

Here is a web link to a library of all sorts of webinars from NITP that you can watch. **The Official Personnel Folder webinar, titled “What’s In Your File”, is located near the bottom of this web page.** Although you must register for each webinar, they will not share your email address with anyone else, and these are free!
<https://nitpinc.com/webinar-library/>

Here is a nice resource I got from NASA that does a good job of helping you understand how to read your SF50 Personnel Actions:
https://searchpub.nssc.nasa.gov/servlet/sm.web.Fetch/SF50_Instructions_FINAL_7.12.2018.pdf?rhid=1000&did=6149172&type=released

There are some retirement planning checklists for each stage of your career and other useful resources available from NITP on this web page:
<https://nitpinc.com/federal-employees/>

And here are some additional resources and webinars that you may find useful...

Agency Benefits Officers Database:
<https://www.opm.gov/retirement-services/benefits-officers-center/agency-benefits-officers/>

OPM Retirement Center
<https://www.opm.gov/retirement-center/>

FERS Types of Retirement
<https://www.opm.gov/retirement-center/fers-information/types-of-retirement/>

CSRS Types of Retirement
<https://www.opm.gov/retirement-center/csrs-information/types-of-retirement/>

Severance Pay Fact Sheet:
<https://www.opm.gov/policy-data-oversight/pay-leave/pay-administration/fact-sheets/severance-pay/>

Stay or Go – Considering the Deferred Resignation Offer, Retirement Options, and Other Potential Options (2025 webinar):
<https://www.youtube.com/watch?v=fkRQx0iN71Q>

Sorting Out the Options During Agency RIFs (2025 webinar):
<https://www.youtube.com/watch?v=mMRS1QVEGQA>

Some Answers to Questions about RIFs and Early Retirement (weblink to online audio from radio show):
https://federalnewsnetwork.com/pay-benefits/2025/03/some-answers-to-questions-about-rifs-and-early-retirement/?fbclid=IwY2xjawI-wW9leHRuA2FlbQIxMAABHUrOyI_k2Ajt3OPU7We6vP5gbzGatx5aMPpNbK9eQy6nJBcDkTrPCCkx_Q_aem_NGCszkxF-mlLP6EjnKv-ew

Mid-Career Reality Check: Golden Handcuffs or a Move to the Private Sector? (2023 webinar):
<https://www.youtube.com/watch?v=Jw48BNnk4vA>

Retirement Processing Preparation (2025 webinar):
<https://www.youtube.com/watch?v=K064OopD61A>

Retirement Preparations: Measure Twice, Cut Once (2024 webinar):

https://www.youtube.com/watch?v=IlnVC9_UZNM

The Final Countdown to Retirement: Smoothing the Transition (2023 webinar):

https://www.youtube.com/watch?v=kO_vD5ZJT7g

Retiring Soon? Here's What to Expect (2025 webinar):

<https://www.youtube.com/watch?v=N3CD0YiCsdY>

OPM Retirement Quick Guide: A Reference for Voluntary Retirement

<https://www.opm.gov/retirement-center/quick-guide/>

CSRS and FERS Handbook: <https://www.opm.gov/retirement-services/publications-forms/csrsfers-handbook/>

Tammy Flanagan's weekly federal benefits and retirement planning column on the GovExec web

site: <https://www.govexec.com/voices/tammy-flanagan/2340/>

It's Not Magic – Target Your Best Retirement Date (2022 webinar):

<https://www.youtube.com/watch?v=KHOP4akmRf4>

Best Dates to Retire in 2026 (article):

https://www.govexec.com/pay-benefits/2025/09/best-dates-retire-2026/407866/?oref=govexec_today_nl&utm_source=Sailthru&utm_medium=email&utm_campaign=GovExec%20Today:%20Sept.%2019%2C%202025&utm_term=newsletter_ge_today

Understanding Deferred/Postponed Retirement Options (2022 webinar):

<https://www.youtube.com/watch?v=N9mrViC1C8A>

Postponing Retirement - Problems, Part 1 (GovExec article)

<https://www.govexec.com/pay-benefits/2024/04/postponing-retirement-problems-part-1/395767/>

Postponing Retirement - Problems, Part 2 (GovExec article)

<https://www.govexec.com/pay-benefits/2024/04/postponing-retirement-problems-part-2/395774/>

Health Insurance

Consumers' Checkbook Guide to Federal Health Plans

<https://www.checkbook.org/newhig2/hig.cfm>

Which FEHB Plan is Right for You? Active Employee Edition (2022 webinar):

<https://www.youtube.com/watch?v=CDvxRhYcEzY>

FEHB/PSHB without Medicare (2025 webinar for the 2026 open season)

<https://www.youtube.com/watch?v=FD5O-M5PGwg>

Information about Health Savings Accounts

<https://www.opm.gov/healthcare-insurance/healthcare/health-savings-accounts/health-savings-account/>

A news article about HDHPs and Health Savings Accounts with changes for 2026:

https://www.govexec.com/pay-benefits/2025/05/health-savings-account-contribution-limits-2026-high-deductible-health-plans/405127/?oref=govexec_today_nl&utm_source=Sailthru&utm_medium=email&utm_campaign=GovExec%20Today:%20May%209%2C%202025&utm_term=newsletter_ge_today

To B or Not to B: Is Medicare Part B Right for You? (2025 webinar):

<https://www.youtube.com/watch?v=epqHCHfSS4s>

Understanding the Pros and Cons of Medicare Advantage Plans (2023 webinar):

https://www.youtube.com/watch?v=20vSTy1M_Hc

Medicare Advantage (Part C) Plans – if you are thinking about suspending FEHB/PSHB for a Medicare Advantage plan (2025 webinar):

<https://www.youtube.com/watch?v=adKdEQfYrVo>

Medicare Advantage FEHB Plans – not to be confused with Medicare Part C Advantage Plans (2024 webinar):

https://www.youtube.com/watch?v=Ci_q_F6PbAo

Which FEHB Plan is Right for You? Retired Employee Edition (2022 webinar):

<https://www.youtube.com/watch?v=smmpQnfy6L8>

Choosing the Best FEHB Plan: Medicare Edition (2023 webinar):

<https://www.youtube.com/watch?v=A4pLOTBFDEc>

FEHB/PSHB with Medicare (2025 webinar):

<https://www.youtube.com/watch?v=tXOz0aMEQSc>

Prescription Drug Benefits for Federal Annuitants in 2024 and Beyond (2023 webinar):

<https://www.youtube.com/watch?v=XVCXZJEtfo4>

FEHB/PSHB and Medicare Prescription Drug Plans (2025 webinar):

<https://www.youtube.com/watch?v=erD0wgh9558>

Be Prepared for Life's Events booklet:

<https://vanarfe.org/wp-content/uploads/2022/12/f-100fill-pdf.pdf>

NARFE is an association who can help you “keep an eye” on Congress regarding any possible changes they might make to the laws that govern your federal retirement benefits. NARFE membership also gives you access to a library of federal benefits and retirement planning webinars which are added each month. www.narfe.org

NARFE Advocacy Priorities Amid Continued Threats to Federal Benefits for 2026:

https://www.youtube.com/watch?v=M_BkR9TIyHU

Planning for Long Term Care: Aging Gracefully While Financially Secure (2024 webinar):

<https://www.youtube.com/watch?v=trSqEF5j2pY>

Divorce, Remarriage, & Federal Benefits (2019 webinar): <https://www.youtube.com/watch?v=WGfE3uJIRXk>

Here is a reemployed annuitant webinar (2020 webinar): https://www.youtube.com/watch?v=P2x_pxjYznE

Various Social Security Calculators: <https://www.ssa.gov/benefits/calculators/>

Latest news regarding the elimination of the WEP (Windfall Elimination Provision) and GPO (Government Pension Offset) provisions that used to reduce Social Security benefits for people receiving government pensions based on work where they did not always pay Social Security taxes. This mainly affected people who had over 5 years of federal service under CSRS, but it also affected some people who retired from other local government retirement systems if they didn't have Social Security taxes withheld from their government salary:
<https://www.ssa.gov/benefits/retirement/social-security-fairness-act.html>

Key Questions You Need to Answer as You Approach Retirement, Part 1 (2024 webinar):
https://www.youtube.com/watch?v=gD_X7zCNfic

Key Questions You Need to Answer as You Approach Retirement, Part 2 (2024 webinar):
<https://www.youtube.com/watch?v=5w3UntdvTGc>

Take Charge of Your Thrift Savings Plan Account (2023 webinar)
<https://www.youtube.com/watch?v=m5WDj-s05jl>

Understanding TSP Funds and How to Diversify For Your Life Stage (2021 webinar):
<https://www.youtube.com/watch?v=21d3XHLmBKU>

Investing Strategy / Education for Feds (2025 webinar):
<https://www.youtube.com/watch?v=Xb0KHLbz-6I>

TSP's Mutual Fund Window (2022 webinar):
<https://www.youtube.com/watch?v=mkW02uuOZ3E>

Managing Your TSP in Retirement (2022 webinar):
<https://www.youtube.com/watch?v=sh860xpihBY>

TSP: Should You Stay or Should You Go? (2025 webinar)
<https://www.youtube.com/watch?v=wdC1ZtV-8Dk>

Financial Strategies for Midcareer Federal Employees (2021 webinar):
<https://www.youtube.com/watch?v=FyqW5qUDEUA>

Roth Conversions: A Path to Maximize the Value of Your TSP (2024 webinar):
<https://www.youtube.com/watch?v=ka4N1tRembl>

Smart Tax Moves for Federal Employees (2021 webinar):
<https://www.youtube.com/watch?v=4HMoJjOBfEI>

Plan Ahead & Pay Less Tax Strategies for Feds (2019 webinar):
<https://www.youtube.com/watch?v=z5YyN2jxsU>

Tax Planning for Retired Feds (2024 webinar):
<https://www.youtube.com/watch?v=iAbGp-ZsrCg>

Financial Calculators from Dinkytown.net
<https://www.dinkytown.net/>

Estate Planning Strategies for Feds (2025 webinar):

<https://www.youtube.com/watch?v=Q96vXj6gJ2s>

FEGLI: Is It the Best Option for Federal Retirees? (2024 webinar)

<https://www.youtube.com/watch?v=0wZkNRTRFaE>

A good resource to compare FEGLI with Term Insurance: www.waepa.org

7 Tips for Choosing the Right Executor from Kiplinger:

<https://www.kiplinger.com/article/retirement/t021-c032-s014-7-tips-for-choosing-the-right-executor.html>

What Color is Your Parachute (for Retirement) book

[https://www.amazon.com/What-Color-Parachute-Retirement-](https://www.amazon.com/What-Color-Parachute-Retirement-Second/dp/158008205X#:~:text=As%20a%20companion%20to%20What%20Color%20Is%20Your%20Parachute%3F%2C%20the,security%2C%20vitality%2C%20and%20community.)

[Second/dp/158008205X#:~:text=As%20a%20companion%20to%20What%20Color%20Is%20Your%20Parachute%3F%2C%20the,security%2C%20vitality%2C%20and%20community.](https://www.amazon.com/What-Color-Parachute-Retirement-Second/dp/158008205X#:~:text=As%20a%20companion%20to%20What%20Color%20Is%20Your%20Parachute%3F%2C%20the,security%2C%20vitality%2C%20and%20community.)