
	<h2 style="margin: 0;">Department of the Navy Civilian Benefits Center</h2>	<h2 style="margin: 0;">eSeminars in the Employee Benefits Information System</h2>
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Free eSeminars on many benefits topics are available in the Employee Benefits Information System (EBIS). You can view the entire eSeminar or just one topic. To get started log into your EBIS account at <https://www.portal.navy.mil/donhr/Benefits>. You must use your Department of Defense (DoD) Common Access Card (CAC) and be behind a .mil, .edu or .gov environment to access the Web site.

When prompted, use your email certificate. Select the eSeminars icon  at the top of the page. The following eSeminars are available:

eSeminar	Description
<b>New Employee Benefits Orientation</b>	This course focuses on the benefit programs that Federal employees receive by explaining how each program works and how to maximum the benefits of each program. Benefits covered are Leave, Health Insurance, Dental and Vision Insurance, Life Insurance, Long Term Care Insurance, Flexible Spending Accounts, Retirement, Thrift Savings Plan, and Social Security.
<b>Insurance</b>	This segment covers FEHB, FEGLI, LTC, and Medicare for Federal employees.
<b>Flexible Spending Accounts</b>	This segment covers Flexible Spending Accounts for Federal employees. Topics include types, benefits, enrollment, and administration.
<b>Financial Planning</b>	This segment covers Financial Planning for Federal employees. Topics include reason for planning, steps in planning, insurance, taxes, investment options, and estate planning.
<b>Retirement*</b>	This segment covers retirement. Topics include eligibility, computation of annuity, survivor benefits, creditable service, withholdings, and processing.
<b>Retirement: Special Group*</b>	This segment covers retirement for Special Group employees such as Law Enforcement, Firefighters, and Air Traffic Controllers. Topics include eligibility, computation of annuity, survivor benefits, creditable service, withholdings, and processing.
<b>Thrift Savings Plan*</b>	This segment covers the Thrift Savings Plan. Topics include contributions, investment funds, interfund transfers, loans, withdrawals, and death benefits.
<b>Social Security*</b>	This segment covers Social Security. Topics include eligibility, benefit descriptions, benefit computations, and applying for benefits.

\*Employees will see either the CSRS or FERS Social Security eSeminar depending upon their retirement plan

<b>Questions</b>
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If you need assistance accessing EBIS or have questions about information discussed in the eSeminar please call the Benefits Line at 888-320-2917 and select menu option #4 to speak with a Customer Service Representative (CSR). CSRs are available from 7:30 a.m. until 7:30 p.m., Eastern Time, Monday through Friday, except on federal holidays. The TTY number is 866-359-5277.

You may also email your questions to [navybenefits@navy.mil](mailto:navybenefits@navy.mil). You must include your full name, pay plan, grade, contact telephone number and the best time to call you but please do not include Privacy Act Information such as date of birth or social security number.