**USPS Health Benefits Plan for Precareer Employees**

The United States Postal Service® is committed to providing quality healthcare options for Precareer employees. CareFirst BlueCross BlueShield is the administrator of the USPS Health Benefits Plan.

Eligibility

The USPS Health Benefits Plan is available to eligible pre-career employees. If you are an assistant rural carrier or a holiday-term employee, you are not eligible for the plan.

Cost

Each pay period, employees receive a Postal Service™ contribution toward their premiums. This reduces the cost that employees pay for their health coverage. You are eligible for the plan if you are a pre-career employee.

Visit https://liteblue.usps.gov/humanresources/benefits/insurance/benefits-noncareer.htm for rate information.

When to Enroll During Open Season (November 13 - December 11)

Within 60 days of hire

When you have a qualifying life event, such as marriage; divorce; death of a spouse or dependent; birth, adoption, or fostering of a child; etc.

How to Enroll

To sign up for the USPS Health Benefits Plan: Use PostalEASE® (ewss.usps.gov) or call the HR Shared Service Center (HRSSC) at 1-877-477-3273, Option 1. You may also contact the HRSSC for eligibility and other benefits questions.

Explore other health insurance options as a pre-career employee. Visit CHECKBOOK’s Guide to Health Plans for Federal Employees through LiteBlue®. You can compare plans and cost side-by-side for a full view of your health insurance options.

For more information, visit: https://liteblue.usps.gov/uspshbp

For plan information regarding benefits, participating providers, and other resources, visit: www.carefirst.com/usps

The Federal Employees Dental and Vision Insurance Program (FEDVIP) is now available to pre-career employees. FEDVIP includes comprehensive dental and vision benefits for self, self plus one, and self and family coverage. Visit www.benefeds.com to learn more.