Benefits make a difference. Anyone who has rushed to the emergency room, managed a chronic illness or needed unexpected surgery can attest to the peace of mind health insurance provides. And although benefits may not be the first thing you think about when you’re feeling good, the CSU has your well-being in mind. This is the reason we offer employees a large and varied selection of health plans to choose from based on your medical and dental needs, as well as supplemental benefits that make life a little easier.

Open enrollment starts September 15 and ends October 10. It is your once-a-year opportunity to review options and make additions, changes or deletions to your benefits for 2015.

Our goal is to keep you well informed about new and existing benefit options. You will be receiving a variety of communications about benefits before and during the open enrollment period. During this time we encourage you to review the information, visit provider websites and contact the Benefits Office if you have questions.

For the most up-to-date information, visit the CSYou Open Enrollment and Sac State Benefits Office webpages for links to resources, plan rates and providers. Review the 2015 CalPERS Health Benefits Program Basic Plan Rates chart that contains the 2015 CSU contribution rates, monthly premiums and employee share of premium rate.

The Benefits Fair will be held on September 25, 2014 from 11:00 a.m. to 1:00 p.m. in the University Union - Redwood Room. Representatives and carriers from the CSU benefits programs will be available to answer your questions and provide information regarding their plans for 2015.

We’re here to help you navigate the open enrollment process so you choose benefit plans that best fit your needs. That way, even when you’re not thinking about them, you can be sure you and your family are well covered—which makes all the difference.

Managers and supervisors are asked to please distribute this information to employees in your departments who do not have access to e-mail. Please post in a conspicuous location and provide copies in your employees’ mailboxes. For questions or comments,
contact the Office of Human Resources – Benefits, Del Norte Hall, Room 3004, or call 916-278-6213 or 8-6213.

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