

NATIONAL INSTITUTES OF HEALTH

**Federal Benefits Summary**

* Provides coverage in home, assisted living or nursing
* Can enroll at any time with full underwriting
* Plan options available
* Premiums are deducted before salary is taxed
* Enroll online at [BENEFEDS.com](https://www.benefeds.com/)
* Comprehensive dental and/or vision plans
* Self, Self Plus One, & Self and Family enrollment options
* Effective 1st pay period after enrollment submitted

**Dental and Vision Insurance Program (FEDVIP)**

Information available at: <https://hr.nih.gov/benefits/insurance/dental-and-vision>

* Comprehensive health coverage
* No preexisting condition exclusions; cannot be canceled
* Self, Self Plus One, & Self and Family enrollment options
* Effective 1st pay period after enrollment form received

**Federal Employee’s Health Benefits Program (FEHBP)**

Information available at: <https://hr.nih.gov/benefits/insurance/health-insurance>



**Long-Term Care Insurance (LTC)**

Information available at: <https://hr.nih.gov/benefits/insurance/long-term-care/long-term-care>

* Long-Term Care Partners (John Hancock) – offers LTC insurance to Federal employees, annuitants, spouses, & other qualified relatives
* Enroll online at [LTCFEDS.com](https://www.ltcfeds.com/)
* Basic coverage
	+ Automatically covered unless waived
	+ Value is salary rounded up to nearest thousand plus $2,000
* 60 days from enter on duty date to elect the following options
	+ Option A: $10,000
	+ Option B: Multiples up to 5x salary
	+ Option C: Family Coverage-Spouse Coverage $5,000, eligible children $2,500 (multiples up to 5x base)
* Submit enrollment form via [Onboarding Manager](https://onboard.usastaffing.gov/Account/Login)

**Life Insurance**

Information available at: <https://hr.nih.gov/benefits/insurance/life-insurance>

* Use Pre-tax dollars to pay for eligible expenses
* 3 Types of accounts:

1) Health Care FSA (HCFSA);

2) Limited Expense Health Care FSA (LEX HCFSA)

3) Dependent Care FSA (DCFSA)

* Paperless Reimbursement available
* May contribute up to $3,200 for HCFSA and LEX HCFSA / $5,000 per household or $2,500 married filing separately for DCFSA per calendar year

**Flexible Spending Accounts (FSA)**

Information available at: <https://hr.nih.gov/benefits/insurance/flexible-spending-accounts>

* HCFSA and LEX HCFSA: Can carry over up to $640 from one plan year to the next (must enroll in 2024)
* DCFSA: Grace period thru March 15th. What you don’t use, you lose.
* Enroll online at [FSAFEDS.com](http://www.FSAFEDS.com)
* Plan options available – fee-for-service, HMO, high deductible
* Some plans offer dental and/or vision benefits
* Agency pays approximately 70-75% of premium
* Premiums are deducted before salary is taxed
* Submit enrollment form and [dependent/family supporting document](https://www.opm.gov/retirement-services/publications-forms/benefits-administration-letters/2021/21-202a2.pdf) via Onboarding Manager



NATIONAL INSTITUTES OF HEALTH

**Federal Benefits Summary**

**Retirement Coverage**

Information available at: <https://hr.nih.gov/benefits/retirement/fers>



* Benefit based on years of service and average high-3 salary
* Retirement, Disability and Survivor Benefit
* Federal Employees Retirement System (FERS-FRAE)
* Fully vested after 5 years of coverage
* Bi-weekly contribution for 1st time employees hired on/after 1/1/2014 – 4.4% of base pay

**Thrift Savings Plan (401k equivalent)**

Information available at: [tsp.gov](http://www.tsp.gov)



* Automatically enrolled in Traditional TSP at 5% in the Lifecycle Fund (L Fund)
* May make Traditional (pre-tax) contribution, Roth (after-tax) contributions, or both
* Optional contribution up to the IRS elective deferral limit ($23,000 in 2024)
* **Important note for FERS employees – be sure to plan contributions so you do not reach the IRS cap before the end of the year. Once cap is reached, agency matching contributions stop.**
* Age 50 or older: catch-up contributions up to $7,500 in 2024
* Agency automatic contribution of 1 percent of bi-weekly gross salary begins immediately
* Agency match on employee contributions: First 3 percent dollar for dollar; next 2 percent fifty cents for each dollar
* Five investment funds available plus 10 life-cycle funds
* TSP PIN issued by the Thrift Savings Plan Service Office once your account is established. You will receive

PIN in the mail

* On-line account access available 24/7
* On-line request to allocate contributions and inter-fund transfers
* Submit enrollment form via [Onboarding Manager](https://onboard.usastaffing.gov/Account/Login)



**Social Security**

Information available at: [ssa.gov](http://www.ssa.gov)

* Retirement, Disability and Survivor Benefits
* Employee contribution required – 6.2% of pay up to the IRS cap ($168,600 in 2024)
* Medicare contribution 1.45% (no cap)



**Leave**

Information available at: [hr.od.nih.gov/Benefits/leave/leave](http://hr.od.nih.gov/Benefits/leave/default.htm)

* You can earn 4, 6 or 8 hours of annual (vacation) leave each pay period; equivalent to 13, 20, or 26 days each year
* You earn 4 hours sick leave each pay period; equivalent to 13 days each year
* 10 paid holidays
* Enroll as an NIH Leave Bank member to be eligible to receive paid donated leave in the event of a medical emergency. Information available at [hr.nih.gov/leavebank](https://hr.nih.gov/benefits/leave/leave-bank).

IMPORTANT: Employees must enroll separately into FEHBP, FEDVIP, LTC, FSA, and Life Insurance within 60 days

from start of duty. TSP contributions can start, stop or change at any time. More information available at: <https://hr.nih.gov/working-nih/onboarding/new-employee-benefits-enrollment>

**More information available at:** <https://hr.nih.gov/working-nih/onboarding/new-employee-benefits-enrollment>

**More information available at:** <https://hr.nih.gov/working-nih/onboarding/new-employee-benefits-enrollment>

