

Join Us.



Federal Benefits and Advance-Planning Webinars

Fall webinars are available!

Learn more about the Federal Long Term Care Insurance Program (FLTCIP) and Federal Employees Dental and Vision Insurance Program (FEDVIP), plus explore related long term care issues such as making the most of your benefits, financing long term care, and the advantages of planning for retirement. Sign up for a free webinar today at LTCFEDS.com/webinar. All events are available on-demand.

The FLTCIP (Part 1 of 2): Planning for Long Term Care

October 13, 2020 and December 15, 2020

Your plan for long term care should align with your broader retirement and financial goals. This webinar explores the realities of long term care and family caregiving. We also review possible long term care funding options (and their tradeoffs) such as Medicaid and investing.

The FLTCIP (Part 2 of 2): Protecting Your Retirement with the Federal Long Term Care Insurance Program

October 14, 2020 and December 16, 2020

This webinar includes a thorough review of the benefits and features of the FLTCIP plan, with important information on cost, eligibility, and enrollment.

Be Your Best While Working from Home

October 20, 2020

Working from home presents unique challenges and some unexpected benefits. Staying physically, mentally, and socially active plays an important part in your overall wellness. Join Beth Kennedy of Benatti Training and Development as she talks about do's and don'ts of working from home—from workspace ergonomics to eating right and setting work-life boundaries—to help you optimize your physical and mental wellness.

Good Dental Health Improves Overall Health

October 28, 2020

Did you know our mouths can tell us about our nutritional deficiencies or give early warning signs of heart disease and stroke? In this webinar, a medical expert from the Harvard School of Dental Medicine will explain the link between our mouths and systemic health problems, as well as proven preventative dental strategies you can use to help achieve your best oral and overall health.

FEDVIP: Shop, Enroll, and Manage Your Dental and Vision Insurance

November 4, 2020

Join us as we review Federal Employees Dental and Vision Insurance Program (FEDVIP) options and online comparison tools, as well as discuss the choices you have when enrolling in FEDVIP during the Federal Benefits Open Season. We'll also review how to access FEDVIP information and chat with plan representatives for the Federal Employees Health Benefits Program, the Federal Long Term Care Insurance Program, the Federal Flexible Spending Account Program, and BENEFEDS through our Virtual Benefits Fair.

Navigating the Virtual Benefits Fair

November 5, 2020

The Virtual Benefits Fair is an online health fair where federal employees and retirees can browse exhibits, download plan brochures, and connect with program representatives via chat. In this brief webinar, we'll provide an overview of the participating Federal Employees Health Benefits Program and Federal Employees Dental and Vision Insurance Program carriers, and show you how to navigate the fair. We'll share tips to help you get the most from your visit and answer frequently asked questions about accessing the fair.

Election Season: Making the Most of the Federal Benefits Open Season

November 10, 2020

Insurance needs may change throughout your career and into retirement, and open season is the perfect time to take stock of your benefits. Join us as special guest Tammy Flanagan reviews what's new in federal benefits for the upcoming plan year and any available tax savings that may help reduce your costs.

Ask the Experts: FLTCIP Care Coordinators

November 17, 2020

Managing and supervising the care provided by others for a family member can be just as

difficult as providing it yourself. Join FLTCIP Care Coordinators Mary Hudson, RN, and Ellen Reeves, RN, who work with enrollees, their family members, and care providers to help ensure the best caregiving outcomes as they discuss trends in caregiving. They'll be available to answer questions and give helpful tips to those who are involved in the management of a loved one's care.

Am I Saving Enough for Retirement?

December 1, 2020

How much in savings do you need in order to secure a comfortable retirement, and where will it come from? Join Karen Schaeffer of Schaeffer Financial and Federal Long Term Care Insurance Program representatives as we discuss the various funding strategies for retirement, including federal benefits, private investments such as IRAs, and how to protect years of careful planning from unexpected financial challenges.

Stay the Course: COVID-19 and Retirement Planning

December 10, 2020

How is the COVID-19 pandemic affecting retirement planning? For federal employees planning to retire in the next few months or years, there are special concerns and a few changes to be aware of. Retirement benefits specialist Tammy Flanagan will share her tips for staying the course amidst uncertainty, and she will explain how the Coronavirus Aid, Relief, and Economic Security (CARES) Act, Setting Every Community Up for Retirement Enhancement (SECURE) Act, and Thrift Savings Plan (TSP) Modernization Act have changed the TSP to be more flexible for participants impacted by COVID-19.

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The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management, insured by John Hancock Life & Health Insurance Company, under a group long term care insurance policy, and administered by Long Term Care Partners, LLC.

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