738, Email to retire@opm.gov
<https://www.servicesonline.opm.gov/> you must log-in now with <https://secure.login.gov/>

National Finance Center: 800-242-9630

Department of Labor (worker's compensation): 866-487-2365

SSA (Social Security Administration): 800-772-1213, <https://www.ssa.gov/>

Medicare: 800-633-4227, <https://www.medicare.gov/> search: [care-compare](#) for providers

VA (Veterans Administration): 800-827-1000, <https://www.va.gov/>

FEGLI (Federal Employees Group Life Insurance): 800-633-4542,
<https://www.opm.gov/healthcare-insurance/life-insurance>

TSP (Thrift Savings Plan): 877-968-3778, <https://www.tsp.gov/index.html>

FLTCIP (Federal Long Term Care): 800-582-3337, <https://www.ltcfeds.gov/>

FSAFEDS (Federal Flexible Spending Account Program): 877-372-3337,
<https://www.fsafeds.gov/>

IRS (Internal Revenue Service): 800-829-1040, <https://www.irs.gov/>

Guide to Health Plans for Federal Employees: <https://www.checkbook.org/newhig2/hig.cfm>
<https://www.checkbook.org/pshb/> 888-596-0729, 20% discount for NARFE Members

FEDHub (NARFE Community): <https://fedhub.narfe.org/home>

NARFE Federal Benefits email: fedbenefits@narfe.org

NARFE WA Federation: <https://www.narfe.org/wa/>

NARFE Chapter 0193 Service Officer: Merry Byrum: 360-202-8999,
merrybemerry@gmail.com

NARFE Washington State Federation Service Officer: Charlie Caughlan: 360-904-4805,
csquare@pacifier.com.

