COURSE SYLLABUS

# Mid-Career Retirement Planning Course (FERS Only Participants)

Understand the financial, insurance, and retirement benefits available under FERS if you are more than a decade away from retirement.

> Group classes (Live Online) and onsite training are available for this course. For more information, email onsite@graduateschool.edu or visit: https://sdfm.graduateschool.edu/courses/midcareer-retirement-planning-fers-only-participants




CustomerRelations@graduateschool.edu • (888) 744-4723

## Course Outline

**Module 1: Introduction to Federal Employee Benefits**

- Overview of the federal benefits system and its key components
- Understand eligibility requirements and enrollment processes
- Identify the agencies and resources involved in benefits administration

**Module 2: Federal Employees Health Benefits (FEHB) Program**

- Understand the structure and coverage options under FEHB
- Compare plan types, premiums, and coverage levels
- Learn about enrollment, changes, and qualifying life events

**Module 3: Federal Employees Dental and Vision Insurance Program (FEDVIP)**

- Overview of dental and vision coverage options
- Understand enrollment processes and eligibility
- Evaluate plan costs and coverage benefits

**Module 4: Federal Employees' Group Life Insurance (FEGLI)**

- Learn about basic and optional life insurance coverage
- Understand premium rates, coverage levels, and beneficiary designations
- Explore how FEGLI integrates with other federal benefits

**Module 5: Flexible Spending Accounts (FSAFEDS)**

- Understand the purpose and benefits of flexible spending accounts
- Learn about eligible expenses and annual contribution limits
- Review enrollment and usage guidelines

**Module 6: Federal Long Term Care Insurance Program (FLTCIP)**

- Understand the need for long-term care planning

- Explore FLTCIP benefits, coverage options, and costs
- Learn how to apply and maintain coverage

**Module 7: Benefits Decision-Making and Retirement Planning**

- Integrate health, life, and long-term care benefits into retirement planning
- Assess personal needs, family considerations, and financial readiness
- Identify resources for ongoing benefits management