

The 2022 Open Season is from November 14, 2022 through December 12, 2022.

2023 Enrollment Type	Enrollment Code	Biweekly (active)	Monthly (annuitants)
High Option Self Only	381	\$130.98	\$283.79
High option Self Plus One	383	\$253.14	\$548.47
High Option Self and Family	382	\$243.23	\$527.00

You can compare plan benefits and out-of-pockets costs on OPM's comparison tool at

<https://www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans/>.

To make changes in your FEHB Coverage:

- Active rural letter carriers can make changes through PostalEase.
- Retired carriers and annuitants make changes through the Office of Personnel Management (OPM) at 888-767-6738 or online at

<https://retireefehb.opm.gov/Annuitant/Home/Default>