

HRSC East Employee Benefits Update

Benefit Publications Available Electronically

The following is a list of some of the publications regarding health insurance, life insurance, Thrift Savings Plan and retirement that are available electronically. You may access these publications through the Navy's benefit homepage at <http://www.civilianbenefits.hroc.navy.mil/> or by using the address listed by each publication.

FEDERAL EMPLOYEES HEALTH BENEFITS (FEHB)

FORM NUMBER	TITLE	ADDRESS
RI 70-1	The 2001 Guide to FEHB Plans	http://www.opm.gov/insure/01/html/guides/70-1.pdf
RI 75-12	The FEHB Program and Medicare	http://www.opm.gov/insure/mcare/RI75-12.pdf
RI 79-2	FEHB Information for Survivors and Annuitants	http://www.opm.gov/asd/pdf/ri79-002.pdf
RI 79-27	Temporary Continuation of Coverage (TCC) under the FEHB	http://www.opm.gov/insure/health/tcc/ri79-027.pdf

FEDERAL EMPLOYEES' GROUP LIFE INSURANCE (FEGLI)

FORM NUMBER	TITLE	ADDRESS
RI 76-12	Information for Retirees and Their Families	http://www.opm.gov/insure/life/ri76-012.pdf
RI 76-21	FEGLI Program Booklet	http://www.opm.gov/insure/life/fegli99/federal/booklet/ri-76-21.pdf

THRIFT SAVINGS PLAN (TSP)

FORM NUMBER	TITLE	ADDRESS
TSPBK08	Summary of the TSP for Federal Employees	http://www.tsp.gov/forms/tspbk08.pdf
TSPBK09	TSP at a Glance	http://www.tsp.gov/forms/tspbk09.pdf
TSPBK03	Guide to TSP Investments	http://www.tsp.gov/forms/tspbk03.pdf
TSPBK04	TSP Loan Program	http://www.tsp.gov/forms/loanbkw.pdf
TSPBK12	TSP In-Service Withdrawals	http://www.tsp.gov/forms/in-servicebkw.pdf
TSPBK02	Withdrawing Your TSP Account After Leaving Federal Service	http://www.tsp.gov/forms/tspbk02.pdf
TSPBK05	TSP Annuities	http://www.tsp.gov/forms/tspbk05.pdf
TSPBK11	Information About Court Orders	http://www.tsp.gov/forms/court.pdf
OC-91-13	Annual Limit on Elective Deferrals	http://www.tsp.gov/forms/oc91-13w.pdf

OC 95-10	Bankruptcy Information	http://www.tsp.gov/forms/oc95-10w.pdf
OC 95-4	Effect of Nonpay Status on TSP Participation	http://www.tsp.gov/forms/ocfs95-4i.pdf
OC 94-20W	Important Information Regarding Transfers from the TSP to Eligible Retirement Plans	http://www.tsp.gov/forms/oc94-20w.pdf
OC 95-5	TSP Benefits that Apply to Members of the Military Who Return to Federal Civilian Service	http://www.tsp.gov/forms/oc95-5.pdf
OC 98-10	Using the TSP Web Site and the ThriftLine	http://www.tsp.gov/forms/ocfs98-10.pdf
TSP-536	Important Tax Information About Payments From Your TSP Account	http://www.tsp.gov/forms/oc92-32w.pdf
TSP-583	Important Tax Information About TSP Death Benefit Payments	http://www.tsp.gov/forms/oc92-38w.pdf
TSP-1013	Important Tax Information About TSP In-Service Withdrawal Payments	http://www.tsp.gov/forms/oc97-13w.pdf
TSP-775	Important Tax Information About Your TSP Withdrawal and Required Minimum Distributions	http://www.tsp.gov/forms/oc97-17w.pdf
TSP-582	Tax Treatment of TSP Payments Made Under Qualifying Orders	http://www.tsp.gov/forms/oc92-36w.pdf
OC 97-21	Tax Treatment of TSP Payments to Nonresident Aliens and Their Beneficiaries	http://www.tsp.gov/forms/oc96-21w.pdf
OC 96-16	The Cost of TSP Loans	http://www.tsp.gov/forms/oc96-16w.pdf

CIVIL SERVICE RETIREMENT SYSTEM (CSRS)

FORM NUMBER	TITLE	ADDRESS
RI 20-59	Information for Annuitants	http://www.opm.gov/retire/html/ri20-59/ri20-59.pdf
RI 25-26	Information for Survivor Annuitants	http://www.opm.gov/retire/html/ri25-26/ri25-26.pdf
RI 25-27	Survivor Benefits for Children	http://www.opm.gov/retire/html/ri25-27/ri25-027.pdf
RI 83-1	Retirement Facts 1 -- The Civil Service Retirement System	http://www.opm.gov/asd/pdf/ri83-001.pdf
RI 83-2	Retirement Facts 2 -- Military Service Credit Under the Civil Service Retirement System	http://www.opm.gov/asd/pdf/ri83-002.pdf
RI 83-3	Retirement Facts 3 -- Deposits and Redeposits	http://www.opm.gov/fers_election/facts/ri83-3.pdf
RI 83-4	Retirement Facts 4 - Disability Retirement Under the CSRS	http://www.opm.gov/asd/pdf/ri83-004.pdf
RI 83-5	Retirement Facts 5 - Survivor Benefits Under the CSRS	http://www.opm.gov/fers_election/facts/ri83-5.pdf
RI 83-6	Retirement Facts 6 - Early Retirement Under the CSRS	http://www.opm.gov/asd/pdf/ri83-006.pdf
RI 83-7	Retirement Facts 7 - Computing Retirement Benefits Under the CSRS	http://www.opm.gov/fers_election/facts/ri83-7.pdf
RI 83-8	Retirement Facts 8 - Credit for Unused Sick Leave Under the CSRS	http://www.opm.gov/asd/pdf/ri83-008.pdf

RI 83-9	Retirement Facts 9 - Refunds Under the CSRS	http://www.opm.gov/fers_election/facts/ri83-9.pdf
RI 83-10	Retirement Facts 10 - Voluntary Contributions Under the CSRS	http://www.opm.gov/asd/pdf/ri83-010.pdf
RI 83-13	Retirement Facts 11 – Information for Separating CSRS Employees Who Are Not Eligible for an Immediate Annuity	http://www.opm.gov/asd/pdf/ri83-013.pdf
RI 83-18	Retirement Facts 12 – Information About Reemployment for CSRS Annuitants	http://www.opm.gov/asd/pdf/ri83-018.pdf
RI 83-19	Retirement Facts 13 - CSRS Offset Retirement	http://www.opm.gov/fers_election/facts/ri83-19.pdf
RI 83-20	Retirement Facts 14 - Law Enforcement and Firefighter CSRS Retirement	http://www.opm.gov/fers_election/facts/ri83-14.pdf

FEDERAL EMPLOYEES RETIREMENT SYSTEM (FERS)

FORM NUMBER	TITLE	ADDRESS
RI 90-1	FERS -- Federal Employees Retirement System (An Overview of Your Benefits)	http://www.opm.gov/asd/pdf/ri90-001.pdf
RI 90-3	FERS - Federal Employees Retirement System Transfer Handbook -- A Guide to Making Your Decision	http://www.opm.gov/fers_election/fersh/hb.pdf
RI 90-8	Information for FERS Annuitants - Information for People Who Have Retired Under FERS	http://www.opm.gov/asd/pdf/ri90-008.pdf
RI 90-11	FERS Facts 1 - Information for Separating FERS Employees Who are Not Eligible for an Immediate Annuity	http://www.opm.gov/fers_election/facts/ri90-11.pdf

OTHER PUBLICATIONS

FORM NUMBER	TITLE	ADDRESS
RI 10-96	Benefits for Employees in Career Transitions	http://www.opm.gov/asd/pdf/ri10-096.pdf
RI 83-11	Thinking About Retirement	http://www.opm.gov/asd/pdf/ri83-011.pdf
RI 83-116	Handbook for Attorneys on Court Ordered Retirement, Health Benefits and Life Insurance	http://www.opm.gov/asd/pdf/ri83-116.pdf
RI 84-1	Court Ordered Benefits for Former Spouses	http://www.opm.gov/asd/pdf/ri84-001.pdf
RI 84-2	Work-Related Injuries and Fatalities - What You and Your Family Need to Know About Your Benefits	http://www.opm.gov/asd/pdf/ri84-002.pdf