

# Helpful Links

1. Office of Personnel Management (OPM): <https://opf.opm.gov/>
  - a. Information on federal employment
2. Government Retirement & Benefits (GRB) Platform: <https://platform.chra.army.mil/>
  - a. Health benefits elections
  - b. TSP contribution amount
  - c. FEGLI (life Insurance) elections
3. BeneFeds: [www.benefeds.com](http://www.benefeds.com)
  - a. Vision and Dental insurance
4. FSA: [www.fsafeds.com](http://www.fsafeds.com)
  - a. Flexible Spending Accounts
5. Pay: <https://mypay.dfas.mil/#/>
  - a. Check your Leave and Earning Statements using your ID or set up username and password
6. AR SharePoint: <https://armyeitaas.sharepoint-mil.us/sites/NGAR>
7. Jobs: <https://arkansas.nationalguard.mil/>
  - a. AR job opportunities (HRO and Careers)
8. MyBiz+: <https://compo.dcpds.cpms.osd.mil/>
  - a. Civilian employment information
  - b. View personnel actions, benefit elections, leave balances, performance appraisals
  - c. Employment verification
9. TSP: [www.tsp.gov](http://www.tsp.gov)
  - a. View and make changes to Thrift Savings Plan accounts
10. ATAAPS: Time and Attendance input
  - a. Army - <https://ataaps.csd.disa.mil/>
  - b. Air - <https://af.ataaps.csd.disa.mil/>

11. EOPF (personnel record): <https://opf.opm.gov/>