



Retirement Planning: Checklist for Current Retirees

By John K. Naland

- Beneficiary designations:** ensure they are up to date: SF-2823 (FEGLI), TSP-3 (TSP), and DS-5002 (unpaid annuity up to time of death)
Reference: GTM/RET Foreign Service Annual Annuitant Newsletter at <https://RNet.state.gov> under What's New? or www.afsa.org/retirement-services
- Report changes in marital status promptly:** notify HRSC@state.gov to revise survivor election and FEHB coverage
Reference: GTM/RET Foreign Service Annual Annuitant Newsletter
- Survivor benefits:** ensure that next of kin know to contact HRSC@state.gov to apply for pension and FEHB benefits and for guidance on contacting TSP, FEGLI, and Social Security
References: GTM/RET Foreign Service Annual Annuitant Newsletter, Reporting Deaths of Foreign Service Retirees or Survivors on www.afsa.org/retirement-services
- Estate planning:** obtain or update will, power of attorney, and medical directive
- Keep informed:** review GTM/RET Foreign Service Annual Annuitant Newsletter each November, AFSA Directory of Retired Members each January, and AFSA website any time
- Annuity records:** login to Annuitant Express to view records and update contact information
Reference: Accessing Annuitant Express on www.afsa.org/retirement-services
- FEHB health insurance:** review coverage each Open Season
Reference: Consumer Checkbook tool available to AFSA members each November
- Long-term care insurance:** consider getting it or be prepared to self-fund if needed
References: videos by experts on www.afsa.org/retirement-services
- Social Security:** understand pros and cons of various starting ages between 62 and 70
References: www.ssa.gov, video by expert on www.afsa.org/retirement-services
- Medicare Part B:** understand pros and cons of getting it at age 65
Reference: video "2021 FEHB Insurance and Benefits" on www.afsa.org/retirement-services
- TSP:** maintain a portfolio with long-term average returns that outpace inflation
Reference: video "Planning for Your Life and Lifestyle" on www.afsa.org/retirement-services
- Social connections:** stay connected, foreign affairs retiree groups are in 16 states
Reference: AFSA Directory of Retired Members
- Assistance from AFSA:** for help with benefits problems or questions contact AFSA Counselor for Retirees Dolores Brown at Brown@afsa.org
- AFSA membership:** maintain membership via annuity deduction by contacting member@afsa.org