



(October 26, 2015)

In order to further improve the lines of communication and to respond to the concerns between the National VA Council and you our members, I have established a National VA Council Briefing. This NVAC Briefing will bring you the latest news and developments within DVA and provide you with the current status of issues this Council is currently addressing. I believe that this NVAC Briefing will greatly enhance the way in which we communicate and the way in which we share new information, keeping you better informed.

Alma L. Lee
National VA Council, President

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**In This Briefing: Government Executive – Retirement Planning**  
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Retirement Planning
October 23, 2015

[Open Season Trick or Treat](#) // Tammy Flanagan

Since its inception in 1960, the Federal Employee’s Health Benefits Program has offered only two enrollment types, but now it’s finally offering a third option for a family of two. According to the Office of Personnel Management, [Self Plus One enrollment](#) allows you to cover yourself and one eligible family member you designate. Starting in 2016, all FEHB plans will offer Self Only, Self Plus One, and Self and Family coverage options.

Employees and retirees will be able to enroll in Self Plus One coverage during the 2015 open season. Employees who neglect to make a change during open season will remain in their current enrollment unless they experience a qualifying life event, in which case they will have the option to make changes at that time. Retirees may decrease enrollment at any time, however. Open season changes are effective Jan. 1, 2016, for annuitants, and on the first full pay period

in January 2016, which for most employees will be effective on Jan. 10, 2016. Employees can make open season enrollment changes using [Standard Form 2809](#) or Employee Express if offered by their agency; retirees can use [Office of Personnel Management Form 2809](#) or OPM's Annuitant Express system.

Family members eligible for coverage under Self Plus One enrollment include:

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