

NEW EMPLOYEE HUMAN RESOURCES BRIEF

Presented to you by NAVFAC NW Human Resources Office



Benefits

Benefit Election Timeframes



- New employees have 60 days from the date of appointment to select and enroll in benefits.
- Employees who transfer have 60 days from the date of transfer to make changes in benefits.
- It takes 1 week before the systems update and elections can be made.

Open Season



- Annual opportunity to make changes to Health,
 Dental, Vision, or Flexible Spending Accounts.
- Begins every year on Monday of the 2nd full workweek in November and runs through the Monday of the 2nd full workweek in December.

This Year: November 2023 – December 2023

 Open season elections will be effective on the first full pay period in January (2024).

Civilian Benefits Center (CBC)



The CBC is the centralized organization within Department of the Navy that administers the Federal benefits and retirement programs for civilian employees.

The CBC is responsible for the education and individual counseling of employees.

Call a Benefits Representative:

1-888-320-2917

Monday through Friday between the hours of 4:30 a.m. and 4:30 p.m. PST

Civilian Benefits Center (CBC)



- The Benefits Line responds to email inquiries within five business days from receipt.
- Please do not send duplicate emails as this will delay the process.
- When emailing, you must include your full name, pay plan, grade, and your contact telephone number.
- Do not include Controlled Unclassified Information containing Personally Identifiable Information such as your date of birth or social security number in your emails to the CBC.

Email a Benefits Representative:

navybenefits@us.navy.mil

Government Retirement & Benefits (GRB) Platform



- All civilian employees have access to the GRB Platform which is an online self-service tool to review current benefits and retirement information, make transactions on health and life insurance, generate retirement estimates, and share documents securely with the Civilian Benefits Center.
- The GRB Platform offers several useful videos and resources such as Federal Employees Health Benefits Program, New Employee Benefits Orientation, Insurance Benefits, Health Care Plan comparison tools and much more.





- The Federal Employees Health Benefits program is an employer-sponsored group health insurance program for Federal employees and their families.
- Employees can choose from Fee-for-Service plans, Health Maintenance Organizations, Consumer-Driven Health Plans, and High Deductible Health Plans.
- Employees can enroll, make changes, or cancel coverage during the annual Federal Benefits Open Season or if the employee experiences a qualifying life event.



- Permanent employees and certain temporary employees are eligible for coverage unless their appointment is excluded from coverage by law or regulation.
- The Office of Personnel Management has the overall responsibility for the administration of the FEHB Program.
- Premiums are based on the plan and option an employee chooses and are shared by the employee and the employing Agency.
- The employing Agency's share is set by law and cannot exceed 75% of the total premium.
- Part-time employees receive a prorated contribution and temporary employees are responsible for the full amount of the premium.
- Premiums are paid on a pre-tax basis (known as premium conversion) unless the employee waives this option.



- 3 Enrollment Types:
 - Self Only
 - Self Plus One Family Member
 - Self and Family
- Coverage is effective the first day of the first pay period after you enroll.
- Definition of Family Member for FEHB:
 - Spouse;
 - Children under age 26, including natural children, legally adopted children, and stepchildren; and
 - A child age 26 or over who is incapable of self support because of a mental or physical disability that existed before age 26.



Visit the FEHB Program online at:

http://www.opm.gov/healthcare-insurance/healthcare/

OPM.gov is where you get information on:

- Current insurance rates
- How to compare and choose among health plans
- Health plan website and plan brochures
- How to file a disputed claim request

Enroll through Civilian Benefits Center or GRB



Federal Employee Dental & Vision Insurance Program (FEDVIP)

Federal Employee Dental & Vision Insurance Program (FEDVIP)



- FEDVIP provides a comprehensive dental insurance plan to ensure that you and your family maintain healthy oral care.
- Employee pays 100% of the premium. There is no government contribution to the premium.
- You can choose from 6 nationwide and 4 regional dental plans covering basic services such as exams, x-rays, and cleanings; intermediate services such as fillings and extractions; major services such as crowns and root canals; and orthodontics services for dependents under age 19.
- Each plan is subject to a plan's waiting period.

Federal Employee Dental & Vision Insurance Program (FEDVIP)



- Some of the dental plans do not provide out-ofnetwork benefits such as not paying for services furnished by doctors with whom they have not contracted. This means that you must use an innetwork provider to receive benefits. Each plan has a separate network.
- Generally, you cannot cancel your dental coverage outside of Open Season. Your provider leaving the network, our retirement, or your inability to afford premiums are not qualifying life events permitting cancellation.

Federal Employee Dental & Vision Insurance Program (FEDVIP)



- Your FEDVIP enrollment automatically carries over from year to year. You do not need to reenroll. If you wish to cancel or change enrollment you must do so with BENEFEDS during the Open Season.
- Your FEDVIP coverage will continue into retirement.
 There is no eligibility requirement that you are covered for 5 years prior to retirement.
- You must make any changes to your name, address, dependents, etc. through BENEFEDS. Your HR office cannot make these changes for you.

Enrolling in FEDVIP



- If you are enrolled in the Federal Flexible Spending Account Program, you may submit your dental copayments and deductibles as eligible expenses to your FSA account.
- You must make your election on the BENEFEDS website by visiting https://www.benefeds.com or calling 1-877-888-3337.

More Info on FEDVIP



Visit opm.gov/healthcare-insurance/dentalvision/plan-information/ for Dental plan brochures and access to a Compare Plans Tool that allows comparison of benefits of up to four plans in one view.



Federal Employees' Group Life Insurance Program (FEGLI)



- FEGLI provides group term life insurance.
- You are automatically enrolled in Basic Life Insurance.
- FEGLI is not part of the annual Federal Benefits Open Season.
- You can reduce or cancel the coverage at any time.
- You can enroll or increase coverage by taking a physical exam or with a Qualifying Life Event.



- Basic insurance coverage is effective on the day you enter on duty in pay status (today!).
- Basic coverage is your annual rate of pay, rounded up to the next \$1,000, plus \$2,000.

Example: Basic Annual Pay = \$42,600

Basic Insurance Amount = \$45,000

- Employee pays 2/3 of the premium (government pays 1/3).
- Employee pays 100% of the premium for Optional insurance.



- Optional Insurance
 - Option A Standard: \$10,000 of additional coverage
 - Option B Additional: 1, 2, 3, 4, or 5 Xs your annual base pay
 - Option C Family:
 - Spouse for *up to* \$25,000
 - Eligible children for up to \$12,000
- Definition of Family Member for FEGLI Option C:
 - Spouse
 - Unmarried Dependent Children under Age 22



Visit FEGLI online at:

http://www.opm.gov/healthcare-insurance/life-insurance/

OPM.gov is where you can get information on:

- FEGLI Rates
- FEGLI Calculator
- Program information

Make changes to your FEGLI through Benefits Center or GRB Platform





- FSAFEDS is a pre-tax benefit that can save employees money.
- Employees contribute money from salary BEFORE taxes are withheld.
- It's a way to save money on day care and health care services and items for employees and their families.
- Example: Savings for a person earning \$50,000 who contributes \$2,000 into an FSA account is approximately \$600 per year. That means employees get \$2,000 worth of health care purchasing power PLUS pay about \$600 LESS in Federal taxes.



Health Care

2 Types of Health Care Accounts:

1. Health Care Flexible Spending Account

a) For eligible health care expenses not paid by FEHB, FEDVIP, or other insurance. Do not have to be enrolled in FEHB or FEDVIP.

2. Limited Health Care Flexible Spending Account

a) For those enrolled in or covered by a High Deductible Health Plan with a Health Savings Account. Only eligible dental and vision expenses not paid by FEHB or FEDVIP. *Must be enrolled in FEHB*.



- Must elect a minimum of \$100 into the account.
- The maximum contribution for 2022 is \$2,850.
- Have from 1 January 31 December to incur eligible expenses for reimbursement. There is no grace period to incur these expenses.
- May carry over \$570 of unused elections into the next plan year (must re-enroll to use carryover). Any amount over \$570 is forfeited.
- Must re-enroll every year during Open Season.



- When your insurance only covers part of an expense, or doesn't cover it at all, you're stuck with the bill. Joining FSAFEDS is like getting a 30% discount on what you, your spouse, and your eligible children under 26 spend on:
 - Prescriptions Deductibles & copayments Office visits
 - Lab tests
 - Ambulance Transportation (if it's a purely medical trip)
 - Contact Lenses Laser
 - Eye surgery
 - Orthodontics
 - Massage Therapy
 - Sunblock First aid kits
 - Diabetes testing supplies
 - Hand sanitizer And more!
- You can also use FSAFEDS pre-tax dollars to save about 30% on your family's dependent care expenses. It's like a 30% discount on, for your children under age 13:
 - Day care
 - Summer day camp
 - Babysitting
 - Before and after school care
 - Housekeeper whose duties include child care
 - Non-medical care for any adult who is mentally or physically incapable of self-care, who you claim as a dependent on your tax return, and who lives with you.
- You file claims by mail, fax, or online. Some insurance plans will file claims automatically for you.
 FSAFEDS quickly reimburses you for these expenses with pre-tax dollars you've set aside from your pay.

Eligible Health Care FSA (HC FSA) Expenses



Example of
Medical
Expenses and
how to know if
they are allowed
for FSA
reimbursement.

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Eligible with appropriate documentation:

Requires Prescription from your doctor, plus detailed receipt

= Requires letter of Medical Necessity signed by your doctor, plus detailed receip

Emergency (medical) kits Emergency (non-medical)/disaster survival kits Ergonomic home office furniture and accessories (for treatment of a medical condition) Exceed Plan Maximum Exceed Plan Maximum Excessive Mileage Exercise equipment or program (as treatment for a medical condition) Respective drops and treatments (over-the-counter) Eye examinations Eyeglasses (prescription) Face lifts Feminine hygiene products Fertility monitor (over-the-counter) Fertility treatment (for employee, spouse or dependent) Fertility treatment (for non-dependent surrogate) Finance Charges				
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Fertility treatment (for non-dependent surrogate)		②		Fertility monitor (over-the-counter)
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	ipt	X		Fertility treatment (for non-dependent surrogate)
		×		Finance Charges



Dependent Care

For eligible day care expenses (childcare, eldercare) so you (or your spouse) can work, look for work, or attend school full-time.

- Must elect a minimum of \$100 into the account.
- The maximum for DCFSA is \$5,000/household or \$2,500 if filing taxes separately.
- There is a 2 ½ month grace period to incur expenses.
- There is no carry over of unused elections into the next plan year. Any amount not used is forfeited.
- Must re-enroll every year during Open Season.

Enrolling in FSAFEDS



Two ways to enroll:

- www.FSAFEDS.com
- 1-877-FSAFEDS

FSAFEDS Benefits Counselor can be consulted at:

1-877-FSAFEDS

Monday – Friday, 6 a.m. until 6 p.m. PT



Federal Long Term Care Insurance Program (FLTCIP)

Federal Long Term Care Insurance Program (FLTCIP)



- FLTCIP helps cover the costs of high cost long term care services. It can help ensure your independence and reduce your reliance on loved ones.
- FEHB plans and Medicare provide LIMITED coverage for long term care expenses.
- Long Term Care includes services such as:
 - Nursing home care
 - Home health care
 - Assisted living facilities
 - Adult day care
 - Personal/homemaker care

Federal Long Term Care Insurance **Program (FLTCIP)**



- FLTCIP is not part of the annual Federal Benefits Open Season.
- You can apply for coverage at any time using the full underwriting application; you do not have to wait for Open Season. New employees have 60 days to apply using abbreviated underwriting.
- The premium is based on your age on the date your application is received and on the benefit options you select.

Definition of Family Member for FLTCIP:

- Spouse
- Same-Sex Domestic Partner
 Step Parents
- Adult Children over Age 18
 Parents-In-Law
- **Parents**

Federal Long Term Care Insurance Program (FLTCIP)



To enroll or for more information:

1-800-LTC-FEDS or visit

www.ltcfeds.com

You can enroll at ANY TIME!



Federal Employees Retirement System (FERS)

Federal Employees Retirement System Further Revised Annuity Employees (FERS)



FERS-FRAE is a three-tiered retirement plan.

The three components are:

- Basic Benefit Plan
- Social Security Benefits
- Thrift Savings Plan

The three components of FERS-FRAE work together to give you a strong financial foundation for your retirement years!

Thrift Savings Plan (TSP)



- The TSP is a tax-deferred retirement savings and investment plan.
- The automatic enrollment percentage for is 5% of pay for all new hires who are eligible to participate in the TSP. This change will not affect the contribution rates in place for employees currently participating in the TSP prior to 1 October 2020.
- Three types of contributions that may be made to your account:
 - 1. Agency Automatic 1% Contributions
 - 2. Employee Contributions (currently 5%)
 - 3. Agency Matching Contributions
- Consider contributing at least 5% of your basic pay to your TSP account so that you can receive the full amount of agency matching contributions.

Thrift Savings Plan (TSP)



Changing Contribution Amount from (5%)

- Call Civilian Benefits Center or go online to GRB Platform.
- Can contribute percentage (%) of base pay or whole dollar (\$) amounts.

Changing Contribution Allocation

- Login to your account at <u>www.tsp.gov</u> or call: 1-TSP-YOU-FRST
- Can contribute to any of the funds.
- Can make inter-fund transfers.



Pay Days, Holidays, & Leave

2023 Holiday Schedule (11 Federal Holidays)



Date	Holiday
Monday, January 02 *	New Year's Day
Monday, January 16	Birthday of Martin Luther King, Jr.
Monday, February 20 **	Washington's Birthday
Monday, May 29	Memorial Day
Monday, June 19	Juneteenth National Independence Day
Tuesday, July 04	Independence Day
Monday, September 04	Labor Day
Monday, October 09	Columbus Day
Friday, November 10 *	Veterans Day
Thursday, November 23	Thanksgiving Day
Monday, December 25	Christmas Day

Annual Leave



Annual Leave Accrual Rate per pay period:

Years of Service	Hours		Days
< 3 years	4	=	13
> 3 years	6	=	20
> 15 years	8	=	26

- Can be used for vacations, personal business, or emergencies.
- 240 hours can be carried from year to year.
- Requires supervisor approval.
- ➤ Prior Active Duty Military (separated not retired) time counts towards Service Computation Date (SCD) for Leave.
- ➤ Retired Military time spent in non-wartime campaigns and expeditions counts towards SCD-Leave. Must submit SF-813 to HRO.

Sick Leave



Sick Leave Accrual Rate per pay period:

Years of Service	Hours	Days
All Years	4 =	13

- Can be used for illness, injury, medical/dental appointments, or to take of a family member.
- No carry over limit from year to year.
- Requires supervisor approval.

Disabled Veteran Leave



- Crediting of Disabled Veteran Leave is Accordance with 5 U.S.C. 6329.
- Is used only for service connected disability appointments.
- Leave is available during the first 12 months of employment may not be carried over and will be forfeited.
- Unused leave during the first 12 months of employment may not be carried over and will be forfeited.
- Additional information is available at:

https://www.chcoc.gov/content/wounded-warriors-federal-leave-act-2015

Family & Medical Leave Act (FMLA) (After being employed for 12 months)



You are entitled to a total of up to 12 work weeks (480 hours) of *unpaid leave during any 12-month period (after being employed for 12 months) for the following purposes:

- The birth of a child;
- The placement of a child for adoption or foster care;
- The care of a spouse, child, or parent who has a serious health condition; or
- A serious health condition that makes you unable to perform the essential functions of your positions.

^{*} You may elect to use annual or sick leave instead of unpaid leave.

Electronic Official Personnel File (eOPF)



What is eOPF?

- The eOPF solution provides electronic, Web-enabled access for all Federal Agency staff members to view eOPF documents.
- All employees are able to view their own OPF through the eOPF solution. eOPF includes security measures to ensure the integrity of the system.
- For example, users are able to view their own eOPF documents, but not modify the documents.
- All activity performed in the eOPF solution is logged and can be accessed through various reports by authorized users.
- The eOPF provides an audit trail capability, including a mandatory log that documents when and why an authorized user has reviewed an eOPF.

Key Benefits of eOPF:

- Enhanced portability and security of personnel records.
- Provides increased employee awareness and accountability through email notification of Personnel Actions (SF-50s).
- Immediate access to OPF forms and information for a geographically dispersed workforce.

Website: https://eopf.opm.gov/navy/



Electronic Official Personnel File (eOPF) and MyBiz+

MyBiz+



- MyBiz+ allows employees access to view information from their official personnel records including appointment, position, personal info, salary, benefits, awards and bonuses, performance, and personnel actions (view/print SF50's).
- MyBiz+ also allows supervisors to add employees to their "team." This information flows to other systems like TWMS and milConnect.
- In addition, employees may update their telephone number and email address, emergency contact information, disability codes, and Race and National Origin codes. Employees may also request employment verification through MyBiz+.

Website: https://compo.dcpds.cpms.osd.mil/



Building Safety



Responsibilities

- It is each person's actions that will save lives during an emergency. Preparation means knowing what is expected prior to an emergency. The following responsibilities pertain to ALL personnel who work in, or visit, buildings 1101, 007, and T-076.
- Everyone has the authority and responsibility to activate an alarm to warn others, notify the Fire Department (911), and notify building management in the event of an emergency.

Emergency Action Plan (EAP)



- Emergencies include fire, flood, earthquake, potential structural collapse, bomb, bio-terrorism, or any other emergencies where Command officials deem it necessary to order an immediate building evacuation.
- An emergency may involve hazardous materials, as well as suspicious people, objects, or packages.

Emergency Procedures

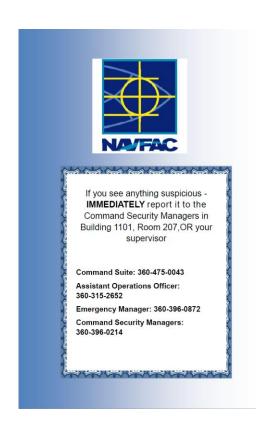


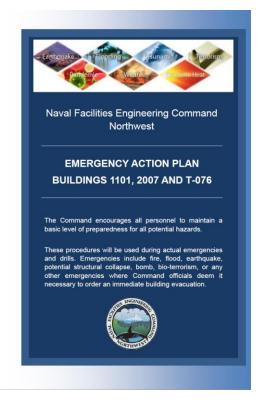
- In any emergency, if safe to do so, CALL 911!
- Remain calm
- Calmly and quickly follow the instruction of emergency
- Be familiar with the EAP and what their roles and responsibility are during an emergency.



New Hire References









Department of the Navy Civilian Employee Assistance Program (DONCEAP)

Presentations



- The Department of the Navy Civilian Employee Assistance Program provides a wide range of services to employees and their families.
 - DONCEAP offers the following presentations to employees:
 - Anger Happens
- The Art of Parenting
- Balancing Work and Personal Life
- Burnout and Stress Management
- Civility in the Workplace
- Contending with change
- Coping with Downsizing and Job Loss
- Dealing with Challenging Interactions

- Dealing with Conflict
- Dealing with Difference
- Depression
- Domestic Violence
- Dynamics of Addiction
- Effective Communication
- Elder Care
- Navigating Loss
- Retirement: Into the Unknown
- The Road to Resilience
- Stress and Trauma Exposure:

- Strategies for coping
- Stress Management
- Substance Abuse
- Suicide Awareness
- Time Management
- Transitions in the workplace for employees
- Ups and Downs of the Holiday Season

Access DONCEAP



Employees can access services 24/7 through the DONCEAP website
or by phone. A professionally staffed call center can provide
answers to questions, research information, link employees to a
wide variety of qualified local services and provide licensed
confidential support to help with difficult issues.

Contact DONCEAP at

1-844-DONCEAP (1-844-366-2327)

TTY 1-888-262-7848

International 1-888-262-7848

https://donceap.foh.psc.gov/



New Employee Checklist

New Employee Checklist



- This checklist is intended to outline the tasks new employees should complete by the end of their first week onboard.
- Please continue to work closely with your supervisor and sponsor to complete these and other requirements you may have that are not listed here.
- While the completion dates may vary depending upon various factors, it's critical you complete them as soon as possible.

New Employee Checklist



Who	What	When
All	Complete Cyber Awareness training and send	After accepting
	completion certificate to your supervisor (supv).	Tentative Offer
A, *B	Submit a Base Authorization and Visit Request	5 business days
	(BAVR) for temporary base access badge. If you	before report date
	don't already have base access (DoD CAC, etc.) and only for access to Bangor or Whidbey.	
All	Complete day 1 HR Indoc.	Day 1
A, B	Obtain your @navy.mil email address. If not provided on day 1, wait for your supv to provide.	Day 1
В	Associate navy email with non-DON DoD CAC.	Receipt of email
All	Obtain & review your SF-50.	Day 1
A	Go get your Common Access Card (CAC) - If you	Receipt of SF-50
	don't already have a DoD CAC.	
	 If SF-50 provided, go direct to PSD to pick up CAC, skip getting temporary access badge. 	
	 If SF-50 not provided, wait for supv to provide and go 	
	get temporary access badge.	
All	Note: DoD transfers keep their DoD CAC to/from overseas.	ny/n first 4 days
	Schedule & complete new employee security indoc.	w/n first 4-days After CAC
All	Sign SAAR-N in TWMS, dual-CAC access req'd.	
All	Pick up your computer. If your supv didn't already	After supv signs
	pick it up.	your SAAR-N
All	Validate and update your contact information &	After you have
	supervisor	CAC & email
All	Complete anonymous new employee survey	Last step

Anonymous New Employee Survey



- Who: For new employees
- When: After onboard
- Why: Helps us identify where we're meeting and not meeting our objectives of helping you on-boarding within your first week.
- How: Scan the QR code attached or visit:

https://www.surveymonkey.com/r/NAVFAC-New-Employee

