

From: [HR-Benefit Services](#)
To: benefitservices@cityofsacramento.org
Bcc: [PAR Contacts](#)
Subject: September 2021 Wellness Newsletter and Benefit Services Information
Date: Friday, September 10, 2021 7:59:00 PM

Sent via Bcc to PAR Contacts to reduce the disruption of reply all emails.

Please distribute –

The September 2021 [Wellness Newsletter](#) is available on the Wellness webpage.

Open Enrollment Dates!

Open Enrollment for the 2022 plan year is [October 4-29, 2021!](#)

- There are no plan design changes to the City's health plans for 2022 – all plan options remain the same as 2021.
- Health premium rate sheets will be published soon on the [Benefit Services webpage](#).
- Due to COVID-19, we will not host in-person benefit fairs this year. Most of our carriers still have travel restrictions for their employees.
- Once again, one-on-one [online appointments](#) are available with Benefit Services team member.

Why is Open Enrollment Important?

- It is your one time during the year to make changes to your benefits without a required qualifying life event!
- If you are enrolled in a Flexible Spending Account or Dependent Care Assistance, you **MUST** re-enroll during Open Enrollment if you want to continue these benefits in 2022!

As Benefit Services heads into its busiest season of the year, we'd like to take this opportunity to remind everyone our team members are each assigned an average of 1,300 customers (active employees and retirees). We strive to respond to all inquiries within two business days.

Flu Shots from City Medical Carriers

If you are enrolled on a City medical plan, you (and any dependents on your plan) can get the seasonal flu shot for free from your medical carrier.

- Kaiser is working on releasing information about flu shot clinics for members. Call Kaiser at 1-800-573-5811 for flu updates or visit [their cold and flu webpage](#).
- Sutter Health Plus members can use one of Sutter's [Walk-In Care locations](#) to get a flu shot. Call ahead to make sure flu shots are available at this time.
- Western Health Advantage members should visit [WHA's website](#) for more information.

Not enrolled in a City medical plan? Costco pharmacies offer [convenient access to flu shots](#) (for a fee) and you do not have to be a Costco member. The cost of flu shots can be paid for using your FSA funds.

MissionSquare Retirement (formerly known as ICMA-RC) Webinar on Retiree Health Savings Accounts

Pay for Future Health Care Costs – VantageCare RHS

Friday, September 17, 2021, 11:00 am Hosted by: Amaya Fine

Rising health care costs are a major concern, especially in retirement. Your Retirement Health Savings (RHS) Plan helps you pay for future health care with tax advantages. They will review how the plan works and different approaches to investing in the plan.

Register [here](#).

Other [upcoming webinars](#) from MissionSquare Retirement

New CalPERS Nearing Retirement Resource

A new resource from CalPERS is linked on the Retiree Benefits webpage – [CalPERS Retirement Benefits: Nearing Retirement](#)

Benefit Services Resources

- [Benefit Services team member department assignments](#)
- [Benefit Services FAQ](#)
- [COBRA Information](#)

[Benefit Services Division](#)

Department of Human Resources

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[Team Member Assignments by Department](#)