



## Federal Employees Health Benefits Open House

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

Letter Carriers are Category 1

| <b>Active career only / 2021 Biweekly Rates</b>            |                    |                        |                     |                        |
|--|--------------------|------------------------|---------------------|------------------------|
| <b>NALC Union Plan</b>                                     | <b>High option</b> | <i>Increase amount</i> |                     |                        |
| Self   | \$91.47            | +\$3.91                |                     |                        |
| Self +1  | \$219.45           | +\$8.14                |                     |                        |
| Family   | \$190.88           | +\$9.73                |                     |                        |
| <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   | \$120.09           | +\$6.46                | \$75.46             | +\$2.55                |
| Self +1  | \$273.62           | +\$13.47               | \$181.98            | +\$10.37               |
| Family   | \$292.31           | +\$13.16               | \$193.46            | +\$9.83                |

To learn about the different benefits with the different health plans visit [https:// opm./gov/healthcare-insurance](https://opm.gov/healthcare-insurance)

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

For changes to your health insurance employee should call HRSSC 1-877-477-3273

or

Go to <https://liteblue.usps.gov> and go through the "Postal Ease" portal

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

**NOVEMBER 09 – DECEMBER 14, 2020**

