

FERS is Fair & Easy

FERS ★ **Federal Employees Retirement System**

OPM ★ **Office of Personnel Management**

Medical Disability Retirement

FERS Provides Early Retirement Due to Medical or Psychological Conditions

- ★ Conditions prevent performing essential elements of the job for which you were hired.
- ★ Continued working in your current position will aggravate your conditions.
- ★ Impairments can be from any cause: age, congenital, personal injuries & work comp.

FERS Medical Disability: 60% of Salary First Year. 40% of Salary Following Years

- ◆ You can work outside the Federal government and make up to 80% of your Federal salary.
- ◆ Your FERS payments decrease by your earnings from work.
- ◆ **FERS Deadline!** Must file within one (1) year of last date of employment.
You can file for FERS early. You do not have to quit. You can wait and elect to go on FERS.

FERS is Easier than the Stricter Requirements for Social Security Disability (SSD)

- ✧ SSD: Your impairments must meet the Listings under Social Security Disability law.
- ✧ SSD: You cannot work in ANY sustained gainful employment.

FERS Examples:

- Crane operator with fusion neck surgery.
 - Is FERS eligible. Backward neck movement will aggravate the neck.
 - Not SSD eligible. Employee can do other types of work.
- Secretary or computer user with carpal tunnel syndrome.
 - Is FERS eligible. Using a computer keyboard will aggravate your carpal tunnel.
 - NOT SSD eligible. Employee can do other types of work.

Basics on How to Apply for FERS:

1. Complete FERS form. Google FERS or ask your employer's personnel office .
2. **Important!** Physician's expert medical opinion report that follows FERS requirements.
 - www.EllisClinic.com → Appointments → FERS
3. First you apply for Social Security Disability. Instructions are in your FERS packet.
 - SSD Approved. Yeah! You are finished and do not need FERS.
 - SSD denied. You or employer send FERS packet to Office of Personnel Management.



Fair & Compassionate Occupational & Legal Medicine™

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FERS Appointment Protocol
FERS ⚡ **Federal Employee Retirement System**
Medical Disability Retirement



FERS Medical Disability: You cannot continue to do the work for which you were hired.
 FERS is easier and fairer than Social Security Disability. You cannot perform any gainful employment.
 FERS requires a physician's medical opinion that follows the OPM Office of Personnel Management rules.
FERS Deadline! You must file within 1 year of the last day as a Federal Employee.

First Middle Last Name _____
 Full Mailing Address _____
 Contact Phone/s _____ E-mail _____
 Social Security# _____ Date of Birth _____ Male Female
 Employer _____ Work Status: Still Working Date Last Worked _____
 Attorney/Rep None _____

Conditions, Diseases or Injured Body Parts That Make it Difficult to Work. Put Most Disabling on Top.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Additional conditions on separate page. Extensive conditions and records may require an additional charge.

Fee \$500 FERS exam and Expert Medical Opinion report.

\$ _____ Requesting Ellis Clinic produce Summary List of Records. \$50 per inch. Inches of Records: _____

Payment Method **Check to Ellis Clinic, PC** **Am Exp** **Discover** **MasterCard** **Visa**

Date _____

Card# _____ Exp _____ / _____ Security Code# _____

Name on Card _____

Card Address: _____ **Card Zip Code:** _____

Mail: This Page • Records • Summary List & Payment. Ellis Clinic will then contact you to set up an appointment.
Instructions for Order of Records and Summary List on Page 2.

Instructions for Order of Records

FERS 🌟 **Federal Employee Retirement System**

Send Only Copies! Records Are Destroyed and Are Not Returned.

Send only pertinent records:

- Usually, only an Operative Report but not all the hospital records will be enough.
- Usually, you do not need every physician visit record for followup medical maintenance.

ORDER of RECORDS

- ★ **Page 1:** Appointment Protocol FERS on Top
- ★ **Typed Summary List of Records** See example below.
 - ◆ Important! Your Summary List is attached to your report.
 - ◆ You can ask Ellis Clinic to type your Summary List. Fee: \$50 per inch of records if records in order.

Medical Record Sections:

- ◆ Insert a sheet of colored paper or a tab between each section.
 - ◆ Within each section put the most recent records on top.
 - ◆ Staple or clip together the pages of each operation, test, each physician, etc.
 - ◆ Do not make separate lists for each of your conditions, i.e. All Operations are listed together
1. **Operations:** Only the Operative Report.
 2. **Tests:** MRI, EMG/Nerve Conduction Study, Lab Blood test if positive for a disease, i.e. Diabetes
 3. **Hospital Records:**
 - If surgery, then usually only the Operative Report will be enough.
 - If there was no surgery, then the Discharge Summary will usually be enough.
 4. **Physician Records:** Reports, Office Notes, etc.
 5. **Optional: Non Physician Records:** Physical Therapy, Functional Capacity Exam.

Example of a FERS Summary List

Medical Records: John Q. Doe, SSN 123-45-6789

1. Operations
 - a. 11/2/2018 Right shoulder arthroscopic surgery.
 - b. 10/15/2017 Lumbar spine fusion L5-S1.
2. Tests:
 - a. 4/4/2018 MRI Right Shoulder
 - b. 4/5/2017 MRI Lumbar spine
 - c. 3/3/2010 blood test: Positive Rheumatoid Factor
3. Hospital Records:
 - a. 7/6/2003 - 7/4/2003 Mercy Hospital Discharge Summary: Motorcycle accident.
4. Physician Records
 - a. 11/8/2018 - 5/4/2015 Ima Cutter, DO
 - b. 6/8/2017 - 6/6/2013 Marcus Welby, MD