

NALC Health Benefit Plan

How to Join the Plan

If you are eligible for PSHB benefits, you may enroll in one of the many participating health plans, change your current health plan, or cancel your enrollment in a PSHB plan during the annual Open Season by visiting health-benefits.opm.gov.

Outside of Open Season, you can enroll in the PSHB Program, change your enrollment, or cancel coverage when you experience common events called qualifying life events (QLEs). Enrollees who have QLE changes need to call the Retirement Information Office (888-767-6738) if they are annuitants, the Human Resources Shared Service Center (877-477-3273) if they are Postal employees, or the PSHB Helpline (844) 451-1261 if they are compensationers or if they pay premiums directly to the National Finance Center.

PSHB Enrollment Codes	Self Only	Self Plus One	Self & Family
High Option	77A	77C	77B
CDHP	77D	77F	77E

