


Federal Retirement Moving Checklist


Moving?

Use this tool to help you prepare for moving and then conduct any relevant transactions after your move.



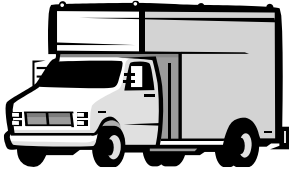
Prior to Moving...

-  **Banking:** Do I need to change my financial institution?

-  - Visit [BENEFEDS](#) to determine if my Dental and Vision plans will need to change and compare plans
 - For additional information about the Federal Employees' Health Benefits Program (FEHB), the Federal Employees' Dental and Vision Insurance Program (FEDVIP), the Federal Employees' Group Life Insurance Program (FGLI) and the Federal Long Term Care Insurance Program (FLTCIP), read the [Guide to Federal Benefits For Federal Retirees and Their Survivors](#)

-  **Health Benefits:** Does my current health benefit plan serve my future geographic location?
 - Find my health benefit plan information [here](#)
 - Compare health benefit plans for your new area [here](#)





-  **State Tax:** If I am moving to a new state, does my new state participate in the voluntary withholding program? Find out [here](#)





After Moving...



Use [Retirement Services Online](#) to conduct the following transactions:

-  **Change of Mailing Address**
-  **Change Direct Deposit Information** (if I changed my financial institution and/or my checking/savings account)
-  **Change State Tax Withholding** (if moving to a state that participates in the voluntary withholding plan and to discontinue your prior state tax deduction, if applicable)
-  **Change Email Address** (if applicable)

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-  If I need to change my health benefit plan, email retire@opm.gov with the following information:
 - CSA Number
 - Statement that I have moved outside my current health benefit plan's area
 - Name of new health benefit plan
 - Three-digit enrollment code of my new health benefit plan
 -  If I need to change my dental and/or vision plans, visit [BENEFEDS](#).