

# Newsflash 15-7

## Federal Employees Health Benefits (FEHB) Program Self Plus One: Open Season 2015

[The Bipartisan Budget Act of 2013](#) established a Self Plus One enrollment type in the Federal Employees Health Benefits (FEHB) Program. The Self Plus One enrollment type will cover the enrollee and one eligible family member. The first opportunity to enroll in Self Plus One will be during Federal Benefits Open Season 2015, November 9, 2015 through December 14, 2015.

Agencies are encouraged to educate employees on the new Self Plus One enrollment type by sending all agency emails to employees, agency newsletters, posting flyers, etc. The Office of Personnel Management (OPM) has provided sample emails, posters, FAQs, and other materials in Benefits Administration Letter (BAL) 15-210 found on [www.opm.gov](http://www.opm.gov).

Employees are encouraged to research all available materials on the Self Plus One option as well as participating FEHB providers in order to make an informed decision regarding enrollment. Comparing premiums rates against a current plan, comparing plan benefits against a current plan, and assessing family needs to include the number of eligible family members may help in the decision process.

Outside of the Federal Benefits Open Season, or unless an employee experiences a Qualifying Life Event, there will be few opportunities to enroll in Self Plus One. However, there will be an additional limited enrollment period offered by OPM from February 1- 29, 2016. This limited enrollment period is only open to individuals who miss Open Season and desire to change from Self and Family enrollment to Self Plus One enrollment. See [BAL 15-205](#) for more information on the limited enrollment period.

The following are important dates for Self Plus One:

Self-Plus One Important Dates	
Date	Event
November 9, 2015	First day of Open Season 2015 and the first time Self Plus One enrollment(s) can be elected
January 1, 2016	The effective date of the Self Plus One enrollment(s) elected during Open Season 2015
February 1-29, 2016	Self-Plus One limited enrollment period

For more information on Self-Plus One visit the OPM website at [www.opm.gov/selfplusone](http://www.opm.gov/selfplusone) or contact your local Human Resource Office.



*Questions?*

Contact: [dodhra.mc-alex.dcpas.mbx.benefits-contacts@mail.mil](mailto:dodhra.mc-alex.dcpas.mbx.benefits-contacts@mail.mil)