



INVESTING IN YOU 2022: BENEFITS, RETIREMENT, AND MORE!

Webinar Schedule and Agenda

ALL WEBINAR TIMES LISTED ARE IN EASTERN TIME

Tuesday, June 28, 2022

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|----------|---|
| 9:00 AM | Investing In You
This welcome and introduction will provide insight into the benefits that are available to employees and provide an overview of the topics that will be covered throughout the Investing In You event. |
| 10:00 AM | Social Security (presented by SSA)
This webinar will provide information on Social Security Retirement Benefits and how those benefits factor into your full retirement package. |
| 11:00 AM | Medicare (presented by CMS – Centers for Medicare and Medicaid Services)
This webinar will cover the basics of the Medicare program, including the various parts of Medicare, costs, how to enroll, and how Medicare coordinates with the FEHB program. |
| 11:00 AM | Planning for Government Retirement (presented by BCBS)
This webinar will help you understand your retirement benefit options, understanding Medicare, and how FEHB coverage combines with Medicare. |
| 12:00 PM | Checkbook's Guide to Health Plans
In this webinar you'll learn how Checkbook's Guide to Health Plans can help you find the best FEHB plan, how to save money on your health care expenses, and dental care options available to you. |
| 1:00 PM | Federal Employees Retirement System (FERS)
The Federal Employees Retirement System (FERS) was established effective January 1, 1987. All Federal civilian employees hired after this date are covered under FERS. The seminar will provide detailed information on the retirement program as well as retirement eligibility requirements, ensuring that you get all your eligible service credit, the FERS supplement, and what comprises your retirement income. |
| 1:00 PM | Mental Health and Stress Management (presented by Kaiser Permanente)
During this presentation participants will learn about healthier choices that may help to improve their mental health and suggestions to help manage stress. The presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help, and ways to support mental well-being. |



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- 2:00 PM **Intro to TSP (Thrift Savings Plan)**
This webinar provides an introduction to the Thrift Savings Plan. The agenda focuses on the basics of TSP account management. Discussion includes types of TSP contributions, differences between traditional and Roth contributions, and a brief overview of TSP investment funds.
- 2:00 PM **Retirement, Medicare and FEHB (presented by GEHA)**
This webinar is for employees who are planning to retire in the next few years. The webinar will explore your health benefit options after retirement. You can expect to learn more about Retirement and FEHB as well as develop an understanding of Medicare and how Medicare works with FEHB coverage.
- 3:00 PM **APWU Health Plan**
This webinar will cover the APWU health plan offerings and discuss wellness initiatives that are coupled with the plans to maintain/improve your overall health.
- 3:00 PM **Civil Service Retirement System (CSRS)**
The Civil Service Retirement Act, which became effective on August 1, 1920, established a retirement system for certain Federal employees. The Civil Service Retirement System (CSRS) is a defined benefit, contributory retirement system. The seminar will provide detail on the retirement program as well as retirement eligibility requirements, maximum service credit, voluntary contribution options, ensuring that you get all your eligible service credit, and what comprises your retirement income.
- 4:00 PM **Chat with Specialists and Representatives**
Representatives and specialists from health care plans, educational partnerships and USPS specialists are available to answer your questions on the spot. Visit the various booths in the exhibit halls to participate in live chat sessions.



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Wednesday, June 29, 2022

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|----------|---|
| 11:00 AM | Investing In You
This welcome and introduction will provide insight into the benefits that are available to employees and provide an overview of the topics that will be covered throughout the Investing In You event. |
| 12:00 PM | Chat with Specialists and Representatives
Representatives and specialists from health care plans, educational partnerships and USPS specialists are available to answer your questions on the spot. Visit the various booths in the exhibit halls to participate in live chat sessions. |
| 1:00 PM | FEDVIP / BENEFEDS
This webinar will provide an overview of the Benefeds platform and explore the dental and vision coverages that are available to FEHB eligible employees. |
| 1:00 PM | Mail Handler's Benefit Plan (MHBP)
This webinar will cover the MHBP plan offerings and discusses wellness initiatives that are coupled with the plans to maintain/improve your overall health. |
| 2:00 PM | Flexible Spending Accounts (presented by FSAFEDS)
The goal of this webinar is for you to fully understand the Federal Flexible Spending Account Program (FSAFEDS) so you can maximize the value you receive from this important benefit. Learn about Health Care FSA, Dependent Care FSA, and Limited Expense FSA; how to enroll, and how to file claims. |
| 2:00 PM | Social Security (presented by SSA)
This webinar will provide information on Social Security Retirement Benefits and how those benefits factor into your full retirement package. |
| 3:00 PM | Medicare (presented by CMS)
This webinar will cover the basics of the Medicare program, including the various parts of Medicare, costs, how to enroll, and how Medicare coordinates with the FEHB program |
| 3:00 PM | USPS Health Benefit Plan (presented by CareFirst BCBS)
This webinar will provide an overview of the USPS Health Benefit Plan available to non-career employees. Discussion will include plan information, the ShareCare platform, and how to leverage wellness initiatives to improve or maintain your health. |



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- 4:00 PM **TSP Contributions: Taking Control of Your Future**
The future of your TSP account depends on decisions you make today, and your choices will directly affect your retirement income. Join us for this webinar as we detail TSP contribution rules. We'll take you through the basics and equip you with the information you need to make the best choices for your future.
- 4:00 PM **Mental Health and Emotional Well-Being (presented by UHC)**
During this presentation participants will learn about healthier choices that may help to improve their mental health and emotional well-being. Specifically, this presentation will cover mental health facts and definitions, common myths associated with mental health, signs of mental health changes, reasons to seek help, and ways to support mental well-being.
- 5:00 PM **Federal Employees Retirement System (FERS)**
The Federal Employees Retirement System (FERS) was established effective January 1, 1987. All Federal civilian employees hired after this date are covered under FERS. The seminar will provide detailed information on the retirement program as well as retirement eligibility requirements, ensuring that you get all your eligible service credit, the FERS supplement, and what comprises your retirement income.
- 5:00 PM **Retirement 101 (presented by Aetna)**
This webinar provides information on Medicare, coordination of benefits with Medicare and FEHB, OPM requirements for taking FEHB into retirement, understanding Medicare Part C Advantage plans, additional resources, and a checklist.
- 6:00 PM **Checkbook's Guide to Health Plans**
In this webinar you'll learn how Checkbook's Guide to Health Plans can help you find the best FEHB plan, how to save money on your health care expenses, and dental care options available to you.



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ALL WEBINAR TIMES LISTED ARE IN EASTERN TIME

Thursday, June 30, 2022

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| 1:00 PM | Investing In You
This welcome and introduction will provide insight into the benefits that are available to employees and provide an overview of the topics that will be covered throughout the Investing In You event. |
| 2:00 PM | Checkbook's Guide to Health Plans (Approaching Retirement Edition)
In this webinar you'll learn about FEHB & Medicare as you approach retirement, whether (or not) to take Medicare Part B, and new FEHB Medicare Advantage plans that offer retirees tremendous savings. |
| 2:00 PM | Commuter Benefits Program
This webinar will cover the commuter benefit program and explain how you can maximize the value that the program offers. |
| 3:00 PM | TSP Distributions
This webinar provides an overview of the TSP distribution options. The information in this webinar will benefit TSP participants that plan to retire within 10 years and participants that have already separated or retired. The agenda includes discussion of distribution retirement income options: partial distributions, installment payments, and the TSP life annuity. |
| 3:00 PM | Self Care: Invest In Yourself (presented by United Healthcare)
This presentation covers why it is important to invest in your own self-care to help maximize your well-being. Specifically, we will cover the key investments in self-care to address physical, mental, and emotional well-being, we'll define "self-care" and create an action plan to incorporate 1 or 2 key investments that may help improve your overall well-being. |
| 4:00 PM | Medicare (presented by CMS – Centers for Medicare and Medicaid Services)
This webinar will cover the basics of the Medicare program, including the various parts of Medicare, costs, how to enroll, and how Medicare coordinates with the FEHB program. |
| 4:00 PM | Nutrition tips for a Healthier YOU (presented by GEHA)
If you're concerned about weight, chronic disease management, or just optimizing your health, this webinar will help you identify simple and gradual changes you can make to add up to major improvements. Join us to identify a step-by-step plan to help you meet your personal wellness goals to live a healthy and quality life. |



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- 5:00 PM **Flexible Spending Accounts (presented by FSAFEDS)**
The goal of this webinar is for you to fully understand the Federal Flexible Spending Account Program (FSAFEDS) so you can maximize the value you receive from this important benefit. Learn about Health Care FSA, Dependent Care FSA, and Limited Expense FSA; how to enroll and how to file claims.
- 5:00 PM **NALC Health Benefit Plan**
This webinar will cover the NALC health plan offerings and discuss wellness initiatives that are coupled with the plans to maintain/improve your overall health.
- 6:00 PM **Civil Service Retirement System (CSRS)**
The Civil Service Retirement Act, which became effective on August 1, 1920, established a retirement system for certain Federal employees. The Civil Service Retirement System (CSRS) is a defined benefit, contributory retirement system. The seminar will provide detailed on the retirement program as well as retirement eligibility requirements, maximum service credit, voluntary contribution options, ensuring that you get all your eligible service credit, and your what comprises your retirement income.
- 6:00 PM **Understanding Health Insurance and Medicare (presented by Kaiser Permanente)**
This webinar will provide an overview of health plans and provide insight as to how you can utilize your benefits to the fullest. Discussion will include Medicare and how it coordinates with FEHB coverage.
- 7:00 PM **Federal Employees Retirement System (FERS)**
The Federal Employees Retirement System (FERS) was established effective January 1, 1987. All Federal civilian employees hired after this date are covered under FERS. The seminar will provide detailed information on the retirement program as well as retirement eligibility requirements, ensuring that you get all your eligible service credit, the FERS supplement, and what comprises your retirement income.
- 7:00 PM **Your Health Benefits in the U.S. Postal Service (presented by BCBS)**
This webinar provides information on FEHB plans, FEDVIP plans, new hire enrollment opportunities and explores how to make the most of your health coverages.
- 8:00 PM **Investing In You Q&A Session**
After three days of various presentations and opportunities to interact with USPS benefits partners, this session is a chance for you to ask any outstanding questions directly to members of the Benefits & Wellness team. This is also an opportunity to provide feedback, ask about topics not covered, and speak directly with a Benefits Specialist.