

# Army Benefits Center-Civilian (ABC-C)

*"Two Decades of Dedication"*













## New Employee Benefits Election Guide

**NEW!**

Check out the ABC-C on

Or at: <https://abc.chra.army.mil>



BENEFIT OPTIONS		ENROLLMENT	
		To make an election or change, visit or call:	
 <b>TSP</b>	<b>Thrift Savings Plan</b> <i>(retirement savings and investment plan)</i> 	<b>To begin, change or stop contributions:</b> <b>ABC-C</b> <a href="https://abc.chra.army.mil">https://abc.chra.army.mil</a> <b>1-877-276-9287</b>	<b>To make investment allocations, access your account, view rates of return, etc:</b> <b>Thrift Savings Plan</b> <a href="http://www.tsp.gov">www.tsp.gov</a> <b>1-TSP-YOU-FRST (1-877-968-3778)</b> <b>TDD: 1-877-847-4385</b>
 <b>Federal Employees Health Benefits Program</b>	<b>Federal Employees Health Benefits</b> 	<b>ABC-C</b> <a href="https://abc.chra.army.mil">https://abc.chra.army.mil</a> <b>1-877-276-9287</b>	
 <b>Federal Employees' Group Life Insurance</b>	<b>Federal Employees' Group Life Insurance</b> 	<b>ABC-C</b> <a href="https://abc.chra.army.mil">https://abc.chra.army.mil</a> <b>1-877-276-9287</b>	
 <b>FSAFEDS</b>	<b>Flexible Spending Accounts</b> <i>(pre-tax accounts for out-of-pocket health &amp; dependent care expenses)</i> 	<b>FSAFEDS</b> <a href="http://www.fsafeds.com">www.fsafeds.com</a> <b>or 1-877-FSAFEDS or (1-877-372-3337)</b>	
 <b>FEDVIP</b>	<b>Federal Employees Dental and Vision Insurance Program</b> <i>(supplemental dental/vision insurance)</i> 	<b>BENEFEDS</b> <a href="http://www.BENEFEDS.com">www.BENEFEDS.com</a> <b>1-877-888-FEDS or 1-877-888-3337</b> <b>TTY 1-877-889-5680</b>	
 <b>FLTCIP</b>	<b>Federal Long Term Care Insurance Program</b> <i>(for assisted living expenses)</i> 	<b>FLTCIP</b> <a href="http://www.ltcfeds.com">www.ltcfeds.com</a> <b>1-800-LTC-FEDS (1-800-582-3337)</b> <b>TTY: 1-800-843-3557</b>	

**NOTE: Enrollment changes generally require permissible events after the initial new hire enrollment period. For more information on benefits, also visit <http://www.opm.gov/insure>.**

*\*Eligible individuals can apply at anytime subject to full underwriting.*