

Congratulations on your new Federal employment!

Part of your onboarding includes learning about your benefits options and making the best selections for you and your family.

**Carefirst/Blue Cross Blue Shield
Foreign Service Benefit Plan
GEHA
Kaiser Permanente
Mail Handlers Benefit Plan
UnitedHealthcare
The Federal Long Term Care Insurance Program
Benefeds**

There will be an opportunity to ask questions before making your health care selections.

Webinars are conducted:

**Tuesdays at 11 am EST
Thursdays at 1 pm EST**

Please register for the session that is most convenient for you.

February

Tuesday, Feb 2
[REGISTER HERE](#)

Tuesday, Feb 9
[REGISTER HERE](#)

Tuesday, Feb 16
[REGISTER HERE](#)

Tuesday, Feb 23
[REGISTER HERE](#)

Thursday, Feb 4
[REGISTER HERE](#)

Thursday, Feb 11
[REGISTER HERE](#)

Thursday, Feb 18
[REGISTER HERE](#)

Thursday, Feb 25
[REGISTER HERE](#)

March

Tuesday, March 2
[REGISTER HERE](#)

Tuesday, March 9
[REGISTER HERE](#)

Tuesday, March 16
[REGISTER HERE](#)

Tuesday, March 23
[REGISTER HERE](#)

Tuesday, March 30
[REGISTER HERE](#)

Thursday, March 4
[REGISTER HERE](#)

Thursday, March 11
[REGISTER HERE](#)

Thursday, March 18
[REGISTER HERE](#)

Thursday, March 25
[REGISTER HERE](#)

Thursday, April 1
[REGISTER HERE](#)