



LOVE

## Embrace Wellness, Embrace You!

### Employee Benefit Meetings

#### Benefits Open Enrollment is October 2, 2023 to October 27, 2023!

Open Enrollment is coming soon! It's your once-a-year opportunity to review current benefit elections and make changes such as:

- Change medical plans
- Add or drop dependents
- Enroll/re-enroll in Flexible Spending Accounts (FSA) or Dependent Care Accounts (DCA)

***Changes made during Open Enrollment take effect January 1, 2024.***

#### Where Can I Learn More?

For more information, we encourage you to participate in the scheduled benefit meetings with our insurance partners so you can get your questions about your benefits answered.

#### Sutter Health Plus

**October 9, 2023 – 9am Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 998 8699 5752

Password: 697403

**October 9, 2023 – 2pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 990 6349 5223

Password: 790730

1-on-1 appointments for private conversation will be moved to Zoom breakout rooms following the meeting or Sutter email will be provided to schedule a separate appointment.

## Kaiser Permanente

### October 3, 2023 – 12pm Pacific Time

[Click here to join meeting](#)

Meeting ID: 265 363 517 363

Passcode: UebZx6

### October 5, 2023 – 9am Pacific Time

[Click here to join meeting](#)

Meeting ID: 224 169 812 999

Passcode: pRVizo

Kaiser Permanente is hosting office hours for The City of Sacramento for Active Employees & Retirees Under 65 during Open Enrollment. This is a great opportunity to speak with someone one-on-one. Appointments are 15-20 minutes long and can help if you have questions related to benefits, coverage, kp.org, Mental Health Resources or Medicare.

Click [here](#) to see a list of available appointments.

## Delta Dental

### October 4, 2023 – 9am Pacific Time

[Click here to join the meeting](#)

Meeting ID: 928 4595 4713

Password: 520816

### October 5, 2023 – 2pm Pacific Time

[Click here to join the meeting](#)

Meeting ID: 943 5220 6511

Password: 015137

If you have questions regarding your benefits, you can book an appointment and speak to a Delta Dental representative directly. Click [here](#) to book a one-on-one appointment.

## Vision Service Plan

### October 10, 2023 – 12pm Pacific Time

[Click here to join the meeting](#)

Meeting ID: 213 492 016 682

Passcode: f5EYXW

### October 13, 2023 – 9am Pacific Time

[Click here to join the meeting](#)

Meeting ID: 213 492 016 682

Passcode: f5EYXW

If you have questions regarding your benefits, you can book an appointment and speak to your VSP representative directly. Click [here](#) to book a one-on-one appointment.

## Western Health Advantage

**October 11, 2023 – 9am Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 210 410 923 847

Passcode: s4DArT

**October 12, 2023 – 2pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 293 368 693 785

Passcode: pxHWxq

If you have any benefit questions, you can contact your Western Health Advantage team to make an appointment. Please include your name, phone number, & days/times you are available.

**See Vue:** [s.vue@westernhealth.com](mailto:s.vue@westernhealth.com)

**Donna Huey-Arroyo:** [d.huey-arroyo@westernhealth.com](mailto:d.huey-arroyo@westernhealth.com)

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## United Healthcare

**October 3, 2023 – 9am Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 842 2419 7806

Passcode: CityofS24

**October 3, 2023 – 2pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 826 1416 0537

Passcode: CityofS24

If you have any benefit questions, you can contact your United Healthcare representative to make an appointment. Please include your name, phone number, & days/times you are available.

**Ashley Muza:** [clientservice\\_ashley\\_muza@uhc.com](mailto:clientservice_ashley_muza@uhc.com)

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## The Standard

**October 17, 2023 – 12pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 233 978 887 621

Passcode: QV7g7g

If you have any benefit questions, you can book an appointment and speak to your Standard representative directly. Click [here](#) to book a one-on-one appointment.

## Legal Shield

**October 16, 2023 – 12pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 213 526 1849

Passcode: Benefits

If you have any benefit questions, you can contact your Legal Shield representative to make an appointment:

**Cheryl Cobbin:** [cheryl@corylcobbin.com](mailto:cheryl@corylcobbin.com)

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## AFLAC

**October 17, 2023 – 2pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 896 8621 1537

Passcode: 984755

If you have any benefit questions, you can book an appointment and speak to your AFLAC representative directly. Click [here](#) to book a one-on-one appointment.

## Safe Credit Union

**October 16, 2023 – 2pm Pacific Time**

[Click here to join the meeting](#)

Meeting ID: 870 2491 4770

Passcode: 230410

If you have any questions, please scan the QR code that will be made available during the presentation to book an appointment with a SAFE team member.

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