



Tuesday, February 25, 2025, 7:00 p.m.

United in Service and Support

ONLINE INFORMATIONAL SERIES



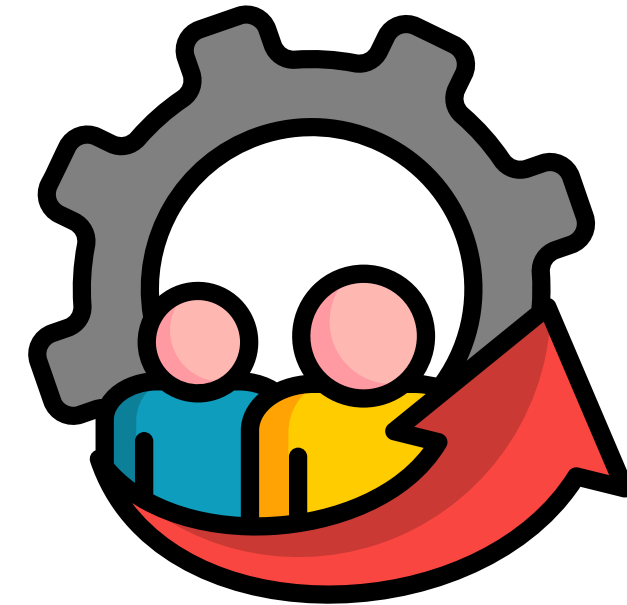
You May be Eligible For :



**Health
Insurance**



**Unemployment
Insurance**



**Workforce
Development**

...and more

Health Insurance



Federal employee health benefits typically end on the last day of the pay period after separation, but if eligible, benefits can extend for 31 days with the chance to convert to a non-group contract or apply for **Temporary Continuation of Coverage (TCC)** (federalpay.org). In the DMV, options like the **health insurance marketplace, Medicaid, or mini-COBRA** allow continued coverage.

Maryland

Maryland Health Benefit Exchange

<https://marylandhealthconnection.gov>

1-855-642-8572



Virginia

Virginia Health Benefit Exchange

<https://marketplace.virginia.gov>

1-888-687-1501

District of Columbia

DC Health Benefit Exchange

<https://dchealthlink.com>

1-855-532-5465

Medical Assistance:

Modified Adjusted Gross Income Medical Assistance

- Assists with medical cost for eligible individuals under age 65, pregnant women, families and children with limited income.

Ways to Apply:

- Online:
<https://marylandhealthconnection.gov>
- Phone: 1-855-642-8572 or 240-777-1815

Non-Modified Adjusted Gross Income Medical Assistance

- Aged, Blind and Disabled
- Coverage for low-income individuals age 65+ and low-income disabled individuals
- Medicare Savings Plans
- Helps low-income Medicare beneficiaries with the cost of their Medicare premiums, co-pays and deductibles

Ways to Apply:

- Online: MyMDThink.Maryland.Gov
- Phone: 240-777-1003

Montgomery County



County Health Programs:

Care for Kids

- Provides access to medical and dental services for uninsured low-income children up to age 19 in the county who do not have health insurance and do not meet Medicaid criteria.

Senior Dental

- Provides dental care services to low-income senior residents 60 years and older.

Ways to Apply:

<https://bit.ly/HHSConnect>

or 240-777-1815



SCAN ME

For a list of Community Clinics visit:

<https://bit.ly/HHSclinics>

Montgomery County

Qualified Health Plans

- After loss of job-based coverage, applicants have 60 days to apply for Private Health Insurance coverage on Maryland Health Connection if not enrolled in COBRA.
- Private Health Plans are licensed and approved by the state which include CareFirst, UnitedHealthcare, Kaiser Permanente & Aetna. Covered services include free preventive services, doctor visits, hospitalization, emergency care, prescription drugs, laboratory tests, and more.
- Health plan applicants may be able to receive help paying for their monthly health insurance costs through tax credits. Young adults ages 18-37 receive additional financial assistance through the Young Adult Subsidy Program.
- Use the Get an Estimate tool on <https://marylandhealthconnection.gov> to understand options before making a decision. Make sure health care providers are in the selected plan.
- Maryland Health Benefit Exchange has launched a program in concert with the Maryland Department of Labor. Anyone filing for Unemployment Insurance who checks a box to state they need coverage will be able to receive immediate free help to enroll in free or low-cost coverage.

Montgomery County

Locations:

MidCounty DHHS Building

1301 Piccard Drive, 2nd floor
Rockville, MD

DHHS Office

1401 Rockville Pike, 1st floor
Rockville, MD

DHHS Office

8630 Fenton Street, 10th floor
Silver Spring, MD

Navigators Are Available at the Following Locations:

UpCounty Regional Services Center

12900 Middlebrook Road, 2nd floor
Germantown, MD

DHHS Silver Spring Center

8818 Georgia Avenue
Silver Spring, MD

Unemployment Insurance



Federal employees who become unemployed can apply for **Unemployment Compensation for Federal Employees (UCFE)**, which is administered by the states. Claims should be filed where the employee's last official duty station was located.



Maryland

Maryland Department of Labor

<https://labor.maryland.gov/federalworkers>

(667) 207-6520 (option #9)

Virginia

Virginia Employment Commission

<https://vec.virginia.gov/>

1-866-832-2363

District of Columbia

Office of Unemployment Compensation

<https://unemployment.dc.gov/>

(202) 724-7000

Unemployment Insurance



When you file your **Unemployment Compensation for Federal Employees (UCFE)** claim you will need to provide certain documents. For a full list, refer to each labor agency.

NOTE: Your duty station is listed on your SF-50 form.

ID and SSN

SF-8 form

Notice to Federal Employee About Unemployment Insurance

SF-50 form

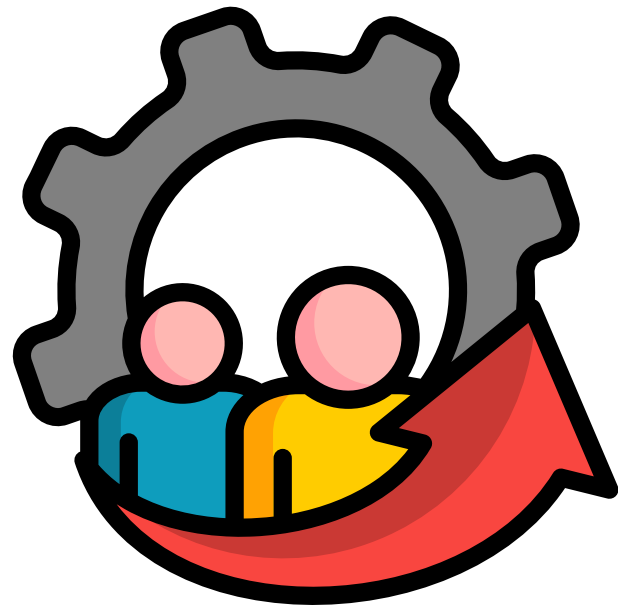
Notification of Personnel Action

W-2 form

Pay stubs



Workforce Development



Maryland and Montgomery County offer a wide range of virtual and in-person services for all workers seeking new opportunities or in need of reemployment support.

Maryland

MD Department of Labor offers Virtual Workshops each Wednesday 9am to 12pm, to sign up e-mail: FedWorker.Transition@maryland.gov

Additional State Resources:

<https://labor.maryland.gov/federalworkers>

Montgomery County

WorkSource Montgomery

<https://worksourcemontergometry.com>

Germantown : (240) 406-5485

Wheaton : (301) 929-6880



...Other Benefits

For information about other benefits like mental health services, food assistance, assistance with paying utilities, or small business support, apply in the jurisdiction where you live.

Montgomery County residents can reach MC311 by calling 311 or 240-777-0311 for help.



Montgomery County



United in Service and Support



Food Resources:

<https://mocofoodcouncil.org/>

24-hour Crisis Center:

240-777-4000 or in person at 1301 Piccard Drive in Rockville (no appointment needed)

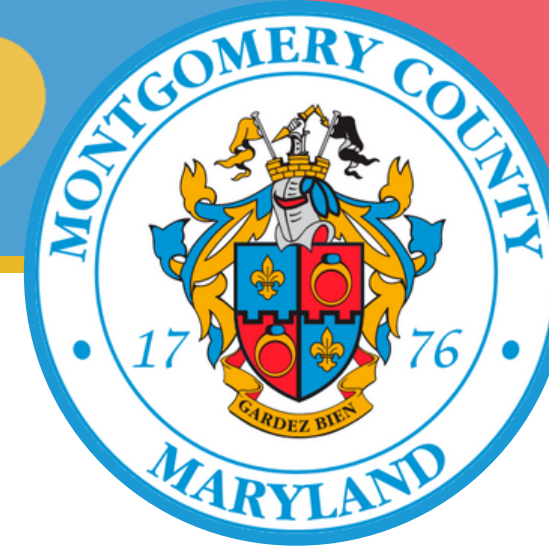
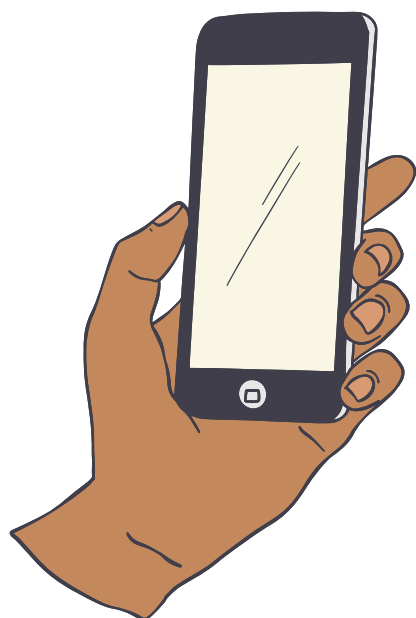
Help Paying Utility Bills:

www.montgomeryenergyconnection.org/energy-assistance



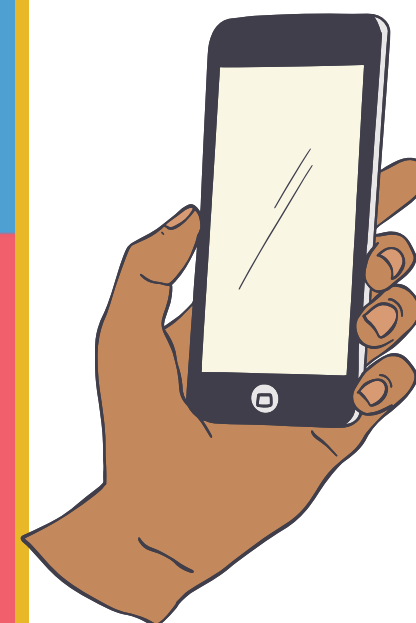
For information about resources available in Montgomery County, visit the following resource page:

<https://bit.ly/MocoResources>



Para información sobre recursos disponibles en el Condado de Montgomery, visite la siguiente página web:

<https://bit.ly/MocoResources>



UPCOMING WEBINARS



Two Federal Employee Survival Guide Webinars
Brought to you by the Montgomery County Office of
Community Partnerships (OCP) and hosted by the
Foundation for Financial Education (F3E)



SCAN ME



Webinar # 1:

Thursday, Feb. 27, 2025

4:30 pm - 5:30 p.m. EST

SCAN ME



Webinar # 2:

Friday, Feb. 28, 2025

6:30 pm - 7:30 p.m. EST

<https://bit.ly/RegisterWebinarONE>

<https://bit.ly/RegisterWebinarTWO>

UPCOMING WEBINARS



MD State Delegate Lorig Charkoudian is hosting an Unemployment Insurance Webinar About Navigating the Maryland Unemployment Insurance System and Receiving Your Benefits

Speakers include the Maryland Department of Labor, Maryland Legal Aid, and CASH Campaign

SCAN



Thursday, Feb. 27, 2025

7:00 - 8:30 p.m. EST

<https://bit.ly/RegisterUIWebinar>

UPCOMING JOB FAIRS



WorkSource
M O N T G O M E R Y
Connecting Employers & Job Seekers

Looking for a job?

Attend WorkSource Montgomery's Quarterly Career & Resource Fair!



DoubleTree Gaithersburg
620 Perry Parkway
Gaithersburg, Maryland
Parking: FREE on-site surface lot



Wednesday
March 26, 2025
11:00 am – 1:00 pm



<https://bit.ly/WSMJobFair>

Pre-register Online



United in Service and Support

Information for the next ZOOM webinar :
Thursday, March 6, 2025
7:00 p.m.

<https://bit.ly/United-In-Service>

Scan me





THANK YOU!

United in Service and Support

ONLINE INFORMATIONAL SERIES