Publications

Employee Benefits Security Administration

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Retirement Savings

- New Employee Savings Tips -Time Is On Your Side
- Retirement Toolkit (also in Spanish)
- Savings Fitness: A Guide to Your Money and Your Financial Future (also in Spanish)
- Taking the Mystery Out of Retirement Planning (also in Spanish)
- Top 10 Ways to Prepare for Retirement (also in Spanish)
- Women and Retirement Savings (also in Spanish)

For Those in a Retirement Plan

- A Look at 401(k) Plan Fees
- Cash Balance Plans – Questions and Answers (fact sheet)
- Filing a Claim for Your Retirement Benefits (also in Spanish)
- How to Obtain Employee Benefit Documents from the Department of Labor
- Maximize Your Retirement Savings – Tips on Using the Fee and Investment Information from Your Retirement Plan (fact sheet)
- Retirement Toolkit (also in Spanish)

- What You Should Know about Your Retirement Plan (also in Spanish)
- Your Employer’s Bankruptcy: How Will It Affect Your Employee Benefits? (fact sheet)

Understanding Your Health Benefits

- An Employee’s Guide to Health Benefits Under COBRA (also in Spanish)
- Can the Retiree Health Benefits Provided by Your Employer Be Cut?
- Changing Jobs? Protect Your Retirement and Health Benefits Rights (poster)
- Filing a Claim for Your Health or Disability Benefits (also in Spanish)
- How to Obtain Employee Benefit Documents from the Department of Labor
- Life Changes Require Health Choices… Know Your Benefit Options (also in Spanish)
- Protections for Newborns, Adopted Children, and New Parents
- Top 10 Ways to Make Your Health Benefits Work for You (also in Spanish)
- What to Do If Your Health Coverage Can No Longer Pay Benefits (fact sheet)
- Work Changes Require Health Choices… Protect Your Rights (also in Spanish)
Your Genetic Information and Your Health Plan...Know the Protections Against Discrimination

Your Health Plan and HIPAA...Making the Law Work for You (also in Spanish)

Your Health Plan and You...Know Your Health Coverage Protections

Your Rights after a Mastectomy...Women’s Health and Cancer Rights Act of 1998 (WHCRA) (also in Spanish)

Job Changes/Job Loss

An Employee’s Guide to Health Benefits Under COBRA (also in Spanish)

Changing Jobs? Protect Your Retirement and Health Benefits Rights (poster)

Job Loss: Important Information Workers Need to Know to Protect Their Health Coverage and Retirement Benefits (fact sheet)

Protecting Retirement and Health Care Benefits after Job Loss (also in Chinese, Korean, Spanish and Vietnamese) (card)

Retirement and Health Care Coverage...Questions and Answers for Dislocated Workers (also in Spanish)

What You Should Know about Your Retirement Plan (also in Spanish)

Your Employer’s Bankruptcy: How Will It Affect Your Employee Benefits? (fact sheet)

Your Health Plan and HIPAA...Making the Law Work for You (also in Spanish)

Active Duty Military Personnel – Retirement and Health Benefits

An Employee’s Guide to Health Benefits Under COBRA (also in Spanish)

Retirement & Health Care Benefits...Questions & Answers for Reservists

Your Health Plan and HIPAA...Making the Law Work for You (also in Spanish)

Information for Small Businesses

401(k) Plans for Small Businesses

Adding Automatic Enrollment to Your 401(k) Plan

Automatic Enrollment 401(k) Plans for Small Businesses

Choosing a Retirement Solution for Your Small Business

Choosing a Retirement Solution for Your Small Business DVD

How to Protect Your Employees When Purchasing Health Insurance (fact sheet)

Payroll Deduction IRAs for Small Businesses

Profit Sharing Plans for Small Businesses

SEP Retirement Plans for Small Businesses

SIMPLE IRA Plans for Small Businesses

Complying with the Employee Retirement Income Security Act (ERISA)

An Employer’s Guide to Group Health Continuation Coverage Under COBRA (also in Spanish)

Compliance Assistance: Group Health and Disability Plans (Benefit Claims Procedure Regulation)
Voluntary Fiduciary Correction Program
Online Calculator With Instructions, Examples & Manual Calculations

Voluntary Fiduciary Correction Program
Sample No Action Letter

En Español

¿Cambiando empleo? Proteja sus derechos de pensión y beneficios de salud (Changing Jobs? Protect Your Retirement and Health Benefits Rights) (poster)

Cobertura de jubilación y atención de salud… Preguntas y respuestas para trabajadores desplazados (Retirement and Health Care Coverage…Questions and Answers for Dislocated Workers)

Cómo presentar una reclamación por sus beneficios de jubilación (Filing a Claim for Your Retirement Benefits)

Cómo presentar una reclamación para sus beneficios de salud o incapacidad (Filing a Claim for Your Health or Disability Benefits)

Cómo proteger la jubilación y los beneficios de salud después de perder el empleo (Protecting Retirement and Health Care Benefits after Job Loss) (card)

Cómo resolver el misterio de la planificación de su jubilación (Taking the Mystery Out of Retirement Planning)

 Conjunto de recursos para la jubilación (Retirement Toolkit)

Las 10 mejores maneras de hacer que sus beneficios de salud funcionen para usted (Top 10 Ways to Make Your Health Benefits Work for You)

Las 10 mejores maneras de prepararse para la jubilación (Top 10 Ways to Prepare for Retirement)

Las mujeres y el ahorro para la jubilación (Women and Retirement Savings)

Lo que usted debe saber…sobre su plan de jubilación (What You Should Know About Your Retirement Plan)

Los cambios de condición laboral requieren hacer elecciones médicas…Proteja sus derechos (Work Changes Require Health Choices… Protect Your Rights)

Los cambios de vida requieren tomar decisiones médicas…Conozca sus opciones de beneficios (Life Changes Require Health Choices…Know Your Benefit Options)

Su dinero y futuro económico: Una guía para ahorrar (Savings Fitness: A Guide to Your Money and Your Financial Future)

Sus derechos después de una mastectomía…Ley de derechos sobre la salud y el cáncer de la mujer, 1998 (Your Rights after a Mastectomy…Women’s Health and Cancer Rights Act of 1998 (WHCRA))

Su plan de salud y la ley HIPAA…Utilizando la ley a su favor (Your Health Plan and HIPAA…Making the Law Work for You)

Una guía para el empleado sobre los beneficios de salud bajo COBRA…La ley ómnibus consolidada de reconciliación presupuestaria (An Employee’s Guide to Health Benefits Under COBRA)

Una guía para el empleador sobre la continuación de cobertura de salud grupal bajo COBRA…La ley ómnibus consolidada de reconciliación presupuestaria (An Employer’s Guide to Group Health Continuation Coverage Under COBRA)

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