

*From Our Constituent Services' Desk...*

Georgia's 11<sup>th</sup> Congressional District is home to a large number of federal employees. At times, we receive inquiries about a federal employee's retirement/disability retirement process. The Office of Personnel Management (OPM) oversees federal employee issues and offers extensive information for those starting the retirement process.

Retirement is a major life step, and OPM encourages employees to start planning early for this process.

*"The five-year period before retirement is important because you must have insurance coverage for five years immediately before retirement to keep it after retirement. You may also need some preliminary information to make decisions about when you can afford to retire and whether to make any necessary payments to receive credit for military or non-contributory service or repay any retirement contribution refunds."*

[Retirement FAQs](#) is a great resource link for federal employees. This webpage covers extensive questions you may be curious about regarding retirement benefits, spousal benefits, health insurance, and death benefits.

One issue of regular inquiry is regarding court-ordered benefits. If you are not familiar with federal employment benefits, this can be difficult to navigate. For individuals who have been issued a court-order to receive part of a federal employee's retirement, and have questions on this process, please visit the [Court-Ordered Benefits](#) webpage.

To contact OPM directly with your retirement questions, you can email [retire@opm.gov](mailto:retire@opm.gov) or call (888) 767-6738.

If you are having issues with the Office of Personnel Management, please feel free to call our office at 770-429-1776 or email us at [caseworkgal1@mail.house.gov](mailto:caseworkgal1@mail.house.gov). We look forward to serving you, should you need our assistance.