



Important Information About 2019 FEHB Rates and Open Season

Open Season: November 12 through December 10, 2018

The Office of Personnel Management (OPM) announced the 2019 Federal Employees Health Benefits (FEHB) Program rates on September 26, 2018. The open season for health benefits, dental and vision insurance (FEDVIP), and flexible spending accounts will be held from **November 12 through December 10, 2018**.

The average FEHB premium increase will be 1.3 percent in 2019, which is down from 4.0 percent last year, and is the lowest increase in 23 years. The average enrollee share increase will be 1.5 percent, down from 6.1 percent last year. The new health premiums go into effect in January 2019.

According to OPM, on average, enrollees with Self coverage will pay \$1.53 more per bi-weekly pay period; enrollees with Self Plus One coverage will pay \$3.06 more per bi-weekly pay period, and enrollees with Self & Family coverage will pay \$2.55 more.

You can view the detailed 2019 rates charts for both FEHB and FEDVIP by [clicking here](#). You are also encouraged to begin shopping for coverage on October 1, 2018, using OPM's plan comparison tool on BENEFEDS.com.

FMA encourages you to closely review your benefits and premiums when determining what plan to enroll in during open season. If we may be of assistance in the national office, please don't hesitate to contact the national office at (703) 683-8700.