

USPS RETIREE

E-Newsletter



October 2024

Postal Service Health Benefits (PSHB) Updates

Login.gov: This Open Season, a login.gov account will be required to access the new Postal Service Health Benefits System (PSHBS). The PSHBS must be used to make changes or enroll in a health benefits plan under the new Postal Service Health Benefits Program (PSHB).

Login.gov is a secure sign-in service. Creating an account can be done in a few steps. Visit login.gov for more information and to create an account. Open Season begins Nov. 11 and will be here before you know it. Don't wait to create your login.gov account.

Important information coming to your mailbox: You will receive a "Crosswalk" guide on which plan under the new PSHB program is most comparable to your current Federal Employee Health Benefits (FEHB) plan. You should review the plan identified for you to ensure that it is the most advantageous for your coverage needs. If you are satisfied, no action needs to be taken. You and your covered dependents will be transitioned to the new PSHB plan identified for you. Please be sure to check your mail for this guide.

PSHB Lunch and Learn seminars: The USPS Benefits and Wellness team is holding [lunch and learn seminars](#) about the PSHB Program **every other Thursday** through early December. These seminars take place at **noon Eastern**, [via Zoom](#) (usps.zoomgov.com), using passcode 314858 (Webinar ID: 161 422 7062), and at **4 p.m. Eastern**, [via Zoom](#) (usps.zoomgov.com), using passcode 366159 (Webinar ID: 160 320 9569).

PSHB watch parties: Lights, camera, action! The USPS Benefits and Wellness team holds monthly watch parties for annuitants to learn more about the new PSHB Program that begins next year. The watch parties will continue through early November. Each watch party takes place at **noon Eastern**, [via Zoom](#), (usps.zoomgov.com), using passcode 450914 (Webinar ID 161 511 1259). Refer to the [Keeping Posted Lunch & Learn Seminars webpage](#) for specific dates and more information.

Monthly Consumers' Checkbook seminars: Consumers' Checkbook hosts monthly seminars on Medicare. Employees and annuitants can learn more about Medicare Parts A, B, C, and D and how to navigate the Checkbook application. The seminars take place from 11 a.m. to noon Eastern, [via Zoom](#) (usps.zoomgov.com), using passcode 092581 (Web ID 161 319 9115). **Enhanced features now available through Consumers' Checkbook:** USPS has launched a Medicare Part B Comparison Tool through Consumers' Checkbook. This tool allows annuitants to learn more about what Medicare Part B is, what it covers, how much it will cost monthly, and how their current health plan works with Part B. Refer to the [Consumers' Checkbook Medicare Part B Comparison Tool](#) to learn more.

Stay Connected: USPS occasionally mails important benefits-related information for you and your family. It's important to ensure your address is up to date. You may update your mailing information by following the steps on the [OPM Retirement Services](#) website. Please be sure to check your mail regularly for additional updates and important PSHB information.



Frequently Asked PSHB Questions

Question: How do I enroll in a Postal Service Health Benefits (PSHB) Program plan?

Answer: A new central enrollment platform, the Postal Service Health Benefits System (PSHBS), will be introduced this Open Season. The PSHBS will be used specifically for health benefits enrollment.

Question: Can I opt out of Medicare Part D?

Answer: Medicare-eligible individuals will be automatically enrolled in Medicare Part D as part of their PSHB plan. If a Medicare-eligible PSHB participant opts out of or disenrolls from Medicare Part D coverage, they will NOT have access to prescription drug benefits through their PSHB plan, but may still enroll in a separate Medicare Part D plan.

Breast Cancer Awareness

Breast cancer occurs when cells in the breast change and grow out of control. There are different types based on which breast cells turn into cancer.

Breast cancer can affect people of all ages, races, and ethnicities. Men can also get breast cancer. Differences in genetics, hormones, environmental exposures, and other factors can lead to differences in risk among different groups of people. Increasing age is the most important risk factor.

The signs and symptoms of breast cancer include:

- A new lump or thickening in or near the breast or in the armpit.
- A change in the size or shape of the breast.
- Dimpling or puckering in the skin of the breast. It may look like the skin of an orange.
- A nipple turned inward.
- Nipple discharge other than breast milk. The discharge might happen suddenly, be bloody, or happen in only one breast.
- Scaly, red, or swollen skin in the nipple area or on the breast.
- Pain in any area of the breast.

You may be able to help prevent breast cancer by making healthy lifestyle changes like staying at a healthy weight, limiting alcohol use, getting enough exercise, and limiting hormone therapy. Ask your doctor about the risks of hormone therapy and find out if it is right for you.

It is also important to get regular mammograms to identify breast cancer in the early stages, when it is easier to treat.

Source: medlineplus.gov/breastcancer.html

Postal News

Mailin' It! is the official podcast of the United States Postal Service (USPS).

The podcasts take you inside a thoroughly American institution, exploring the rich history of the USPS. It goes behind the scenes of its present innovations and discusses its dynamic future with organization and industry leaders.

Mailin' It! is designed to keep you up to date on all of the great things happening across the organization. It will help you better understand the vital and often overlooked role the USPS plays in keeping us connected.

You can listen to a broad range of episodes from the history of the USPS, formulation of the ZIP Code, to the most recent USPS Ground Advantage program.

View usps-mailin-it.simplecast.com to listen to current and older episodes.

