

EVERY PIECE OF YOU MATTERS,
EMBRACE YOUR TOTAL WELLBEING



2025 OPEN ENROLLMENT

September 15 through
October 10, 2025

WELCOME TO THE CSU OPEN ENROLLMENT FOR 2026

EVERY PIECE OF YOU MATTERS,
EMBRACE YOUR TOTAL WELLBEING



OPEN ENROLLMENT BEGINS SEPTEMBER 15 AND ENDS OCTOBER 10, 2025

This guide is intended to cover plan changes effective January 1, 2026. It provides you with an overview of all available CSU benefits. If you are uncertain which benefits apply to you, check with your campus benefits office. Your health plan benefit is provided in partnership with the California Public Employees' Retirement System (CalPERS). Full details on health plans are available on the CalPERS website, calpers.ca.gov.

Access to your Health Plan Statement will be available online through myCalPERS on September 8, 2025. If you have any questions, contact the CalPERS Customer Contact Center at (888) CalPERS or (888) 225-7377.

TABLE OF CONTENTS

Welcome	2	FlexCash	11
Start Planning	4	Vision Plans	12-13
What's Changing for 2026?	5	Dental Plans	14
Tips for Selecting a Health Plan	6	Basic Life, AD&D and Long-Term Disability	14
CalPERS Health Plan Statement	6	Health Care and Dependent Care Reimbursement Plans	15
Exploring Wellness at the CSU	7	Voluntary Benefits	16-18
Employee and Dependent Eligibility	8	Beneficiary Information	18
Understanding How Different Health Plans Work	9	Frequently Asked Questions	19
Health Plans Premium Rates	10-11		



START PLANNING

Open Enrollment is your annual opportunity to review your benefits, consider you and your family's needs, and fine-tune your benefits package to match. Many life events can occur during the year that can affect the types of plans and amount of coverage you need. Think about the changes you and your family have experienced in the past year or anticipate in the coming year. Then determine which benefit plans and programs will suit your needs best.



ENROLL OR MAKE CHANGES SEPTEMBER 15 THROUGH OCTOBER 10, 2025

Ready, Set, Enroll...

Please be sure to review this guide in its entirety, because it provides important changes for 2026 and an overview of all available benefits.

During Open Enrollment, you can enroll in, change or cancel the following benefit plans:

- CalPERS Health
- Delta Dental
- Dependent Care Reimbursement Account through ASIFlex (must re-enroll each year)
- Health Care Reimbursement Account through ASIFlex (must re-enroll each year)
- Basic and Premier Vision Plans through Vision Service Plan (VSP) (enrollment and cancellation may occur only during Open Enrollment for the Premier Plan)
 - The Premier Plan can only be canceled during Open Enrollment after completing 12 months of enrollment
- Critical Illness and Accident Insurances through The Standard (enrollment and cancellation may occur only during Open Enrollment)
- Legal Insurance through ARAG (enrollment and cancellation may occur only during Open Enrollment)

The following benefits are not restricted to Open Enrollment, but we encourage you to review them during this time:

- 403(b) Supplemental Retirement Plan through Fidelity
- 401(k) and 457(b) savings plans through SavingsPlus
- Tuition Fee Waiver and Reduction Program
- Employee Assistance Program through Empathia LifeMatters (employees are automatically enrolled at no cost)
- Voluntary Life, Accidental Death and Dismemberment, and Long Term Disability coverages through The Standard
- Auto, Home and Renter Insurances through California Casualty
- Pet Insurance through Nationwide

WHAT'S CHANGING FOR 2026

CSU Health Plans:

The CalPERS Board of Administration administers the health plans on behalf of the CSU. Monthly costs vary depending on the health plan you choose. You can view a snapshot of your 2026 monthly costs on pages 10-11 of this guide.



ATTENTION

Some of your benefits may have changed!



OVERVIEW OF PLAN CHANGES EFFECTIVE FOR 2026

Health Plan Rate Changes

Effective January 1, 2026, rates for most health plans will change. Please refer to pages 10-11 to review the monthly employee cost.

Health Plan Changes

Effective January 1, 2026, CVS Caremark (CVS) will replace OptumRx as the new pharmacy benefits manager (PBM) for the following CalPERS health plans:

- Anthem Blue Cross Traditional HMO
- Anthem Blue Cross Select HMO
- Health Net Salud y Más
- PERS Gold Basic PPO
- PERS Platinum Basic PPO
- Sharp Health Plan Performance Plus
- UnitedHealthcare SignatureValue Alliance
- UnitedHealthcare SignatureValue Harmony
- Western Health Advantage HMO

Members will receive a welcome kit from CVS that includes ID cards as well as information to access Caremark.com and the CVS Health app prior to January 1, 2026. This will be used for all prescription services starting January 1, 2026.

Health Plan Expansions and Exits

- Blue Shield Access+ will be expanded into Monterey County.
- Blue Shield Trio will be exiting Monterey County.

Health Benefit Design Changes

PERS Gold: Value-Based Insurance Design

PERS Gold will continue with deductible in-patient credits of up to \$500 for completing preventive care activities, while adding the following activities: participation in the Diabetes Prevention Program, if eligible, as well as depression or anxiety screening.

Legal Insurance Enhancements and Rate Change

Balancing work and taking care of loved ones can be challenging. That's why we're enhancing the legal insurance plan with new services to address legal and caregiving needs for your parents and grandparents. The cost is \$17.70 per month via payroll deduction.

Critical Illness—Health Maintenance Screening Benefit Design Change

Currently, eligible participants receive \$100 per health maintenance benefit screening, with a maximum of two screenings per calendar year. Beginning in 2026, this benefit will be updated to provide \$200 for a single eligible screening per year. While the number of reimbursable screenings will be limited to one annually, the total dollar benefit will be doubled, allowing you to receive the maximum reimbursement with just one screening.

Health Care and Dependent Care Reimbursement Accounts (HCRA/DCRA)—Annual Maximums Increased

For the plan year 2026, the IRS has increased the annual maximum contribution amount to \$3,300 for HCRA and \$7,500 for DCRA.



TIPS FOR SELECTING A HEALTH PLAN

You may want to consider factors such as access to doctors, range of benefits, cost of services, monthly premiums, restrictions to specific groups of doctors, referral and authorization by a primary care physician (PCP), and access to specialist or prescription drugs and restriction on a plan formulary or list of preferred drugs.

Other tips to keep in mind:

- Identify your needs and the needs of your family members.
- Understand the basics of how your health plan's network is managed e.g., whether it's a PPO, EPO or HMO plan (see page 9).
- Consider your out-of-pocket costs, as well as copays for prescription drugs, office visits, lab tests and hospitalization.
- Review your health plan availability by county and ZIP code.
- Review your health plan's covered benefits and exclusions.
- Consider any life changes that may occur during the upcoming year.
- Consider coverage if you travel or have a dependent in college in another state.



CALPERS HEALTH PLAN STATEMENT

The CalPERS Health Plan Statement will be available online September 8, 2025.

The online statement will:

- Allow you 24/7 access to view and/or print your customized health enrollment information.
- Inform you of specific health benefit changes that may affect you in the upcoming year.
- Provide you with direct access to all CalPERS Open Enrollment information.

Other available resources include the 2026 Health Benefit Summary, Health Program Guide, Evidence of Coverage, Open Enrollment Newsletter and the health plan websites.

Log in to your personalized myCalPERS account to access your online statement. If you do not have a CalPERS account, create one by going to the [myCalPERS login page](#) and select "Register Now." Please note, CSU employees are not able to change their health plan through the myCalPERS system. Contact your campus human resources/benefits office to make health plan changes or for additional information.

To identify the available plans in your area, use the CalPERS online tool, Health Plan Search by Zip Code.



EXPLORING TOTAL WELLNESS AT THE CSU

In partnership with our vendors providing health, dental, vision, employee assistance program and financial wellness, the CSU is committed to promoting a culture of wellness through healthy lifestyles that enhance the quality of life for our faculty and staff.

Wellness is a lifestyle that integrates body, mind and spirit. The CSU encourages faculty and staff to participate in programs, activities and services that contribute to their wellness and the wellness of CSU communities.

Featured below are the wellness programs employees may participate in. Good health is more than not being ill, it's also a dynamic state of well-being that acknowledges the importance and inseparability of wellness. Check with your campus human resources/benefits office for further details about these programs.



Emotional Wellness— How you feel

CSU campuses offer an Employee Assistance Program (EAP) through Empathia LifeMatters at no cost to employees and members of their household. Empathia LifeMatters offers free, confidential counseling and referral services. Employees have 24-hour access to confidential services supporting emotional well-being, safety and productivity in the workplace, amongst many other resources. Visit mylifematters.com for more information. Please reach out to your benefits office for your campus-specific password.

Physical Wellness— How you live

CSU health plans offered through CalPERS feature many programs and classes promoting a healthier you. Many CSU campuses have wellness programs that encourage healthy living and eating.

Intellectual Wellness— How you think

Eligible CSU faculty and staff have access to programs designed to enhance professional development, expand knowledge and improve skills. The CSU Tuition Fee Waiver and Reduction Program provides CSU employees and their eligible dependents (for children, up to age 25) the opportunity to attend classes at CSU campuses at reduced rates. Fee waiver courses include undergraduate, graduate, credential, online and summer term courses, as long as they are state-supported.

Professional Wellness— How you grow

The CSU supports professional growth and wellness by assisting employees in their career development. Systemwide Learning and Development offers various options for employees to expand their job-related learning, supporting lifelong learning to enhance both your personal and professional development. Employees have access to various resources, including: [CSU Learn](#), a learning management system that provides self-paced courses, books and videos; leadership development programs for employees at various levels; live productions and courses from industry leaders; and much more. These resources allow CSU employees to expand their skills and knowledge and advance in the workplace.

Financial Wellness— How you manage your finances

Financial wellness is a critical part of employee well-being because money can be a huge source of anxiety. The CSU offers many programs to help employees become financially fit, including CalPERS retirement, income protection benefits (including life insurance and disability) and investment options for future financial security through the CSU Supplemental Retirement Plan 403(b). Fidelity Investments also offers employees free personalized financial counseling and helps with maximizing retirement savings and reaching other financial goals.



ELIGIBILITY

- To qualify for most benefits, you must initially have employment exceeding six months, with a time base of at least .50.
- Academic-year lecturers and coaches are eligible for benefits if appointed for a minimum of one semester or two consecutive quarters with a time base of .40 or greater.
- Affordable Care Act (ACA)—Employees who do not meet eligibility requirements listed above may qualify for health care under ACA.
- If you do not meet any of the eligibility criteria above, you may still be eligible to enroll in many of the voluntary plans.

DEPENDENT ELIGIBILITY

Dependents of an eligible employee include:

- Spouse (unless legally separated or divorced);
- Domestic partner (registered through the California secretary of state process); and
- Dependent children from birth to the end of the month in which the child turns 26.

A dependent child includes a step, natural, adopted, domestic partner's, a child certified disabled before age 26 or a child living with the employee in a parent-child relationship and is economically dependent upon the employee. For a list of required supporting documentation, please contact your campus benefits office.



UNDERSTANDING HOW DIFFERENT HEALTH PLANS WORK

The health and well-being of our employees are important, and we encourage you to make sure your benefits work for you. Stay informed and be sure you understand your choices and how the different types of health plans work.

While the CSU remains committed to supporting its employees, any escalations or claims concerns must be directed to the health plans and/or CalPERS for resolution.

PPO Health Plans (Preferred Provider Organizations)

You choose from a network of preferred providers. A primary care physician is not required and no referrals are necessary for other in-network providers.

You will pay more to use an out-of-network provider. Members are subject to an annual deductible.

- **PORAC¹**
- **PERS Gold**
- **PERS Platinum**

EPO Health Plans (Exclusive Provider Organizations)

You select in-network providers when seeking medical care, but a primary care physician and referrals are not required. Offers in-network coverage only.

- **Blue Shield Access+²**

HMO Health Plans (Health Maintenance Organizations)

You and your eligible family members must select a primary care physician, who is responsible for coordinating your health care, including any referrals to a specialist.

Requires you to receive care through a network of providers.

- **Anthem Blue Cross Traditional & Select**
- **Blue Shield Access+**
- **Blue Shield Trio³**
- **Health Net Salud y Mas⁴**
- **Kaiser Permanente**
- **Sharp Performance Plus California⁵**
- **UnitedHealthcare Alliance**
- **UnitedHealthcare Harmony⁶**

¹Restricted to paying members of Peace Officers Research Association of California (PORAC).

²Available only in Alpine, Calaveras, Colusa, Del Norte, Inyo, Lake, Lassen, Mendocino, Modoc, Mono, Monterey, San Benito, Shasta, Sierra, Siskiyou, Tehama, Trinity, Tuolumne and Plumas counties.

³Available only in Butte, Contra Costa, El Dorado, Kern, Kings, Los Angeles, Nevada, Orange, Placer, Riverside, Sacramento, Santa Barbara, Santa Cruz, San Bernardino, San Luis Obispo, Shasta (select zip codes), Stanislaus, Tulare, Ventura and Yolo counties.

⁴Available in select zip codes in Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino and San Diego counties.

⁵Available to residents of San Diego county.

⁶Available in Contra Costa (select zip codes), Los Angeles, Napa, Orange, Riverside, San Bernardino, Santa Clara, Santa Cruz, San Diego and Solano (select zip codes) counties.



2026 CaIPERS HEALTH BENEFITS PROGRAM BASIC PLAN RATES

Monthly Employee Cost

There is a \$0.17 monthly administrative fee, via payroll deduction, on a post-tax basis for any employee that has an employee-share for their health plan. The administrative fee will be referenced as CSU BEN FEE on the participants pay warrant.

HEALTH PLAN	Enrolled Employee & Eligible Dependents	2026 Total Monthly Premium	All Employee Groups (except Unit 6)			Unit 6		
			2026 Amount Paid by CSU	2026 Amount Paid by Employee	2025 Amount Paid by Employee	2026 Amount Paid by CSU	2026 Amount Paid by Employee	2025 Amount Paid by Employee
ANTHEM BLUE CROSS SELECT HMO CALIFORNIA	Employee Only	\$1,090.98	\$1,084.00	\$6.98	\$0.00	\$1,089.00	\$1.98	\$0.00
	Employee + 1	\$2,181.96	\$2,057.00	\$124.96	\$4.42	\$2,067.00	\$114.96	\$0.00
	Employee + 2 or more	\$2,836.55	\$2,638.00	\$198.55	\$105.45	\$2,658.00	\$178.55	\$85.45
ANTHEM BLUE CROSS TRADITIONAL HMO CALIFORNIA	Employee Only	\$1,372.93	\$1,084.00	\$288.93	\$249.07	\$1,089.00	\$283.93	\$244.07
	Employee + 1	\$2,745.86	\$2,057.00	\$688.86	\$579.14	\$2,067.00	\$678.86	\$569.14
	Employee + 2 or more	\$3,569.62	\$2,638.00	\$931.62	\$852.58	\$2,658.00	\$911.62	\$832.58
BLUE SHIELD ACCESS+ CALIFORNIA	Employee Only	\$1,088.52	\$1,084.00	\$4.52	\$0.00	\$1,088.52	\$0.00	\$0.00
	Employee + 1	\$2,177.04	\$2,057.00	\$120.04	\$0.00	\$2,067.00	\$110.04	\$0.00
	Employee + 2 or more	\$2,830.15	\$2,638.00	\$192.15	\$0.00	\$2,658.00	\$172.15	\$0.00
BLUE SHIELD ACCESS+ EPO CALIFORNIA (Restricted to certain counties)	Employee Only	\$1,088.52	\$1,084.00	\$4.52	\$0.00	\$1,088.52	\$0.00	\$0.00
	Employee + 1	\$2,177.04	\$2,057.00	\$120.04	\$0.00	\$2,067.00	\$110.04	\$0.00
	Employee + 2 or more	\$2,830.15	\$2,638.00	\$192.15	\$0.00	\$2,658.00	\$172.15	\$0.00
BLUE SHIELD TRIO (Restricted to certain counties)	Employee Only	\$936.58	\$936.58	\$0.00	\$0.00	\$936.58	\$0.00	\$0.00
	Employee + 1	\$1,873.16	\$1,873.16	\$0.00	\$0.00	\$1,873.16	\$0.00	\$0.00
	Employee + 2 or more	\$2,435.11	\$2,435.11	\$0.00	\$0.00	\$2,435.11	\$0.00	\$0.00
HEALTH NET SALUD Y MAS CALIFORNIA	Employee Only	\$789.13	\$789.13	\$0.00	\$0.00	\$789.13	\$0.00	\$0.00
	Employee + 1	\$1,578.26	\$1,578.26	\$0.00	\$0.00	\$1,578.26	\$0.00	\$0.00
	Employee + 2 or more	\$2,051.74	\$2,051.74	\$0.00	\$0.00	\$2,051.74	\$0.00	\$0.00
KAISER PERMANENTE CALIFORNIA	Employee Only	\$1,097.94	\$1,084.00	\$13.94	\$0.00	\$1,089.00	\$8.94	\$0.00
	Employee + 1	\$2,195.88	\$2,057.00	\$138.88	\$51.40	\$2,067.00	\$128.88	\$41.40
	Employee + 2 or more	\$2,854.64	\$2,638.00	\$216.64	\$166.52	\$2,658.00	\$196.64	\$146.52
KAISER PERMANENTE — OUT OF STATE	Employee Only	\$1,398.96	\$1,084.00	\$314.96	\$362.26	\$1,089.00	\$309.96	\$357.26
	Employee + 1	\$2,797.92	\$2,057.00	\$740.92	\$805.52	\$2,067.00	\$730.92	\$795.52
	Employee + 2 or more	\$3,637.30	\$2,638.00	\$999.30	\$1,146.88	\$2,658.00	\$979.30	\$1,126.88

STATE EMPLOYER MONTHLY CONTRIBUTION RATE

The employer contribution rates below are what the CSU contributes toward your monthly health premium. The employee cost shown above is any amount above the employer contribution.

COVERAGE LEVEL	All Employees (except Unit 6)	Unit 6
EMPLOYEE ONLY	\$1,084	\$1,089
EMPLOYEE + 1	\$2,057	\$2,067
EMPLOYEE + 2 OR MORE	\$2,638	\$2,658

2026 CaIPERS HEALTH BENEFITS PROGRAM BASIC PLAN RATES

Monthly Employee Cost

HEALTH PLAN	Enrolled Employee & Eligible Dependents	2026 Total Monthly Premium	All Employee Groups (except Unit 6)			Unit 6		
			2026 Amount Paid by CSU	2026 Amount Paid by Employee	2025 Amount Paid by Employee	2026 Amount Paid by CSU	2026 Amount Paid by Employee	2025 Amount Paid by Employee
PERS PLATINUM	Employee Only	\$1,512.13	\$1,084.00	\$428.13	\$275.30	\$1,089.00	\$423.13	\$270.30
	Employee + 1	\$3,024.26	\$2,057.00	\$967.26	\$631.60	\$2,067.00	\$957.26	\$621.60
	Employee + 2 or more	\$3,931.54	\$2,638.00	\$1,293.54	\$920.78	\$2,658.00	\$1,273.54	\$900.78
PERS GOLD	Employee Only	\$1,043.37	\$1,043.37	\$0.00	\$0.00	\$1,043.37	\$0.00	\$0.00
	Employee + 1	\$2,086.74	\$2,057.00	\$29.74	\$0.00	\$2,067.00	\$19.74	\$0.00
	Employee + 2 or more	\$2,712.76	\$2,638.00	\$74.76	\$0.00	\$2,658.00	\$54.76	\$0.00
PEACE OFFICERS RESEARCH ASSOCIATION OF CALIFORNIA (PORAC)*	Employee Only	\$974.00	\$974.00	\$0.00	\$0.00	N/A	N/A	N/A
	Employee + 1	\$1,950.00	\$1,950.00	\$0.00	\$0.00	N/A	N/A	N/A
	Employee + 2 or more	\$2,534.00	\$2,534.00	\$0.00	\$0.00	N/A	N/A	N/A
SHARP PERFORMANCE PLUS CALIFORNIA (Restricted to San Diego County)	Employee Only	\$916.20	\$916.20	\$0.00	\$0.00	\$916.20	\$0.00	\$0.00
	Employee + 1	\$1,832.40	\$1,832.40	\$0.00	\$0.00	\$1,832.40	\$0.00	\$0.00
	Employee + 2 or more	\$2,382.12	\$2,382.12	\$0.00	\$0.00	\$2,382.12	\$0.00	\$0.00
UNITEDHEALTHCARE ALLIANCE HMO CALIFORNIA	Employee Only	\$1,048.16	\$1,048.16	\$0.00	\$0.00	\$1,048.16	\$0.00	\$0.00
	Employee + 1	\$2,096.32	\$2,057.00	\$39.32	\$0.00	\$2,067.00	\$29.32	\$0.00
	Employee + 2 or more	\$2,725.22	\$2,638.00	\$87.22	\$0.00	\$2,658.00	\$67.22	\$0.00
UNITEDHEALTHCARE HARMONY HMO CALIFORNIA	Employee Only	\$920.82	\$920.82	\$0.00	\$0.00	\$920.82	\$0.00	\$0.00
	Employee + 1	\$1,841.64	\$1,841.64	\$0.00	\$0.00	\$1,841.64	\$0.00	\$0.00
	Employee + 2 or more	\$2,394.13	\$2,394.13	\$0.00	\$0.00	\$2,394.13	\$0.00	\$0.00
WESTERN HEALTH ADVANTAGE (Restricted to Bay Area, Sacramento and other Northern regions)	Employee Only	\$969.58	\$969.58	\$0.00	\$0.00	\$969.58	\$0.00	\$0.00
	Employee + 1	\$1,939.16	\$1,939.16	\$0.00	\$0.00	\$1,939.16	\$0.00	\$0.00
	Employee + 2 or more	\$2,520.91	\$2,520.91	\$0.00	\$0.00	\$2,520.91	\$0.00	\$0.00

*This plan is restricted to employees in Unit 8, State University Police Association (SUPA) and requires membership.

FLEXCASH

FLEXCASH	Amount
MEDICAL	\$128
DENTAL	\$12
TOTAL	\$140

FlexCash is available if you are eligible for health and dental coverage and have other non-CSU group medical and/or dental coverage.

During Open Enrollment, you may enroll in or make changes to your existing FlexCash election.

VISION PLANS

The CSU's Vision Service Plan Basic and Premier

Vision Service Plan (VSP)

The CSU automatically provides the Basic plan for eligible employees and their families at no cost to the employee. Employees also have the option to upgrade to the Premier plan for a small monthly fee. If an employee elects the Premier plan, any dependents they wish to cover must also be enrolled.

For additional information, visit csuactives.vspforme.com or call (800) 400-4569.



Overview of the Basic and Premier Vision Plans

Eye exams are an important part of overall health care for the entire family. The Vision Benefits Summary on the next page may help you decide which plan best fits the needs of you and your family.

The VSP offers a large network of contracting providers, including optometrists and ophthalmologists. When a contracting network provider is used, the care is considered "in-network." Out-of-pocket costs will be less, and the highest level of benefits is received. If a provider outside the network is used, the care is considered "out-of-network." Coverage is still provided, but the out-of-pocket costs will be significantly higher.

Which Plan Is Right for You?

The plans utilize the VSP network of providers, but your out-of-pocket costs associated with the plans will vary.

The best vision plan for you depends on several factors:

- What are your anticipated vision expenses for 2026?
- What can you afford to pay out of pocket (in terms of copayments) when vision care is needed?
- Do you have other vision insurance?

Take the VSP & You quiz at visioncare.vsp.com/vsp-buy-up-quiz to decide which VSP vision plan is right for you.

Employee Coverage for CSU

CSU and VSP provide you with a choice of affordable vision plans. You have a choice between the Basic Plan, or may upgrade to the Premier Plan for enhanced benefits.

- Basic Plan: Advantage Premier Network
- Premier Plan: Choice Network

Premier Plan Eligibility

Eligibility requirements are the same across all plans (health, dental and vision) and defined in this guide under eligibility. However, unlike with health and dental, the Premier Plan requires all dependents to also be enrolled in the Premier Plan coverage or they will lose their Basic vision coverage. You cannot enroll in the Basic and Premier vision plans at the same time or split enrollments by leaving any dependents in the Basic vision plan.

Monthly Cost of Coverage

ENROLLED EMPLOYEE AND ELIGIBLE DEPENDENTS	BASIC PLAN	PREMIER PLAN
EMPLOYEE ONLY	\$0	\$5.06
EMPLOYEE + ONE	\$0	\$17.08
EMPLOYEE + FAMILY	\$0	\$31.73

YOUR VSP VISION BENEFITS SUMMARY

Coverage with a VSP Provider—Basic Plan

Benefit	Description	Copay
WellVision Exam	<ul style="list-style-type: none"> Focuses on your eyes and overall wellness Routine retinal imaging Every calendar year 	\$10 Up to \$39
Essential Medical Eye Care	<ul style="list-style-type: none"> Retinal imaging for members with diabetes covered-in-full. Additional exams and services beyond routine care to treat immediate issues from pink eye to sudden changes in vision or to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma and more. Coordination with your medical coverage may apply. Ask your VSP network doctor for details. Available as needed 	\$20 per exam
Prescription Glasses		
Frame*	<ul style="list-style-type: none"> \$110 frame allowance \$130 Featured Frame Brands allowance 20% savings on the amount over your allowance Every other calendar year 	\$0
Lenses	<ul style="list-style-type: none"> Single vision, lined bifocal, and lined trifocal lenses Impact-resistant lenses for dependent children Every other calendar year* 	
Lens Enhancements*	<ul style="list-style-type: none"> UV protection Standard progressive lenses Premium progressive lenses Custom progressive lenses Average savings of 20–25% on other lens enhancements Every other calendar year 	\$0 \$55 \$95-\$105 \$150-\$175
Contacts (instead of glasses)	<ul style="list-style-type: none"> \$120 allowance for contacts and contact lens exam (fitting and evaluation) 15% savings on a contact lens exam (fitting and evaluation) Every other calendar year* 	\$0
VSP Lightcare™*	<ul style="list-style-type: none"> \$110 allowance for ready-made non-prescription sunglasses, or ready-made non-prescription blue light filtering glasses, instead of prescription glasses or contacts Every other calendar year 	\$0

Coverage with a VSP Provider—Premier Plan

Benefit	Description	Copay
WellVision Exam	<ul style="list-style-type: none"> Focuses on your eyes and overall wellness Routine retinal imaging Every calendar year 	\$10 Up to \$39
Essential Medical Eye Care	<ul style="list-style-type: none"> Retinal imaging for members with diabetes covered-in-full. Additional exams and services beyond routine care to treat immediate issues from pink eye to sudden changes in vision or to monitor ongoing conditions such as dry eye, diabetic eye disease, glaucoma and more. Coordination with your medical coverage may apply. Ask your VSP network doctor for details. Available as needed 	\$20 per exam
Prescription Glasses		
Frame*	<ul style="list-style-type: none"> \$210 frame allowance \$230 Featured Frame Brands allowance 20% savings on the amount over your allowance \$115 Walmart/Sam's Club/Costco frame allowance Every calendar year 	\$0
Lenses	<ul style="list-style-type: none"> Single vision, lined bifocal, and lined trifocal lenses Impact-resistant lenses for dependent children Every calendar year 	
Lens Enhancements*	<ul style="list-style-type: none"> UV protection Tinted lenses Standard progressive lenses Premium progressive lenses Custom progressive lenses Average savings of 30% on other lens enhancements Every calendar year 	\$0 \$0 \$0 \$95-\$105 \$150-\$175
Contacts (instead of glasses)	<ul style="list-style-type: none"> \$200 allowance for contacts and contact lens exam (fitting and evaluation) 15% savings on a contact lens exam (fitting and evaluation) Every calendar year 	\$0
VSP Lightcare™*	<ul style="list-style-type: none"> \$210 allowance for ready-made non-prescription sunglasses, or ready-made non-prescription blue light filtering glasses, instead of prescription glasses or contacts Every calendar year 	\$0

VSP Computer VisionCare Plan SM (Employee-only coverage)	<ul style="list-style-type: none"> Evaluates your vision needs related to computer use \$95 allowance for a wide selection of frames Single vision, lined bifocal, lined trifocal and occupational lenses Every other calendar year* 	\$10
Additional Savings	Glasses and Sunglasses <ul style="list-style-type: none"> Discover all current eyewear offers and savings at vsp.com/offers 20% savings on additional glasses and sunglasses, including lens enhancements, from any VSP provider within 12 months of your WellVision Exam 	
	Laser Vision Correction <ul style="list-style-type: none"> Average of 15% off the regular price; discounts available at contracted facilities 	
	Exclusive Member Extras <ul style="list-style-type: none"> Save up to 60% on digital hearing aids with TruHearing. Visit vsp.com/offers/special-offers/hearing-aids for details Contact lens rebates, lens satisfaction guarantees, and more offers at vsp.com/offers Everyday savings on entertainment, health and wellness, travel and more with VSP Simple Values 	

*Frame brands and promotion subject to change. Only available to VSP members with applicable plan benefits. Only available at in-network locations. Members who participate in a Medicaid/state-funded plan are not eligible.

*Coverage with a retail chain may be different or not apply.

*New lenses will be approved every calendar year if the new prescription differs from the original by at least .50 diopter sphere or cylinder, there's a change in the axis of 15 degrees or more, or a difference in vertical prism greater than one prism.

VSP guarantees member satisfaction from VSP providers only. Coverage information is subject to change. In the event of a conflict between this information and your organization's contract with VSP, the terms of the contract will prevail. Based on applicable laws, benefits may vary by location. In the state of Washington, VSP Vision Care, Inc., is the legal name of the corporation through which VSP does business. TruHearing is not available directly from VSP in the states of California and Washington.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on vsp.com.

Eyeconic is a VSP-affiliated company.

©2025 Vision Service Plan. All rights reserved.

VSP and WellVision Exam are registered trademarks; VSP LightCare and VSP Premier Edge are trademarks; and VSP Computer VisionCare Plan is a service mark of Vision Service Plan.

Flexon and Dragon are registered trademarks of Marchon Eyewear, Inc. All other brands or marks are the property of their respective owners. 128195 VCCM

DENTAL PLANS

Delta Dental and DeltaCare USA

The CSU pays 100% of the monthly premium cost for dental coverage for you and your eligible dependents, including a spouse or a registered domestic partner and/or children up to age 26.

For additional information, visit deltadentalins.com/csu, or call (800) 626-3108 if you are enrolled in the Delta Dental PPO Plan. Call (844) 519-8751 if enrolled in the DeltaCare USA Plan.

When it comes to choosing a dental plan, you want benefits to fit the needs of you and your family. Delta Dental PPO and DeltaCare USA both offer comprehensive dental coverage, quality care and excellent customer service.

REMINDER: Recent Enhancements for the SmileWay Wellness Benefit available under the Delta Dental PPO Plan includes:

- When you visit a PPO dentist, your diagnostic and preventive services (such as cleanings and exams) will not count toward your maximum.
- Enhanced coverage has been added for gum disease associated with a number of diagnosed systemic conditions (amyotrophic lateral sclerosis (ALS), cancer, chronic kidney disease, diabetes, heart disease, HIV/AIDS, Huntington's disease, joint replacement, lupus, opioid misuse and addiction, Parkinson's disease, rheumatoid arthritis, Sjogren's syndrome or stroke).

Delta Dental PPO

This plan allows you to select the dentist of your choice. Both you and Delta Dental have a shared responsibility of paying the dentist for services rendered. If you choose a dentist who participates in the Delta Dental PPO network and/or the Delta Dental Premier network in California, claims will be filed on your behalf.

Please note: If you select a dentist from the Delta Dental PPO Network, you will pay less in out-of-pocket expenses.

DeltaCare USA

A prepaid dental health maintenance organization (DHMO) is available for California residents only. All covered dental services must be performed by DeltaCare USA panel dentists. No claim forms are required. Each covered dental service has a specific copayment amount and several services are covered at no charge. You will receive an identification card and welcome letter, which lists your DeltaCare USA panel dentist.

OTHER EMPLOYER-PROVIDED BENEFITS

CSU Employer-Paid Basic Life, AD&D and Long-Term Disability

The CSU provides Basic Life, Accidental Death & Dismemberment (AD&D) and Long-Term Disability (LTD) to specific employee groups at no cost through The Standard. Some components of the Basic Life insurance contain travel assistance, portability of insurance, funeral arrangements, identity theft prevention and estate planning. LTD insurance is intended to replace a portion of your income by providing a monthly benefit if you cannot work for an extended period of time because of illness or injury.

HEALTH CARE REIMBURSEMENT PLAN (HCRA) AND DEPENDENT CARE REIMBURSEMENT PLAN (DCRA)



Health Care Reimbursement Account Plan (HCRA)

This plan allows you to set aside a portion of your pay on a pre-tax basis to reimburse yourself for eligible health, dental and vision care expenses for you, your spouse/registered domestic partner and eligible dependent(s). You may contribute up to \$3,300 for the 2026 plan year through payroll deduction. Enrollment in the Health Care Reimbursement Account (HCRA) is required each year along with your designated contribution amounts. The 2026 monthly maximum is \$275. ASIFlex is the claims administrator for this plan.

Dependent Care Reimbursement Account Plan (DCRA)

The Dependent Care Reimbursement Account plan (DCRA) allows you to set aside a portion of your pay on a pre-tax basis to reimburse yourself for childcare expenses for your eligible dependent child(ren) under the age of 13. Additionally, if you have an older dependent who lives with you and requires assistance with day-to-day living and is listed as a dependent on your annual tax return, you can claim these eligible expenses through your DCRA. You may contribute up to \$7,500 each plan year (\$3,750 if married, filing a separate tax return) through payroll deduction. Neither contributions nor reimbursements are taxed. Enrollment in the DCRA is required each year along with your designated contribution amounts. The 2026 monthly maximum is \$625. ASIFlex is the claims administrator for this plan.

HCRA

Debit Card

The ASIFlex Card (a limited use pre-paid debit card) provides an easy way to pay for out-of-pocket health care expenses for you, your spouse, and any tax dependents. The advantage of the card is that you do not have to pay with cash or a personal credit card. The ASIFlex Card will allow you to pay directly from your health care account and can be used at health care providers that accept VISA and certain retail merchants that inventory eligible health care products.

FSAstore

Employees can purchase eligible products and services through the Flexible Spending Account (FSA) site, FSAstore. [FSAstore.com](https://www.fsastore.com) has the largest inventory of FSA-eligible products and services on the web. It's a website you can trust to provide competitive pricing and quick turnaround for Flexible Spending Account information and shopping. Cardless pay is now available through the FSAstore by simply choosing the ASIFlex Payment option during the checkout process. Most FSA debit cards, as well as all major credit cards are accepted. Please note: although it accepts FSA debit cards, ASIFlex might require a receipt for your purchase to substantiate the claim.

HCRA & DCRA

ASIFlex Mobile App

You can check your balance from the palm of your hand with the ASIFlex Mobile App. Submit claims from anywhere, anytime. The app is available to download in the Apple Store and Google Play.

Fees and Disclosures

There is a \$1 monthly administrative fee, via payroll deduction, on a post-tax basis. The \$1 monthly administrative fee is charged per plan (HCRA/DCRA). The administrative fee will be referenced as CSU BEN FEE on the participant's pay warrant.

Employees are responsible for ensuring their elections are accurate at the time of enrollment. Employees are unable to change or cancel their enrollment(s) during the plan year, unless there is a change in their status (also known as a permitting event). Any unused funds left in their account after the June 30 deadline will be forfeited.



VOLUNTARY BENEFITS

Critical Illness Insurance

Group Critical Illness Insurance is offered through The Standard, which provides a lump-sum payment to cover out-of-pocket medical expenses and costs associated with life changes following the diagnosis of a covered critical illness. In addition, there are cash benefits for specified health screenings. You and/or your spouse/registered domestic partner must be between the ages of 18-64 and enrolled in a health insurance plan to participate in this plan. To learn more about this benefit and/or enroll, go to standard.com/mybenefits/csu or call (800) 378-5745.

Accident Insurance

Accidents can happen when least expected, and while they can't always be prevented, you can have the financial support to make your recovery less expensive and stressful. This insurance, provided by The Standard, can help with out-of-pocket expenses such as deductibles, copays, transportation to medical centers, and more. To learn more about this benefit and/or enroll, go to standard.com/mybenefits/csu or call (800) 378-5745.

Legal Insurance

ARAG legal insurance protects you when legal issues happen. Like fighting a traffic ticket, calling out a contractor who botched a home remodel or purchasing a car that turned into a lemon. A network attorney is only a phone call away for professional legal guidance and representation for these situations—and much more. And when you work with a network attorney, their fees are paid in full for most covered legal matters, saving you time and money. The cost is \$17.70 per month via payroll deduction. To learn more about this plan and enroll, go to ARAGlegal.com/CSU or call (800) 247-4184.

Auto, Home and Renters Insurance

Discounted auto, home & renters insurance offered exclusively to CSU employees* through California Casualty. Receive unique benefits like free/waived deductible if your vehicle is hit/vandalized on campus, ID theft protection, 12-month rate guarantee, no charge personal property coverage up to \$500, and payroll deduction at no cost to active employees, or monthly E-Z Pay Plans with skip payment options. For details or to get a quote, visit calcas.com/csu or call (866) 680-5142.

*Eligibility and acceptance are subject to approval. Coverages, availability and rates vary. Since 1914, California Casualty has been providing protection that is Simple, Trusted, Affordable and Right for its policyholders... that is their STAR Promise™ to CSU employees.

Life Insurance

You have the opportunity to purchase group life insurance for you and your eligible dependents. Employees have the opportunity to enroll or increase supplemental life insurance at any time. However, evidence of insurability may be required. To learn more about this benefit and/or to enroll, go to standard.com/mybenefits/csu or call (800) 378-5745.

Long-Term Disability (LTD)

You have the opportunity to purchase a level of group disability insurance with either a 30-day or 90-day waiting period. Employees automatically enrolled in the CSU employer-paid LTD plan are not eligible to participate in this voluntary plan. To learn more about this benefit and/or to enroll, go to standard.com/mybenefits/csu or call (800) 378-5745.



Accidental Death & Dismemberment (AD&D) Insurance

You are eligible to purchase group Accidental Death and Dismemberment (AD&D) insurance that covers you and your dependents in the event of death or dismemberment as a result of a covered accident. You may elect up to \$1 million in coverage. Coverage for spouse/registered domestic partner and dependent child(ren) coverage are also available. To learn more about this benefit and/or to enroll, go to standard.com/mybenefits/csu or call (800) 378-5745.

Pet Insurance

Whether they have two legs or four, every family member deserves quality health care. That's why this pet health insurance gives you the freedom to use any vet, anywhere, including specialist and emergency providers. Nationwide offers various benefit options for your pets. This insurance can cover your pet's accidents, illness and even preventive care and wellness services. Plans are available for dogs, cats, birds, small mammals and exotics (such as reptiles). To learn more about this plan and/or to enroll, visit petinsurance.com/calstate or call (877) 738-7874.

Empathia Life Matters Employee Assistance Program (EAP)

The Employee Assistance Program provides free, confidential counseling and referral services to all employees and members of their household, including dependents living away from home, 24/7. This program is provided by the CSU as part of the state's commitment to promoting employee health and well-being. The EAP is an assessment, short-term counseling and referral service designed to assist you and your family in managing everyday concerns. In addition to in-person EAP counseling, Empathia LifeMatters offers phone counseling sessions by appointment. All sessions are conducted by providers located and licensed in the state of California. Additional resources can also be found on their website. To access services, please visit mylifematters.com. Contact your campus benefits office for your campus-assigned password.



California State University (CSU) 403(b) Supplemental Retirement Plan (SRP)

The CSU provides you the opportunity to participate in the 403(b) Supplemental Retirement Plan (SRP). The SRP is a voluntary program that can help you save money on taxes, invest in your future and supplement your income in retirement. By contributing into the CSU 403(b) SRP, you can improve your chances of reaching your retirement goals.

Whether retirement is a long way off or right around the corner, by participating in the CSU 403(b) SRP, you could make a big difference in preparing for your future. Start with what you can and build from there. The important thing is that you start!

There are two ways you can contribute:

Pre-Tax Option

Save for retirement by investing monthly pre-tax contributions in tax-deferred investments. Pre-tax contributions mean more savings go toward your retirement goals than after-tax savings.

Roth Contribution (After-Tax) Option

Unlike a traditional pre-tax 403(b), a Roth 403(b) allows you to contribute after-tax dollars and then withdraw tax-free dollars from your account when you retire.

Advantages of saving in the CSU 403(b) SRP:

- Easy and convenient—Contributions are automatically deducted from your pay.
- Tax-advantaged—Both pre-tax and Roth options available.
- Variety of investment options—It's easy to find an investment strategy that helps you meet your goals.
- Guidance and education—Free consultations with Fidelity retirement planners are available at all campuses and virtually.
- Time is an asset—The sooner you start saving toward retirement, the more you benefit from compounding interest.
- Consolidate your retirement assets—Your campus Fidelity retirement planner can assist you in rolling over your balances from previous employers or your other CSU legacy 403(b) accounts.

How to Enroll

You may enroll in the plan at any time. You can:

- Call Fidelity at (877) 278-3699 and mention the CSU plan number 50537.
- Complete a paper form, available at your campus benefits office.
- Go online to [NetBenefits.com/calstate](https://netbenefits.com/calstate):
 - Click on the “Enroll Now” button
 - Enter your information, including the CSU plan number 50537

More Information

- Go to csyou.calstate.edu/srp
- Visit your campus benefits office.
- CSU employees are entitled to complimentary one-on-one consultations with a Fidelity Retirement Planner on campus. Schedule your appointment by calling (800) 642-7131 or online at [NetBenefits.com/calstate](https://netbenefits.com/calstate)
- Regular review of your contributions and investment elections keep you on track towards reaching your retirement goals.

Savings Plus 401(k) and 457(b) Programs

Savings Plus allows you to save for retirement through voluntary contributions into a 401(k) and/or a 457(b) plan(s). Savings Plus is administered by CalHR/State of California Department of Human Resources. The 401(k) and 457(b) plans allow you to choose whether to make pre-tax, Roth, or both types of contributions. If you have ever participated in the PST program, you may already have a 457 plan established with Savings Plus that you can continue contributing towards.

CSU employees are entitled to complimentary one-on-one consultations with a Savings Plus Retirement Specialist. Schedule your appointment by calling (855) 616-4776 or by visiting their website. For more information, visit your campus benefits office or go to savingsplusnow.com.

Please note that combined contributions to the 401(k) and the California State University System 403(b) plans cannot exceed \$23,500 annually. Additionally, combined contributions to the 457(b) plan and Part-Time, Seasonal, and Temporary (PST) Plan cannot exceed \$23,500 annually.

UPDATE YOUR BENEFICIARY INFORMATION

When was the last time you checked your designated beneficiaries?

Open Enrollment is the ideal time to review your beneficiary designations. Please review them to ensure your information is current.

Final Pay Warrant

Campus Payroll Office

Retirement

CalPERS calpers.ca.gov

403(b) Supplemental Retirement Plan

Fidelity Investments netbenefits.com/calstate

Any other CSU 403(b) Legacy Vendor(s)

Employer-Paid Basic Life Insurance and Accidental Death & Dismemberment (AD&D)

The Standard standard.com/mybenefits/csu

Voluntary Life Insurance, AD&D, Critical Illness and Accident Insurance

The Standard standard.com/mybenefits/csu

401(k) and 457

Savings Plus savingsplusnow.com

FREQUENTLY ASKED QUESTIONS

1. What is Open Enrollment?

The Open Enrollment period is the time each year when all employees can enroll in benefits coverage or change their current benefits coverage for the upcoming calendar year.

2. What are the Open Enrollment dates this year?

The Open Enrollment period for benefits is September 15 through October 10, 2025.

3. Who is eligible to participate?

Active employees with appointments that exceed six months and one day, with a time base of at least .50.

Academic-year lecturers and coaches are eligible for benefits if appointed for a minimum of one semester or two consecutive quarters with a time base of .40 or greater.

Employees who do not meet eligibility requirements listed above may qualify for health care under the Affordable Care Act (ACA).

Employees who do not meet the eligibility criteria above may still be eligible to enroll in many of the voluntary plans (HCRA, DCRA, auto, home and renters insurance, pet insurance, the legal plan, or the 401(k), 457 and 403(b) plans).

4. Do all current eligible employees need to enroll or re-enroll for benefits during Open Enrollment?

Your current benefits elections (except for dependent care and health care reimbursement accounts) will roll over to the 2026 plan year. You must re-enroll in the flexible spending accounts every year.

5. What is a flexible spending account?

Flexible Spending Accounts (FSAs) allow you to set aside money—tax-free—then use that money when you have certain everyday expenses, such as costs related to child care and health care. CSU offers you two FSAs: The Healthcare Reimbursement Account and the Dependent Care Reimbursement Account. You must enroll (or re-enroll) in the flexible spending accounts annually to participate.

6. What is the effective date of my new benefit choices?

The new benefit choices are effective January 1, 2026.

7. How do I find out if my doctor participates in CalPERS health plans?

Visit calpers.ca.gov to access the Health Plan Search by ZIP Code tool to find doctors or medical groups in your search.

Information is subject to change on a weekly basis. Before making any plan changes, contact the doctor or health plan to confirm availability.

8. What happens if I miss the Open Enrollment period or if I fail to enroll during my first 60 days of employment as a new hire?

If you have not previously been enrolled in health coverage through CSU and have not provided proof of other coverage, HIPAA offers two provisions—Special Enrollment and Late Enrollment—for employees and their eligible family members to enroll in a CalPERS health plan outside of the initial enrollment period and the Open Enrollment period.

Special enrollment must be requested within 60 calendar days of one of the following qualifying events:

- Loss of other non-CalPERS coverage.
- Marriage/registered domestic partnership.
- Birth/adoption.
- Court-ordered coverage.
- Divorce/termination of registered domestic partnership.

Late enrollment allows an employee to request enrollment if they declined or canceled enrollment for themselves or their eligible dependents, and the special enrollment exceptions do not apply.

Late enrollment is applied as follows:

- A 90-day waiting period is required.
- The effective date of enrollment will be the first of the month following the 90-day waiting period after required documentation has been provided to the campus benefits office.

Employees on leave of absence during Open Enrollment may change plans and add/delete dependents. Employees who do not change plans and add/delete dependents during the Open Enrollment period may do so within 60 days of the date they return to regular pay status.

9. Who do I contact with additional questions?

Please direct any questions to your campus benefits office.

QUESTIONS?

Direct any Open Enrollment questions to your local campus benefits office. For additional information regarding benefit providers' telephone numbers and websites, visit calstate.edu/openenrollment.

ABOUT THIS GUIDE

This guide describes the benefit plans available to you as an employee of the California State University. The details of these plans are contained in the official Evidence of Coverage (EOC) booklets or plan documents. This guide is meant to cover only the major points of each plan. It does not contain all of the details that are included in the EOC or official plan documents. If there is ever a question about one of these plans, or if there is a conflict between the information in this guide and the formal language of the EOC or official plan documents, the formal wording in the EOC or official plan document will govern.



401 Golden Shore, Long Beach, CA 90802-4210 | calstate.edu