USERRA CHECKLIST FOR TECHNICIANS

ENTERING EXTENDED ACTIVE DUTY – ABSENT – Uniformed Service (October 2017)

Instructions: This checklist provides important information regarding your benefits. Fill in the blanks or initial as appropriate for each item listen below. Sign, date, and upload to Defense Civilian Personnel Data System (DCPDS) as well as your military orders to the Human Resources Office inbox within 31 days of the date you enter on active duty. You should also provide a copy of both documents to your immediate supervisor and your local or servicing personnel office, as well as keep a copy of your own records and future reference (all other versions are obsolete).

Full name (Print)	Supervisor:
Home Address:	Telephone Number:
Date of Entry on Active Duty Specified in C	Orders:
Note: Technicians are responsible for proviadvance as reasonable.	iding notice of their deployment to their agency as far in
I want to be: (Initial one and provide effecti	ve date)
Placed on Absent-Uniformed Service	e, effective
Separated, effective	
LEAVE: (Initial selections)	
 a) I have military leave (Code: b) I want to use part of my annucleave to re c) I want my annual leave to re 	
OR	
d) I want to be paid a lump sum	n for my annual leave balance.
·	e or continue) Note: You must contact your Human Resources cian position. It is the technician's responsibility to ensure upon return to duty.
· · ·	or less – My coverage will continue. I need make no further y military service is later extended past 30 days.
I want to terminate my FEHB cover day I am separated, furloughed or placed or	erage effective the day before entering on active duty or the Absent – Uniformed Service.
OR	
I want to continue my FEHB cover	rage: (Initial one)
	uty in support of a contingency operation. My agency will to 24 months. The 24-month period starts the date I am
months of continued FEHB coverage begin	ort of a contingency operation. I am entitled to up to 24 ning the date of my absence from my civilian position begins tive duty). I choose to pay for my FEHB by: (Initial one)

Making current payments on a continuing basis during my absence (with after-tax money). After the first 12 months, I will pay 102% of the cost; the final 12 months must be paid on a current basis.
Incurring a debt to be paid upon my return to civilian duty (on a pre-tax basis if I participate in Premium Conversion) for the first 12 months. After the first 12 months, my share will be 102% of the cost and it must be paid on a current basis.
PREMIUM CONVERSION (Initial that you understand)
I understand that if I am participating in Premium Conversion, I have 60 days from the start of my Absent – Uniformed Service to waive that participation, which would allow me to cancel my FEHB coverage at any time later. If I do not waive my premium conversion within the 60-day limit, I cannot later cancel my FEHB except during the annual FEHB open season or within 60 days after another qualifying life event.
TRANSITIONAL TRICARE (Initial that you understand)
Upon my return to my civilian position I will notify my employing office if I want to waive reinstatement of FEHB coverage due to having transitional TRICARE coverage.
LIFE INSURANCE: (If enrolled, Initial)
I understand that my FEGLI coverage will continue for 12 months in non-pay status (Absent-Uniformed Service) at no cost. Public Law 110-181 now allows employees to continue their FEGLI enrollment for an additional 12 months, for a total of 24 months. Technicians will pay both employee and agency share of the premiums for basic and any Optional insurance. There is no agency share for the Optional insurance.
If I separate from employment, my FEGLI coverage will continue at no cost for up to 12 months or until 90 days after my military service ends, whichever date comes first. And then my coverage terminates with an automatic 31-day free extension of coverage and the right to convert to a private policy.
If I have a qualifying life event (QLE) while on Absent – Uniformed Service, such as marriage, divorce, death of spouse, acquiring an eligible child, I must contact my employing agency no later than 60 days after the event if I wish to elect or increase Options B and/or Option C coverage as appropriate for the QLE. Option B is effective the first day the technician returns to pay and duty status. Option C is effective the date of the event, if reported during the required time frame and before the coverage terminates after 12 months.
NOTE: New FEGLI Election Opportunity is only for civilian employees deployed in support of a contingency operation and employees designated as "emergency essential employees."
Flexible Spending Account (FSA): (if enrolled, initial that you understand)
I am aware that I must notify FSAFEDS of my entrance on Absent – Uniformed Service as well as upon my return to duty by calling 1-877-372-3337.
I understand that I may contact FSAFEDS to accelerate my pre-tax deductions prior to entering non-pay status. No contributions will be deposited into my account during my absence.
I understand that if I decide to separate from civilian service, my FSA will terminate as of the date of my separation. There are no extensions. Any health care expenses incurred prior to the date of separation will still be reimbursable but those incurred after the date of separation are not reimbursable.

The section below is only for the member of the Army National Guard.
I am a reservist and I understand that under the Heroes Earnings Assistance and Relief Tax (HEART) Act reservists may receive a taxable distribution of their unused health-care flexible spending account balances known as a Qualified Reservist Distribution (QRD).
I understand that return of the funds (QRD) is taxable income in the year that funds are received and that there is a time limit to request a QRD beginning with the date of the orders and ending on the last day of the FSAFEDS grace period. I understand I must request a QRD by contacting FSAFEDS directly at 1-877-372-3337.
Federal Employees Dental and Vision Insurance Program (FEDVIP): (Initial that you understand)
I understand that in order to continue my FEDVIP enrollment, I must keep my premium payments current to avoid cancellation of my coverage; I may not incur a debt. I understand that it is my responsibility to contact a BENEFEDS representative at 1-877-888-3337 to arrange accelerated deductions and to discuss and/or change my payment option. I also understand that if I change my payment option from payroll deduction, I must contact BENEFEDS on return to civilian duty if I want payment by payroll deduction reinstated.
Federal Long Term Care (LTC) Insurance: (Initial that you understand)
I understand that in order to continue my LTC insurance, I must keep my premium payments current to avoid cancellation of my coverage; I may not incur a debt. I understand that it is my responsibility to contact a LTC representative at 1-800-582-3337 to discuss and/or change my payment option. I also understand that if I change my payment option from payroll deduction, I must contact a LTC representative on return to civilian duty if I want payment by payroll deduction reinstated.
Retirement: (Initial that you understand)
I understand that if I am placed on Absent – Uniformed Service, death and disability benefits continue under my retirement system.
CSRS employees first hired on or after 10-01-82: I understand that a military deposit is required to receive credit for this period of military service toward civilian retirement and the deposit must be paid in full prior to retirement.
CSRS employees first hired before 10-01-82: I understand that if I will be eligible for a Social Security benefit at age 62, a military deposit is required to ensure continued credit in the computation of my retirement annuity. This deposit must be paid to the agency prior to retirement. If I will not be eligible for a Social Security benefit at age 62, there is no need to pay a deposit.
If I am restored under USERRA (return from military service within five years; exception during a period of national emergency), the deposit will be calculated using the lesser of the CSRS or FERS retirement contributions attributed to the period of military service, or the military deposit amount base on my military base pay.
If I am not restored under USERRA, the military deposit calculation would be based on my military base pay if my military service was performed under 10 U.S.C. If my military service was performed under 32 U.S.C., I will receive credit for six months for each calendar year while on Absent – Uniformed Service. (Military service performed under 32 U.S.C. is not creditable unless the employee returns to

Thrift Savings Plan: (Initial that you understand)	
I understand that if I am restored to my civiliant TSP contributions and elections, including missed cunderstand that I will need to contact my employing elect to make retroactive TSP contributions and elections.	g office within 60 days of return to civilian duty to
as a uniformed service member while on active duty	s and elections will be reduced if I contributed to TSP y. I understand that if I contribute to my uniformed ponsible for providing ALL my military LES forms a
pay status under USERRA so that my loan payment	y notify TSP of same, in order to avoid a taxable
Acknowledgement: My elections for this period of understand my elections. I understand that I must n tour is completed.	•
Print and Sign Name:	Date: