



Retirement Planning: Checklist for Current Retirees

By John K. Naland

- Beneficiary designations:** keep them up to date: SF-2823 (FEGLI), TSP-3 (TSP), and DS-5002 (unpaid annuity up to date of death); also IRAs, brokerage account, other life insurance
Reference: GTM/RET Foreign Service Annual Annuitant Newsletter at <https://RNet.state.gov> under What's New? and on <https://afsa.org/retirement>
- 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 and "Reporting Deaths of Foreign Service Retirees or Survivors" in AFSA Directory of Retired Members
- 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
- Estate planning:** obtain or update will, power of attorney, and advance medical directive
- Keep informed:** review printed information for updates on benefits issues
References: GTM/RET Foreign Service Annual Annuitant Newsletter each November, AFSA Directory of Retired Members each December, and <https://afsa.org/retirement> at any time
- Annuity records:** login to Annuitant Employee Express to view and update annuity records
Reference: login instructions under "Annuities" on <https://afsa.org/retirement>
- TSP/IRAs:** maintain a portfolio with long-term average returns that outpace inflation
Reference: video "Planning for Your Life and Lifestyle" on <https://afsa.org/retirement>
- FEHB health insurance:** review coverage every few years during Open Season (Nov-Dec)
Reference: Consumer Checkbook tool available to AFSA members each November
- Medicare Part B:** understand pros and cons of getting it at age 65
Reference: resources under FEHB and Medicare on <https://afsa.org/retirement>
- Long-term care insurance:** consider getting it or be prepared to self-fund if needed
References: videos by experts on <https://afsa.org/retirement>
- Social Security:** understand pros and cons of various starting ages between 62 and 70
References: www.ssa.gov, video by expert on <https://afsa.org/retirement>
- Social connections:** stay connected, foreign affairs retiree groups are in nearly 20 states
Reference: contact information in AFSA Directory of Retired Members
- Assistance from AFSA:** for help with federal 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

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