

Open Enrollment 2026 Employee Health Benefits October 17 - 31, 2025



Learn

- Open Enrollment is your annual opportunity to change your medical, dental and vision plans, and to enroll or remove dependents.
- If you are not looking to make any changes, then no action is necessary. Your 2025 enrollments will roll over into 2026.
- Were you unable to attend the informational meetings we hosted?
 - No problem! You can review the recording from our **virtual meeting**.
- Employees who wish to participate in an external Health (\$3,300) and/or Dependent Care Flexible (\$5,000) Spending product must meet with American Fidelity, whether new to the plan or re-enrolling for 2026.
 - Visit their virtual **appointment scheduler**.

Decide

- Current medical, prescription, dental, and vision plan designs remain the same.
- 2026 **Employee Rates** are posted on our department webpage.

Act

- If you will be adding a dependent, gather copies of **documents** now.
- Mark your calendar to make changes to your health benefit plans between October 17th through October 31st by visiting **Openroll in MyCUSD**.
- Mark your calendar for American Fidelity Open Enrollment between October 20th through November 14th.

Important Notes

- Employees are responsible for ensuring the correct coverage is selected before completing enrollment. Be sure to click 'Complete Enrollment'!
- No changes outside of Open Enrollment without a qualifying event are permitted.
- You may not add or remove any dependents without a qualifying event until the next Open Enrollment.
- Contact information changes should be emailed to **hrservices@capousd.org**.

Insurance and Risk Management Department

- Visit our **department webpage** for rates and plan comparisons.