



## 2022 OPEN SEASON BENEFITS FAIR – WEBINAR SCHEDULE

ALL WEBINAR TIMES LISTED ARE IN EASTERN TIME

### Monday, November 14, 2022

- 9:00 AM **Benefits and Wellness Event Welcome**  
This welcome and introduction will provide insight into the benefits that are available to employees, discuss changes that can be made during Open Season, and provide an overview of the topics that will be covered throughout the course of the event.
- 9:30 AM **Employee Assistance Program (EAP)**  
This introduction to the Employee Assistance Program (EAP) will cover the benefits and assistance available to employees through the EAP. EAP is a powerful tool available to USPS employees and their families and is provided by the USPS at no cost. Learn how EAP can benefit you.
- 10:00 AM **BENEFEDS: Federal Employees Dental and Vision Insurance Program**  
This webinar will provide an overview of the BENEFEDS platform and explore the dental and vision plans that are available to FEHB eligible employees.
- 11:00 AM **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.
- 11:00 AM **GEHA: Government Employees Health Association Insurance Plans**  
This webinar will cover the GEHA health and dental plan offerings and highlight any major changes for the 2023 plan year.
- 12:00 PM **Flexible Spending Accounts (FSA)**  
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.
- 12:00 PM **Aetna Health Insurance Plans**  
This webinar will cover the Aetna health plan offerings and highlight any major changes for the 2023 plan year.
- 1:00 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.
- 1:00 PM **Aetna Dental and Vision Insurance Plans**  
This webinar will cover the Aetna dental and vision plan offerings and highlight any major changes for the 2023 plan year



## 2022 OPEN SEASON BENEFITS FAIR – WEBINAR SCHEDULE

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- 2:00 PM      **Social Security Administration**  
This webinar will provide information on Social Security Retirement Benefits and how those benefits factor into your full retirement package
- 2:00 PM      **Kaiser Permanente Insurance Plan**  
This webinar will cover the Kaiser Permanente health plan offerings and highlight any major changes for the 2023 plan year
- 3:00 PM      **Consumers' Checkbook Guide to Federal 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.
- 3:00 PM      **Blue Cross Blue Shield Federal Employee Program**  
This webinar will cover the BCBS health plan offerings and highlight any major changes for the 2023 plan year.
- 4:00 PM      **USPS Health Benefit Plan (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 maximize your benefits.
- 4:00 PM      **Blue Cross Blue Shield Dental and Vision Plans**  
This webinar will cover the BCBS dental and vision plan offerings and highlight any major changes for the 2023 plan year.



## 2022 OPEN SEASON BENEFITS FAIR – WEBINAR SCHEDULE

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### Tuesday, November 22, 2022

- 10:00 AM **Benefits and Wellness Event Welcome**  
This welcome and introduction will provide insight into the benefits that are available to employees, discuss changes that can be made during Open Season, and provide an overview of the topics that will be covered throughout the course of the event.
- 10:30 AM **Employee Assistance Program (EAP)**  
This introduction to the Employee Assistance Program (EAP) will cover the benefits and assistance available to employees through the EAP. EAP is a powerful tool available to USPS employees and their families and is provided by the USPS at no cost. Learn how EAP can benefit you.
- 11:00 AM **Flexible Spending Accounts (FSA)**  
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.
- 11:00 AM **Commuter Benefits (Edenred)**  
This webinar will cover the commuter benefit program and explain how you can maximize the value that the program offers.
- 12:00 PM **Consumers' Checkbook Guide to Federal 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
- 12:00 PM **United Healthcare Medical, Dental, and Vision Insurance Plans**  
This webinar will cover the United Healthcare health, dental, and vision plan offerings and highlight any major changes for the 2023 plan year.
- 1:00 PM **BENEFEDS: Federal Employees Dental and Vision Insurance Program**  
This webinar will provide an overview of the BENEFEDS platform and explore the dental and vision plans that are available to FEHB eligible employees.
- 1:00 PM **Delta Dental Insurance Plan**  
This webinar will cover the Delta Dental plan offerings and highlight any major changes for the 2023 plan year
- 2:00 PM **United Concordia Dental Insurance**  
This webinar will cover the United Concordia dental plan offerings and highlight any major changes for the 2023 plan year



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- 2:00 PM      **Kaiser Permanente Insurance Plan**  
This webinar will cover the Kaiser Permanente health plan offerings and highlight any major changes for the 2023 plan year
- 3:00 PM      **MetLife Dental and Vision Insurance Plans**  
This webinar will cover the MetLife dental and vision plan offerings and highlight any major changes for the 2023 plan year.
- 3:00 PM      **American Postal Workers Union Health Plan (APWU)**  
This webinar will cover the APWU health plan offerings and highlight any major changes for the 2023 plan year.
- 4:00 PM      **National Association of Letter Carriers Health Benefit Plan (NALC)**  
This webinar will cover the NALC health plan offerings and highlight any major changes for the 2023 plan year
- 5:00 PM      **USPS Health Benefit Plan (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 maximize your benefits.
- 5:00 PM      **Mail Handlers Benefit Plan (MHBP)**  
This webinar will cover the MHBP health plan offerings and highlight any major changes for the 2023 plan year.



## 2022 OPEN SEASON BENEFITS FAIR – WEBINAR SCHEDULE

ALL WEBINAR TIMES LISTED ARE IN EASTERN TIME

### Wednesday, November 30, 2022

- 1:00 PM **Benefits and Wellness Event Welcome**  
This welcome and introduction will provide insight into the benefits that are available to employees, discuss changes that can be made during Open Season, and provide an overview of the topics that will be covered throughout the course of the event.
- 1:30 PM **Employee Assistance Program (EAP)**  
This introduction to the Employee Assistance Program (EAP) will cover the benefits and assistance available to employees through the EAP. EAP is a powerful tool available to USPS employees and their families and is provided by the USPS at no cost. Learn how EAP can benefit you.
- 2:00 PM **Blue Cross Blue Shield Federal Employee Program**  
This webinar will cover the BCBS health plan offerings and highlight any major changes for the 2023 plan year.
- 3:00 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.
- 3:00 PM **Blue Cross Blue Shield Dental and Vision Plans**  
This webinar will cover the BCBS dental and vision plan offerings and highlight any major changes for the 2023 plan year.
- 4:00 PM **Social Security Administration**  
This webinar will provide information on Social Security Retirement Benefits and how those benefits factor into your full retirement package
- 4:00 PM **Kaiser Permanente Insurance Plan**  
This webinar will cover the Kaiser Permanente health plan offerings and highlight any major changes for the 2023 plan year
- 5:00 PM **BENEFEDS: Federal Employees Dental and Vision Insurance Program**  
This webinar will provide an overview of the BENEFEDS platform and explore the dental and vision plans that are available to FEHB eligible employees.
- 5:00 PM **Aetna Health Insurance Plans**  
This webinar will cover the Aetna health plan offerings and highlight any major changes for the 2023 plan year.



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- 6:00 PM      **USPS Health Benefit Plan (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 maximize your benefits.
- 6:00 PM      **Aetna Dental and Vision Insurance Plans**  
This webinar will cover the Aetna dental and vision plan offerings and highlight any major changes for the 2023 plan year
- 7:00 PM      **Consumers' Checkbook Guide to Federal 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.
- 7:00 PM      **United Healthcare Medical, Dental and Vision Insurance Plans**  
This webinar will cover the United Healthcare health, dental, and vision plan offerings and highlight any major changes for the 2023 plan year
- 8:00 PM      **Flexible Spending Accounts (FSA)**  
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.



## 2022 OPEN SEASON BENEFITS FAIR – WEBINAR SCHEDULE

ALL WEBINAR TIMES LISTED ARE IN EASTERN TIME

### Tuesday, December 6, 2022

- 3:00 PM **Benefits and Wellness Event Welcome**  
This welcome and introduction will provide insight into the benefits that are available to employees, discuss changes that can be made during Open Season, and provide an overview of the topics that will be covered throughout the course of the event.
- 3:30 PM **Employee Assistance Program (EAP)**  
This introduction to the Employee Assistance Program (EAP) will cover the benefits and assistance available to employees through the EAP. EAP is a powerful tool available to USPS employees and their families and is provided by the USPS at no cost. Learn how EAP can benefit you.
- 4:00 PM **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.
- 4:00 PM **Delta Dental Insurance Plan**  
This webinar will cover the Delta Dental plan offerings and highlight any major changes for the 2023 plan year
- 5:00 PM **United Concordia Dental Insurance**  
This webinar will cover the United Concordia dental plan offerings and highlight any major changes for the 2023 plan year
- 6:00 PM **Flexible Spending Accounts (FSA)**  
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
- 6:00 PM **MetLife Dental and Vision Insurance Plans**  
This webinar will cover the MetLife dental and vision plan offerings and highlight any major changes for the 2023 plan year.
- 7:00 PM **Commuter Benefits (Edenred)**  
This webinar will cover the commuter benefit program and explain how you can maximize the value that the program offers.
- 7:00 PM **GEHA: Government Employees Health Association Insurance Plans**  
This webinar will cover the GEHA health and dental plan offerings and highlight any major changes for the 2023 plan year



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- 8:00 PM      **BENEFEDS: Federal Employees Dental and Vision Insurance Program**  
This webinar will provide an overview of the BENEFEDS platform and explore the dental and vision plans that are available to FEHB eligible employees.
- 8:00 PM      **Mail Handlers Benefit Plan (MHBP)**  
This webinar will cover the MHBP health plan offerings and highlight any major changes for the 2023 plan year.
- 9:00 PM      **Consumers' Checkbook Guide to Federal 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.
- 9:00 PM      **National Association of Letter Carriers Health Benefit Plan (NALC)**  
This webinar will cover the NALC health plan offerings and highlight any major changes for the 2023 plan year
- 10:00 PM     **USPS Health Benefit Plan (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 maximize your benefits.
- 10:00 PM     **American Postal Workers Union Health Plan (APWU)**  
This webinar will cover the APWU health plan offerings and highlight any major changes for the 2023 plan year.