

USPS RETIREE

E-Newsletter



October 2021

OPM Announces Updates to FEGLI



The Office of Personnel Management (OPM) recently announced that effective October 1, 2021, FEGLI premium rates will change for some types of coverage. Premium rates for Basic Insurance for employees and Post-Retirement Basic Insurance with 50% Reduction and No Reduction will increase. Most premium rates for Option A, Option B, and Option C will decrease. Premium rates for older age bands of Options B and C will increase. Please visit the Federal Register to access the notice of these recent FEGLI changes: <https://www.federalregister.gov/d/2021-19475>. The FEGLI premium rates will be updated on the FEGLI website (www.opm.gov/healthcare-insurance/life-insurance) during October 2021.

FEGLI premium rates are evaluated based on program experience in accordance with FEGLI statutes and OPM's Annual FEGLI Rate Review Process. The premium rates in the FEGLI program represent estimates of premium income necessary to pay future expected benefits costs. The rates for all coverage categories are specific to the experience of the FEGLI group and are not based on mortality rates within the general population. Actuarial analysis of changing mortality rates makes periodic premium adjustments necessary.

OPM has completed a study of funding and claims experience within the FEGLI Program. Based on this updated actuarial analysis of actual claims experience, OPM has determined that changes are required to Employee Basic, Option A, Option B, Option C, and Post-Retirement Basic Insurance premiums. These changes reflect updated mortality and claims rates from actual program experience within each FEGLI category. The legislative structure of the FEGLI Program assumes that OPM sets premium rates for each age band independently of the other bands so that each age band is financially self-supporting.

The Office of Personnel Management will notify affected annuitants directly via OPM's Office of Retirement Services. The FEGLI premium rates will be maintained on the FEGLI website: [https://www.opm.gov/healthcare-insurance/life-insurance/](http://www.opm.gov/healthcare-insurance/life-insurance/)

Your Frequently Asked Questions

Question: How do I report the death of an annuitant who receives federal annuity benefits?

Answer: Please visit OPM's online reporting web page (<https://rsreporting.opm.gov/AnnuitantDeath>) and provide the requested information. OPM generally responds within 3 to 5 business days.

Do you have a question? [Submit your question](#) and we'll try and include it in an upcoming newsletter

Also check out [OPM's Frequently Asked Questions](#).

Your Wellness Corner

October is National Fire Prevention Month, a time to learn about fire safety so that you and your loved ones can be protected. Talk to your family about fire prevention, such as installing smoke alarms on each floor, testing and changing batteries, using fire extinguishers, not leaving candles unattended, and planning escape routes. Fire is fast, hot, dark, and deadly. In less than 30 seconds, a small flame can become a major fire. Residents may have as few as 1-2 minutes to escape safely from the time a smoke alarm sounds. Fire quickly produces black smoke, and the fumes are odorless, so you may not wake up to escape without alarms. Having an escape plan and practicing that plan can help you and your family get out in time.

The U.S. Fire Administration offers these tips to keep your home safe:

- Cooking accidents are a leading cause of fire, so stand by your pans and watch them when they are in use. Move things away from stoves that can easily catch fire.
- Keep anything that can burn at least three feet away from fireplaces, wood stoves, portable heaters, and radiators. Unplug heaters when not in use.
- Plug only one heat-producing appliance into an electrical outlet. Never use an extension cord.
- Know two ways out of each room and keep those exits clear.
- If a fire occurs, alert your family, get out of the house safely, and call 911.

Source: [U.S. Fire Administration](#)

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Information provided in the newsletter should not be construed as medical advice.

Postal News



Last month, the Postal Service began offering a new cold chain packaging service, which is used for shipping perishables and other items to businesses and other customers. USPS tested the packaging for many months with businesses that regularly ship food, medical supplies, and other items. The service, called Priority Mail Express® Cold Chain Packaging, was created specifically for products that must remain cold for up to 72 hours at 45 degrees or below during shipment.

The packaging includes a Priority Mail Express box measuring 13-15/16" (L) x 11-3/4" (W) x 12-1/16" (H) and a 100 percent reusable polystyrene cooler insert. One pack of three boxes and inserts are available at <https://store.usps.com/> for \$48. The service includes next-day to two-day delivery by 6 p.m. with a money-back guarantee. Customers are responsible for supplying their own cooling materials to keep items cold during shipment as well as purchasing Priority Mail Express postage and other fees at the time of mailing. Postage will not be refunded for temperature-controlled items that do not remain cold. This new service is expected to help the Postal Service improve market share in the growing global cold chain packaging segment.

Source: [USPS LINK](#)