



Office of
Human Resources

2024 Employee Open Enrollment

Benefits Voyage



October 9 –
October 27, 2023

Featured 2024 Open Enrollment Events

Learn about events offered by the Office of Human Resources (OHR) and insurance plan representatives to support you through the 2024 Open Enrollment period. To view the complete schedule, register and access meeting links, visit the “Events” page at www.montgomerycountymd.gov/OE (available beginning 10/9/2023).

Virtual Events Hosted by the Office of Human Resources (OHR) Health Insurance Team

Ten-Minute Virtual One-on-One Appointment with an OHR Health Insurance Team Member

Date and Time: Every Tuesday and Thursday from 10 am – Noon and 1 – 3 pm throughout Open Enrollment.

Event Description: Sign up for a 10-minute virtual one-on-one session to speak privately with a member of OHR’s Health Insurance Team.

Registration: Advanced registration required. Timeslots are limited. The deadline to register is 5 pm the day before the session.

OHR Health Insurance Team Virtual Office Hours

Date and Time: Offered weekly during various dates/times throughout Open Enrollment.

Event Description: Discuss your general questions with members of the OHR Health Insurance Team during weekly Virtual Office Hours. Office Hours is hosted in a virtual group setting. If your questions will reveal any protected health information, please sign up for a 10-minute One-on-One session instead (see above).

Registration: No registration required.

Self-Service Benefits Demo

Date and Time: October 11, 2023, Noon – 1 pm

Event Description: Not sure how to make your Open Enrollment elections online? This virtual demonstration will walk you step-by-step through how make enrollment changes in self-service benefits, like changing plans or enrolling or deleting dependents.

Registration: No registration required.

How to Pick a Medical Plan

Date and Time: October 11, 2023, 1 - 2 pm

Event Description: Not sure which medical plan to choose? This virtual seminar provides an overview of the County’s four medical plans, including a detailed comparison. The presentation will end with a Q&A session.

Registration: No registration required.

Flexible Spending Accounts (FSAs)

Date and Time: October 11, 2023, 2 – 3 pm

Event Description: Interested in saving money? OHR will teach you all you need to know about Flexible Spending Accounts (FSAs) and explain the favorable tax-savings opportunities associated with FSAs.

Registration: No registration required.

Elimination of the High Rx Plan for MCGEO & FOP Employees

Date and Time: October 16, 2023, 2 – 3 pm

Event Description: Join this session to gain a better understanding of why the Caremark High Option prescription plan was eliminated, as well as an overview of your Caremark Standard Option prescription plan for 2024.

Registration: No registration required.

Virtual Events Hosted by LiveWell

Cooking Demo: Kitchen Hacks & Meal Prep

Date and Time: October 17, 2023, Noon – 1 pm

Event Description: Join LiveWell as you navigate towards a healthier you. Tune in for a virtual cooking demonstration to learn kitchen hacks and meal prep tips.

Registration: Advanced registration required.

Webinar: Revitalize Through Creative Expression

Date and Time: October 18, 2023, 1 – 2 pm

Event Description: Tap into your creative side by learning ways to utilize the arts (music, dance, visual, and expressive) to rejuvenate your body and your mind. This session is interactive and will involve movement, music creation, journaling, and drawing. The only items needed are a pencil/pen and paper.

Registration: Advanced registration required.

Open Enrollment Themed DJ Dance Party

Date and Time: October 19, 2023, 4 – 5 pm

Event Description: Join LiveWell and the Health Insurance Team for a fun and interactive virtual Open Enrollment dance party! Get ready to dance your stress away with some great music from our DJ. Request your favorite songs and be ready to turn on your cameras for raffle and participation prizes!

Registration: Advanced registration required.

Virtual Events Hosted by Insurance Plan Representatives

Specific Insurance Plan Presentations

Date and Time: Various Dates/Times Throughout Open Enrollment.

Event Description: Insurance plan representatives will present information about the specific plans available through Montgomery County Government (MCG). You will also have a chance to speak with insurance plan representatives to have your questions answered at the end of the presentation.

Registration: No registration required.

Virtual Benefit Fair Vendor Q&A Sessions

Date and Time: October 18, 2023, 11 am – 1 pm.

Event Description: Insurance plan representatives will be available for Question and Answer (Q&A) sessions held via Zoom breakout rooms. Once you join the Zoom meeting, you can go from room to room to ask insurance plan representatives your plan-specific questions. Pop in or out of the Q&A sessions anytime during the event.

Registration: No registration required.

Pre-recorded Open Enrollment Presentations: Watch Online Anytime

Plan-specific Pre-recorded Open Enrollment Presentations

Date and Time: Recorded presentations are available to watch 24/7.

Event Description: Explore detailed plan overviews whenever is most convenient for you. These online presentations include an overview of the applicable plan and detailed information on the unique value-added resources and programs provided.

Registration: No registration required.