



Department of the Navy
Civilian Benefits Center

Resources to Manage Your
Federal Benefits

Employee Benefits Information System (EBIS)

Self-service Web application available at <http://www.public.navy.mil/donhr/Benefits/>.

Employees can:

- ✓ Make health insurance, life insurance, and Thrift Savings Plan contribution elections
- ✓ Review general and personal benefits information
- ✓ Calculate retirement annuity estimates
- ✓ Access the Personal Statement of Benefits

Online Program Information

Benefits and retirement program information is available at <http://www.public.navy.mil/donhr/Benefits/>:

- ✓ Retirement Applications
- ✓ Designation of beneficiary forms
- ✓ Latest news

Questions?

Program	Contact Information
Health Insurance Life Insurance Retirement Thrift Savings Plan (enrollment) Accessing EBIS	Contact: Benefits Line at 888-320-2917 Hours: Monday through Friday, 7:30 a.m. to 7:30 p.m., Eastern Time, except on Federal holidays TTY: 866-328-9889 Email: info@navybenefits.org
Thrift Savings Plan (investment changes, loans, inservice withdrawals, account balances)	Contact: ThriftLine at 877-968-3778 Hours: Monday through Friday, 7:00 a.m. to 9:00 p.m. Eastern Time, except on Federal holidays TTY: 877-847-4385
Federal Dental and Vision Insurance Program (FEDVIP)	Contact: BENEFEDS at 877-888-3337 Hours: Monday through Friday, 9:00 a.m. to 7:00 p.m., Eastern Time, except on Federal holidays TTY: 877-889-5680
Flexible Spending Account (FSA)	Contact: SHPS at 877-372-3337 Hours: Monday through Friday, 9:00 a.m. to 9:00 p.m., Eastern Time, except on Federal holidays TTY: 800-952-0450
Federal Long Term Care Insurance Program (FLTCIP)	Contact: Long Term Care Partners at 800-582-3337 Hours: Monday through Friday, 8:00 a.m. to 7:00 p.m., Eastern Time, except on Federal holidays TTY: 800-843-3557