



How To Enroll In Your Benefits Options

Open Enrollment: Sept. 15 – Oct. 10, 2025
Changes take effect Jan. 1, 2026.*



For more details on how to enroll or make changes, scan the QR code to visit the [CalHR How To Enroll](#) webpage.

DENTAL

Complete the [Dental Plan Enrollment Authorization Form \(STD-692\)](#) and submit it to your departmental personnel office.

HEALTH

Log in to your [myCalPERS](#) account to enroll or make changes.

LONG-TERM DISABILITY

Visit the [Standard Insurance website](#) and click “Enroll Now” (available to eligible state employees).

FLEXELECT REIMBURSEMENT ACCOUNTS

Complete the [Reimbursement Account Enrollment Authorization – STD 701R](#) and submit it to your departmental personnel office.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Explore free, year-round resources available to you and your family through the [EAP](#)—no enrollment needed.

VISION

Log in to [VSP](#) or call (800) 400-4569 to make changes.

LEGAL INSURANCE

Visit the [ARAG legal site](#) and click on the “View Plans” and “Enroll Now” tabs.

SUPPLEMENTAL LIFE INSURANCE

Visit the [MetLife website](#) and complete a [Supplemental Life Enrollment Form](#) (available to eligible state employees).

COBRA

Follow the instructions in your COBRA notice or submit the enrollment form to the appropriate carrier.

CASH OPTIONS (FLEXELECT OR COBEN)

Cash Options are available depending on your bargaining unit. Confirm your eligibility with your departmental personnel office.

*You can update your benefits during Open Enrollment or after a qualifying life event or permitting event. Contact your departmental personnel office for details.