



Army Benefits Center-Civilian (ABC-C)

"Army's Benefits Counseling and Processing Service"

Benefits Election Guide

NEW!

Check out the ABC-C's New Employee Orientation Briefing!

View at: <https://www.abc.army.mil/NewEmployee/NewEmployeeOrientation.htm>

BENEFIT OPTIONS		ENROLLMENT	
		To make an election or change, visit or call:	
	Thrift Savings Plan <i>(retirement savings and investment plan)</i> 	To begin, change or stop contributions: ABC-C https://www.abc.army.mil 1-877-276-9287 TDD: 1-877-276-9833	To make investment allocations, access your account, view rates of return, etc: Thrift Savings Plan www.tsp.gov 1-TSP-YOU-FRST (1-877-968-3778) TDD: 1-877-847-4385
	Federal Employees Health Benefits		ABC-C https://www.abc.army.mil 1-877-276-9287 TDD: 1-877-276-9833
	Federal Employees Group Life Insurance		ABC-C https://www.abc.army.mil 1-877-276-9287 TDD: 1-877-276-9833
	Flexible Spending Accounts <i>(pre-tax accounts for out-of-pocket health & dependent care expenses)</i>		FSAFEDS www.fsafeds.com or 1-877-FSAFEDS or (1-877-372-3337) TTY: 1-800-952-0450
	Federal Employees Dental and Vision Insurance Program <i>(supplemental dental/vision insurance)</i>		BENEFEDS www.BENEFEDS.com 1-877-888-FEDS or 1-877-888-3337 TTY 1-877-889-5680
	Federal Long Term Care Insurance Program <i>(for assisted living expenses)</i>		FLTCIP www.ltcfeds.com 1-800-LTC-FEDS (1-800-582-3337) TTY: 1-800-843-3557