Employee benefits may not be top of mind all the time. It’s easy to forget about health insurance when you’re feeling good. You get an annual check up and visit the doctor when you have the flu; otherwise, your health plan is a card in your wallet.

But that can change in a minute with the diagnosis of a chronic illness, a broken bone, a midnight trip to the emergency room or the onset of elder care. From the smallest health incident to the most life changing, health benefits make a tremendous difference.

The health and well being of our employees is essential. It is the reason the CSU offers a comprehensive selection of health plans and supplemental benefits. Open enrollment starts September 16 and ends October 11. It is your once-a-year opportunity to review new offerings and make additions, changes or deletions to your benefits for the coming year.

More importantly, open enrollment is a time to make an informed choice about the best health and wellness options for you and your family. From an unexpected dental procedure to monthly medication, health plans offered by the CSU provide a wide range of care and can dramatically reduce medical and dental costs and make life a little easier.

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. Take part in the process:

- Review your choices including the new HMO health plans
- Talk to benefits experts
- Ask colleagues for recommendations
- Take advantage of benefits offerings
- Attend the Benefits Fair on September 26, 2013 from 10:00 a.m. to 2:00 p.m. (CalPERS Health Plans available from 10:00 a.m. to 12:00 p.m.) in the University Union – Redwood Room.
- Visit the [Sacramento State Open Enrollment](#) webpage for helpful links, forms, and
additional materials.

- Visit the CSYou [Open Enrollment](#) webpage for links to resources and additional information

Benefits are an important part of your life. 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 confident you and your family are well covered.

Sincerely,

Gail Brooks
Vice Chancellor, Human Resources

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 Benefits Office at 916-278-6213 or in Del Norte Hall 3004.

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