

2023 Open Enrollment

October 27 – November 16, 2022

MINNESOTA STATE UNIVERSITY MOORHEAD

Open Enrollment is one of the only times during the year you can make changes to your employee benefits without a qualifying life event. Take time to review them so you can make the best decision for you and your family. Any changes or updates you make during this time will become effective on [January 1, 2023](#). You will be able to make changes and updates to your benefits in [Employee Self-Service](#) during the dates of Open Enrollment only.

What's Open?

- Medical
 - Dental
 - Vision
 - Pre-tax Spending Accounts
 - Long-Term Disability
 - Manager's IPP
 - Life Insurance (Optional Employee, Spouse, Child)
 - Accidental Death & Dismemberment Insurance (elected via [Optional Insurance Application](#) – not through Employee Self-Service)
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Will there be training?

The State Employee Group Insurance Program (SEGIP) will be offering online [WebEx trainings](#) for all employees. We highly encourage all employees to attend one of the meeting sessions (each session will cover the same information). No registration is required to attend the training sessions linked below. **The password for all trainings is: segipoe23 (73447632 from phones)**

- [Monday, Oct. 24, 2022, 10:00 am to 11:30 am](#)
 - [Wednesday, Oct 26, 2022, 1:00 pm to 2:30 pm](#)
 - [Monday Oct. 31, 2022, 1:00 pm to 2:30 pm](#)
 - [Wednesday, Nov 2, 2022, 10:00 am to 11:30 am](#)
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Do I have to do anything to continue my same benefits?

- With the exception of pre-tax flexible spending accounts, all of your current employee benefits will continue in 2023. **You must make a new election for flexible spending accounts (MDEA, DCEA, TEA) if you wish to continue in 2023.**
 - Employees should review their medical [Primary Care Clinic \(PCC\)](#), as this impacts your out of pocket costs such as annual deductibles, office visit copays, coinsurance, etc.
 - **Tip:** During Open Enrollment you can't change your primary clinic in Employee Self-Service unless you also change your health plan carrier. To only change your primary care clinic, [contact your carrier](#) directly.
 - **For those who waive medical insurance benefits**—please review the [waiving medical insurance page](#) to determine if action is required of you.
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For a successful enrollment, we encourage you to review the [2023 Rate Guide](#) and [Benefits Videos](#). Additional resources are also available on the SEGIP website: <https://mn.gov/mmb/segip/2023-open-enrollment/>. **It is very important that you save a copy of your benefits enrollment confirmation page after making your benefits elections in Employee Self Service. SEGIP will not contact you directly with any type of confirmation.**

If you have questions, the State Employee Group Insurance Program (SEGIP) Service Center can be reached at 651-355-0100 or segip.mmb@state.mn.us. Additionally, for questions on the [Virgin Pulse well-being incentive](#), you can reach their customer service team at 833-862-9188 or support@virginpulse.com.

Office of Human Resources

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