



Commander Navy Region Hawaii Human Resources Office Course Announcement

Course:	BENEFITS ORIENTATION FOR FERS
Target Audience:	All Federal employees covered under FERS who have been with the Federal government from 0-10 years. Spouses are invited to attend at no additional charge, if space is available.
Length:	One Day (7:30 a.m. To 3:30 p.m.)
Dates:	20 February 2013
Location:	To Be Determined (<i>Insert in SF-182, Section B, Block 1b</i>)
Cost:	\$80
Course Description:	<p>A must for newer employees to learn about their Federal benefits and TSP while working and options if they leave Federal service. Provides a broad overview of retirement options and eligibility, election choices and information about the Federal Employees Health Benefits Program, Federal Employees Group Life Insurance, Optical/Dental Insurance, Federal Long Term Care, and FHAs/FSAs within the Federal Government, with emphasis on what employees need to do early in their careers to maximize their future benefit. Please bring your recent SF 50, Leave and Earnings Statement, Social Security or other retirement statement to assist with your specific questions. Topics covered include:</p> <ul style="list-style-type: none">• Explanation of the FERS Retirement System• Creditable Service; i.e., military, deposit and redeposit• Retirement Options and Eligibility• Health and Life Insurance• FERS Annuity Supplement• Thrift Savings Plan• High-3 Average Salary• How is leave earned/used• Social Security• Federal Long Term Care
Nomination Process:	<p>Register at http://www.elumtsden.com/calendar.asp?month=2&year=2013&creid=2%2F20%2F2013 to guarantee a seat. A copy of the approved and properly executed SF-182 must reach the Federal Benefits Services, LLC REGISTRAR by the nomination deadline. <i>Questions should be addressed directly to the REGISTRAR. Confirmation letters will be sent by e-mail. Please provide Point of Contact's name, phone number and e-mail address. (Insert in SF-182, Section B, Block 18)</i></p>
Nomination Deadline:	22 January 2013
Vendor:	Federal Benefits Services, LLC, 5565 Fishers Ferry Rd., Gold Hill, OR 97525 (<i>Insert in SF-182, Section B, Block 1a</i>)
Payment Method:	DOD activities are required to use the government purchase card to pay the vendor. The cardholder is responsible for providing the necessary purchase card information to the vendor. DOD activities are to include in Section B, Block 19, of the SF-182 the statement " Payment by

government purchase card," the cardholder's name, card number, expiration date, and phone number of the cardholder. Purchase card issues should be discussed with the vendor at (541) (944-9494).

A non-DOD organization/agency, in accordance with agency policy and procedures, may pay by credit card or by another arrangement as discussed with the vendor. If by credit card, the cardholder must include the same cardholder information. *(Insert in SF-182, Section B, Block 19)*

CANCELLATIONS WITHOUT FULL CHARGE TO THE NOMINATING ORGANIZATION WILL BE ACCEPTED ONLY UP TO 30 DAYS BEFORE THE COURSE START DATE.

For Further Information: Federal Benefits Services
REGISTRAR: Elaine Lumsden
Telephone: (541) 944-9494, FAX (541) 855-1873
E-mail Address: elaine@elumsden.com
Course Manager: Val Nomura, HRO CNRH
Telephone: (808) 471-1722

SAID Code: **87000** *(Insert in SF-182, Section B, Block 19)*

For further information concerning selection, payments, and cancellation procedures, see https://www.cnmc.navy.mil/navycni/groups/public/documents/document/cnmcip_a129357.pdf