

Mandatory Stand-Up Talk

Nov. 7, 2022

2022 open season begins

Open season, your once-a-year opportunity to make changes to your health coverage or choose a new plan, begins Nov. 14 and runs through Dec. 12.

A variety of medical, dental and vision coverage is available, along with flexible spending accounts.

This is a good time to make sure you have the coverage you need without paying for services you don't. Last year, more than 42,000 employees made changes to their benefits, saving an average of \$84 per pay period.

The insurance carriers affiliated with the Postal Service and Federal Employees Health Benefits Program will offer multiple virtual events and other resources throughout open season, including mailers, articles, flyers and webinars.

USPS will also host a virtual benefits fair.

To help you compare and select plans, the Postal Service will provide access to Checkbook's Guide to Health Plans for Federal Employees, a free online comparison tool. Go to liteblue.usps.gov/openseason ("lite blue dot usps dot gov slash open season") to access the guide and to learn more about open season and the virtual benefits fair.

Open season is also a good time to review and update your PostalEASE login information and beneficiary forms.

If you have not already done so, you must reset your self-service profile password in order to make changes to your benefits during open season.

To reset your password, access LiteBlue from any computer or smartphone. From the home page, select "Password recovery" and follow the prompts. Then, log in to verify your ability to access your account.

Your new password must be at least 15 characters in length. In addition, the last five passwords cannot be re-used, and your password cannot contain your first name, last name or employee identification number.

Thanks for listening, and thanks for your hard work and dedication.

#