



**Due to Covid-19 there is no Health Fair Seminar this year.**

## Federal Employees Health Benefits Open Season

<b>Retirees / 2021 Monthly Rates</b>				
<b>NALC Union Plan</b>	<b>High option</b>	<i>Increase amount</i>		
Self	\$205.47	+\$8.65		
Self +1	\$491.06	+\$18.05		
Family	\$430.49	+\$21.55		
<b>NOTE: NALC ONLY.....Family is Cheaper than self + 1</b>				
<b>Blue Cross Blue Shield</b>	<b>High option</b>	<i>Increase amount</i>	<b>Basic Option</b>	<i>Increase amount</i>
Self	\$267.48	+\$14.70	\$170.31	+\$5.76
Self +1	\$608.43	+\$29.60	\$409.87	+\$22.88
Family	\$650.26	+\$28.99	\$436.08	+\$21.77

To learn about the different benefits with the different health plans visit  
<https://opm.gov/healthcare-insurance>

To learn about Dental and Vision coverage available go to  
<https://benefeds.com>

**For changes to your health insurance Retirees should call**

OPM at 1-888-767-6738

Call the automated Express # 1-800-332-9798

Or go to

<https://retirefehbm.opm.gov/annuitant/home/default>

**OPEN SEASON FOR CHANGES IN  
HEALTH BENEFITS FOR 2021**

**NOVEMBER 09 – DECEMBER 14, 2020**

