



My Federal Retirement

Financial Planning Resources for Federal & Postal Employees

Please forward to a friend or colleague. [Free subscriptions are here](#)

October 19, 2017

[CSRS Retirement](#) | [FERS Retirement](#) | [Thrift Savings Plan](#) | [News](#) | [Find A Professional](#) | [About Us](#)

NEW! RETIREMENT WORKSHOPS

Review the workshop agenda. Attend a local workshop in your area. Find out how to host the workshop for employees in your office. [Learn more](#)

FIND A PROFESSIONAL

Find a financial professional in your area who specializes in the needs of federal and postal employees. [View the directory](#)

LIKE US ON FACEBOOK!



SPECIAL REPORTS

10 Biggest Mistakes Federal Employees Make When Planning for Retirement [Click here](#)

In This Issue

[Seniors' Security Act Re-Introduced to Protect Against Rising Healthcare Costs](#)

The plan would ensure seniors never pay more than 30 percent of cost-of-living adjustments into Medicare premiums. and would calculate COLA's on CPI-E

SEE ALSO:

- [2018 Federal Retiree \(CSRS/FERS\) COLA Announced](#)

[White House Says Social Security Numbers Should Go](#)

The Trump administration is exploring ways to replace the use of Social Security numbers as the main method of assuring people's identities in the wake of consumer credit agency Equifax Inc.'s massive data breach

Previous Articles & Resources

[Understanding Life Insurance Needs and Choices \(Part IV\)](#)

Federal benefits expert, Ed Zurndorfer, discusses other important provisions associated with the FEGLI program -- including assignment of ownership, conversion of coverage, and living benefits

[2018 Federal Retiree COLA Announced](#)

The 2018 cost-of-living adjustment (COLA) for Social Security recipients and annuitants in both CSRS and FERS will increase 2.0 percent

[House Passes Budget Plan that Would Cut Federal Retirement and Other Benefits](#)

The resolution includes \$32 billion in cuts plus changes to the Thrift Savings Plan's G Fund and healthcare premiums

[Thrift Savings Plan Returns](#)

Monthly and Annual - G, F, C, S, I and L Funds

Updated: October 6, 2017

[View the latest Thrift Savings Plan returns](#)

[Enrollees Will Pay 6.1% More in 2018 FEHB Premium Rates](#)

A complete breakdown of the new premium rates for the Federal Employees Health Benefits program is provided by the Office of Personnel Management

[1.9% Federal Pay Raise Authorized by President for 2018](#)

[2017 FEHB Open Season Dates Announced by OPM](#)

[NARFE's State-By-State Income Tax Treatment Report Released for Federal Retirees](#)

[Best Dates to Retire for CSRS and FERS Employees During 2017, 2018 and 2019](#)

My Federal Retirement is not affiliated with the U.S. Federal Government.