

Open enrollment for health insurance

Monday, Oct. 28 - Friday, Nov. 8

Benefits-eligible employees can enroll or change health insurance coverage and update dependent information for 2025 during annual open enrollment for health insurance and benefits.

Attend an online info session

Learn more about insurance plans and ways to maximize your benefits at an info session. Zoom links are posted at: oregonmetro.gov/openenrollment

General benefit information

Tuesday, Oct. 29, 10 to 11 a.m.

Thursday, Oct. 31, 2 to 3 p.m.

Monday, Nov. 4, 10 to 11 a.m.

Wednesday, Nov. 6, 2 to 3 p.m.

High deductible health plan information

Wednesday, Oct. 30, 2 to 3 p.m.

Tuesday, Nov. 5, 10 to 11 a.m.

Learn more

Plans, rates, benefit handbook, ePortal how-to and info session Zoom links at: oregonmetro.gov/openenrollment

Questions?

503-797-1570

benefits.help@oregonmetro.gov



Only scan QR codes from trusted sources.



Enrollment checklist

Have changes? Review options and update enrollment.

No changes? Review your current benefits online in the ePortal Self service tool. If you make no changes you will automatically be re-enrolled in your current plan.

- ✓ **Attend an information session**
- ✓ **Review medical, dental and vision coverage**
What coverage do you need for you and your dependents?
- ✓ **Is dependent information current and correct?**
- ✓ **Review voluntary benefit coverage**
Is it time to start additional coverage? Options include Life insurance, AD&D, Short term disability, Critical Illness, Hospital care and Accidental Injury and Met Life legal services.
- ✓ **Enroll or re-enroll in a tax advantage spending account**
Save money on taxes by enrolling in a medical, dependent care or transportation/parking spending account. Re-enrollment is required each year.
- ✓ **Confirm your beneficiaries are up-to-date on all plans**
401K, 457, Life Insurance, PERS, HSA
- ✓ **Did you sign-up for a High Deductible Health Plan?**
Make sure to also enroll in the required Health Savings Account. Re-enrollment is required each year.
- ✓ **Submit all forms online by Friday, Nov. 8, 2024.**