

2013 OPEN SEASON LIVE INFORMATIONAL WEBCASTS

Including a LIVE Question and Answer session with the Experts!

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| Introduction to Open Season | <p>Click on http://new.livestream.com/OPMWebcast/20131113intro</p> <ul style="list-style-type: none">• What is Open Season?• What benefit programs are involved?• How do I enroll?• What are the effective dates?• Where can I get help? | Wednesday, November 13th 1:30-2:30pm Eastern 12:30-1:30pm Central 11:30am-12:30pm Mountain 10:30-11:30am Pacific Captioning: http://recapd.com/w-b0458b |
| The Federal Employees Dental and Vision Insurance Program (FEDVIP) | <p>Click on http://new.livestream.com/OPMWebcast/20131114fedvip</p> <ul style="list-style-type: none">• What dental and vision benefits are available?• Why would I need supplemental dental and vision insurance?• How much does it cost?• How do I pick a plan? | Thursday, November 14th 1:30-2:30pm Eastern 12:30-1:30pm Central 11:30am-12:30pm Mountain 10:30-11:30am Pacific Captioning http://recapd.com/w-bf5d4e |
| The Federal Flexible Spending Account Program (FSAFEDS) | <p>Click on http://new.livestream.com/OPMWebcast/20131119fsafeds</p> <ul style="list-style-type: none">• What is a flexible spending account?• How does it work?• What expenses are eligible for reimbursement?• Where can I get more information? | Tuesday, November 19th 1:30-2:30pm Eastern 12:30-1:30pm Central 11:30am-12:30pm Mountain 10:30-11:30am Pacific Captioning: http://recapd.com/w-750e1c |

2013 OPEN SEASON RECORDED INFORMATIONAL WEBCASTS

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| The Federal Employees Health Benefits Program (FEHB): Do I Have the Right Health Plan? | <ul style="list-style-type: none">• What kinds of health plans are available?• What should I consider in picking a health plan?• How can I compare health plans available to me? | <p>Available November 12, 2013 at:</p> <p>Click on http://www.opm.gov/healthcare-insurance/open-season/resources/informational-webcasts to view webcast</p> |
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| <p>Medicare and the Federal Employees Health Benefits Program (FEHB)</p> <p>Quality Measures HEDIS/CAHPS</p> | <ul style="list-style-type: none"> • What is Medicare? • How much does Medicare cost? • When can I enroll in Medicare? • How does Medicare coordinate benefits with the FEHB Program? • Should I enroll in Medicare? <ul style="list-style-type: none"> • What is quality healthcare? • Does my health plan offer quality healthcare for me? • What are the top performing FEHB health plans? • What are members saying about their experience with FEHB health plans? | <p>Available November 12, 2013 at:</p> <p>Click on http://www.opm.gov/healthcare-insurance/open-season/resources/informational-webcasts to view webcast</p> <p>Available November 12, 2013 at:</p> <p>Click on http://www.opm.gov/healthcare-insurance/open-season/resources/informational-webcasts to view webcast</p> |
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You will be able to watch the webcast on a PC or MAC computer. When you click on the link it will open up into whatever your default browser is set to on your computer. Chrome. Firefox. Internet Explorer. Safari.

You can also watch the webcast stream on an iPhone, iPad, or Droid. The device should be WiFi or 4G capable.

If you telework do not log onto the webcast through CTRIX. Simply click on the link with a broadband connection.

If you have any issues, contact your office's IT help desk or your home internet service provider.

**OPM'S HEALTHCARE AND INSURANCE STAFF INVITE YOU TO PARTICIPATE
IN OUR WEBCAST SERIES FOR THE 2013 FEDERAL BENEFITS OPEN SEASON.**

To test the webcast page:

- You may click on the webcast page indicated in the chart above at any time to view the landing page. The name of the webcast and broadcast dates will be displayed.
 - If the webcast appears choppy or fuzzy, close all other programs and other internet windows and tabs. The webcast may not stream smoothly for viewers who have a slow internet connection or a slow computer.

To view the webcast online:

- Go to **the web link indicated in the chart above** at *1:30pm Eastern Time* on their scheduled day

To view captioning:

1. **Introduction to Open Season:** <http://recapd.com/w-b0458b>
2. **The Federal Dental and Vision Insurance Program (FEDVIP):**
<http://recapd.com/w-bf5d4e>
3. **The Federal Flexible Spending Accounts Program (FSAFEDS):**
<http://recapd.com/w-750e1c>

If you miss one of our webcasts, or if you need to see part of one again, you may visit our website at <http://www.opm.gov/healthcare-insurance/open-season/resources/informational-webcasts>

The recordings will be posted the same day that they are broadcast.