



STATE EMPLOYEE HEALTH PLAN OPEN ENROLLMENT

MAY 1-31, 2025

OPEN ENROLLMENT IS YOUR ANNUAL OPPORTUNITY TO:

- Make changes to your medical and dental plans
- Add or remove dependents.

Any changes will be effective July 1, 2025 - June 30, 2026.

TAKE A GOOD LOOK AT YOUR PLANS

See what's new for the 2025-2026 plan year and make sure your plans still fit your health and financial needs.

Take the plan match quizzes, review plan premiums and comparisons, and guides on Care Compass.

ATTEND A WEBINAR

Join us for a live webinar to review what's new, learn about your health benefits and interact with health plan vendors so you can feel confident in your benefit choices.

- May 8, 12-1 pm
- May 22, 12-1 pm

CHECK YOUR PROVIDERS

Confirm your medical and dental providers are in network, or find new ones using the Find provider tools.

SUBMIT YOUR CHANGES

To add/remove a dependent or change your plans, use eBenefits or contact your agency benefits specialist for an enrollment form.

If you don't make changes, your current coverage or waiver will continue with 2025-2026 premiums.

YOUR PERSONALIZED BENEFITS PORTAL

You and your adult dependents can access your own Benefits and HEP Portal, where you can view personalized benefits information, review claims, find in-network providers, check HEP status, and more!

Visit carecompass.ct.gov and select Benefits Login. If you are enrolling for the first time, click Register. You must have your Anthem ID card number to register.

NEED HELP?

Contact your agency benefits specialist for enrollment or eligibility questions.

Call a Care Coordinator at 833-740-3258 for help choosing a plan or finding a provider.

**EVERYTHING YOU NEED TO KNOW ABOUT OPEN ENROLLMENT IS AT:
[CARECOMPASS.CT.GOV/BENEFITS-ENROLLMENT](https://carecompass.ct.gov/benefits-enrollment)**

