

Federal Retiree Benefit Contacts



Office of Personnel Management

User Portal: <https://www.servicesonline.opm.gov/>

Phone: 1-888-767-6738

Mail: Office of Personnel Management
P.O. Box 45
Boyers, PA 16017

Email: retire@opm.gov

Pro Tip – Set up your retiree user portal account.

Federal Health Benefits Program

Website: www.opm.gov/insure

Federal Group Life Insurance

Website: fegli@opm.gov

Phone: 888-767-6738

Federal Dental and Vision Insurance

Website: www.benefeds.com

Phone: 877-888-3337

Social Security Administration

Website: www.ssa.gov

Phone: 800-772-1213

Medicare

www.ssa.gov/medicareonly

800-772-1213

Thrift Savings Plan

www.tsp.gov

877-968-3778
