

**From:** [City Public Information](#)  
**To:** [City Public Information](#)  
**Subject:** Open enrollment is coming Oct. 3-28  
**Date:** Thursday, September 15, 2022 9:14:48 AM

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# **OPEN ENROLLMENT IS COMING!**

## **2023 Open Enrollment**

***Monday, Oct. 3, through Friday, Oct. 28, 2022***

Human Resources is excited to announce Open Enrollment for the 2023 plan year. There are no plan design changes for 2023 – all plans remain the same.

Medical premiums for active employee plans are changing for all carriers, but dental and vision premiums will remain the same as in 2022.

During Open Enrollment, City employees can do the following:

- Enroll in, change, or drop medical, dental, or vision plans
- Add eligible dependents who are not currently covered
- Review and remove dependents from your City health plan(s)
- Enroll or renew enrollment in a Flexible Spending Account or Dependent Care Assistance Program.
- Enroll in or make changes to your voluntary life insurance coverage (*additional paperwork and underwriting required if increasing Choice Supplemental Life coverage to 2 or 3 times your annual salary or adding Short Term Disability*)

### **Get Assistance from Benefit Services**

The Benefit Services office is closed to walk-in customers, but several options are available to receive assistance with your open enrollment questions.

- Email your questions to [openenrollment@cityofsacramento.org](mailto:openenrollment@cityofsacramento.org)
- Schedule a one-on-one web session with a Benefit Services team member by visiting the [Benefit Services webpage](#) and clicking the link “Schedule a one-on-one session with Benefit Services”
- Contact the Benefit Services team member [assigned to your department](#) by email, telephone, or MS Teams.

### **Make Open Enrollment Changes via eCAPS from any Computer or Mobile Device with Internet access.**

City employees can update their benefit options for 2023 from Monday, Oct. 3, through Friday, Oct. 28, 2022, until 11:59 p.m., by logging into eCAPS at <http://eCAPS.cityofsacramento.org> from any Internet connected device. Be sure to also update your mailing address, phone number, and email address.

**Over the next few weeks, the Benefit Services webpage will be updated with:**

- Rate Sheets with the 2023 provider rates and the City's contribution toward health benefits
- Plan documents for health carriers
- 2023 Benefits Handbook that provides a comprehensive overview of available benefits

Visit the [Benefit Services webpage](#) for more information.