

Point me in the Right Direction

Civilian employees have many resources for information about their Federal benefits.

The summary chart has been created below to point you in the right direction.

Website	Information Available	Questions
<p><u>Civilian Benefits Center (CBC)</u> http://www.public.navy.mil/donhr/Benefits/</p>	<ul style="list-style-type: none"> • Portal to access EBIS • General benefits information • Retirement application 	<p>Phone: 1-888-320-2917 (The Benefits Line) TTY: 1-866-328-9889 Hours: 7:30 a.m. to 7:30 p.m. Eastern Time, Monday through Friday, except Federal holidays</p> <p>navybenefits@navy.mil</p>
<p><u>Employee Benefits Information System (EBIS)</u> http://www.public.navy.mil/donhr/Benefits/</p>	<ul style="list-style-type: none"> • Make enrollment changes to <ul style="list-style-type: none"> ▪ FEHB ▪ FEGLI ▪ TSP (Regular and Catch-up Contributions) • View personal statement of benefits (cost of FEHB, value and cost of FEGLI, retirement annuity benefits) • Calculate retirement annuity 	<p>Phone: 1-888-320-2917 (The Benefits Line) TTY: 1-866-328-9889 Hours: 7:30 a.m. to 7:30 p.m. Eastern Time, Monday through Friday, except Federal holidays</p>
<p><u>Thrift Savings Plan (TSP)</u> www.tsp.gov</p>	<ul style="list-style-type: none"> • General TSP program information • Personal TSP information: <ul style="list-style-type: none"> ▪ Account balances ▪ Change distribution of TSP account balances among the investment funds ▪ Apply for a TSP loan ▪ Apply for a TSP inservice withdrawal ▪ Withdraw account after separation 	<p>Phone: 1-877-968-3778 International callers: 404-233-4400 (not toll free) TTY: 1-877-847-4385 Hours: 7:00 a.m. to 9:00 p.m. Eastern Time, Monday through Friday</p>
<p><u>Federal Dental and Vision Insurance Program (FEDVIP)</u> https://www.benefeds.com/</p>	<ul style="list-style-type: none"> • Make enrollment changes to dental and vision insurance • FEDVIP program information 	<p>Phone: 1-877-888-3337 TTY: 1-877-889-5680 Hours: 9:00 a.m. to 7:00 p.m. Eastern Time, Monday through Friday</p>
<p><u>Flexible Spending Account (FSA)</u> https://www.benefeds.com/</p>	<ul style="list-style-type: none"> • Make enrollment changes to Health Care and Dependent Care FSA • FSA program information 	<p>Phone: 1-877-372-3337 TTY: 1-800-952-0450 Hours: 9:00 a.m. to 9:00 p.m. Eastern Time, Monday through Friday</p>

<p><u>Federal Long Term Care Insurance Program (FLTCIP)</u></p> <p>https://www.benefeds.com/</p>	<ul style="list-style-type: none"> • Make enrollment changes to FLTCIP • FLTCIP program information 	<p>Phone: 1-800-582-3337</p> <p>TTY: 1-800-843-3557</p> <p>Hours: 8:00 a.m. to 6:00 p.m. Eastern Time, Monday through Friday</p>
<p><u>myPay (Not available to MSFSC Mariners)</u></p> <p>https://www.benefeds.com/</p>	<ul style="list-style-type: none"> • View and print Leave and Earnings Statements (LES) • View and make changes to: <ul style="list-style-type: none"> ▪ Allotments ▪ Correspondence address ▪ Direct deposit ▪ Health Savings Account ▪ Savings bonds ▪ Federal withholding ▪ State withholding • View and print W-2 tax statement • View travel voucher advice of payment 	<p>Employee's Activity Customer Service Representative</p>