



# Federal Employees Health Benefits Open House

**Due to  
Covid-19  
there is no  
Health Fair  
Seminar this  
year.**

**Letter Carriers are  
Category 1**

<b>Active career only / 2021 Biweekly Rates</b>				
<b>NALC Union Plan</b>	<b>High option</b>	<i>Increase amount</i>		
<b>Self</b>	\$91.47	+\$3.91		
<b>Self +1</b>	\$219.45	+\$8.14		
<b>Family</b>	\$190.88	+\$9.73		
<b>NOTE: NALC ONLY.....Family is Cheaper than self + 1</b>				
<b>Blue Cross Blue Shield</b>	<b>High option</b>	<i>Increase amount</i>	<b>Basic Option</b>	<i>Increase amount</i>
<b>Self</b>	\$120.09	+\$6.46	\$75.46	+\$2.55
<b>Self +1</b>	\$273.62	+\$13.47	\$181.98	+\$10.37
<b>Family</b>	\$292.31	+\$13.16	\$193.46	+\$9.83

**To learn about the different benefits with the different health plans visit  
[https:// opm./gov/healthcare-insurance](https://opm.gov/healthcare-insurance)**

**To learn about Dental and Vision coverage available go to  
<https://benefeds.com>**

**For changes to your health insurance employee should call  
HRSSC 1-877-477-3273**

or

**Go to <https://liteblue.usps.gov> and go through the "Postal Ease" portal**

**OPEN SEASON FOR CHANGES IN  
HEALTH BENEFITS FOR 2021**

**NOVEMBER 09 – DECEMBER 14, 2020**

