



EMPLOYEE BENEFITS OPEN ENROLLMENT



Featured 2026 Open Enrollment Events

Learn about events offered by the Office of Human Resources (OHR) and insurance plan representatives to support you through the 2026 Open Enrollment period (October 6 – October 24, 2025, at 5 pm). To view the complete schedule, register and access meeting links, visit the “Events” page at www.montgomerycountymd.gov/OE (available beginning 10/6/2025).

In-Person Events	
OHR Mini Fair: Health, Wellness, and Growth October 14, noon – 2 pm DOT Bus Depot Employee Lounge, 16700 Crabbs Branch Way, Derwood	
Open Enrollment Benefits Fair October 15, 11 am – 2 pm Executive Office Building Lobby & Auditorium, 101 Monroe Street, Rockville	
OHR Mini Fair: Health, Wellness, and Growth October 21, noon – 2 pm Public Safety Headquarters, Lobby Conference Rooms, 100 Edison Park Drive, Gaithersburg	
Virtual Information Sessions and Presentations (Registration required unless noted otherwise)	
Understanding the Different Types of Life Insurance & How Much You Need October 9, 11 am – Noon	Kaiser Medical October 15, 3 – 4 pm
CareFirst Medical October 13, 11 am – Noon	How to Pick a Medical Plan October 16, 11 am – Noon
EyeMed Vision October 14, 10 – 11 am	Advantages of Flexible Spending Accounts October 16, 1 – 2 pm
UnitedHealthcare Medical October 14, 2 – 3 pm	Cigna Dental October 20, 11am – Noon
Caremark Rx October 14, 3 – 4 pm	OHR Virtual Office Hours (Group Setting) October 24, 1 – 4 pm <i>No registration required</i>
Private Virtual Appointments	
OHR 1:1 Sessions (10-Minute Private Appointments) Tuesdays and Thursdays during Open Enrollment from 10 am – Noon and 1 – 3 pm. Available on first come, first served basis.	
Recorded Informational Presentations (Available Anytime)	
Each of the MCG insurance carriers also offers a recorded video presentation to help you learn more about your options. Access videos 24/7 at www.montgomerycountymd.gov/OE (available by 10/06/2025).	

See the next page for event details.

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

In-Person OHR Mini-Fair: Health, Wellness and Growth

Date and Time: October 14, 2025, noon – 2 pm.

Location: DOT Bus Depot, Employee Lounge, 16700 Crabbs Branch Way, Derwood, MD 20855

Registration: No registration required.

Event Description: Speak with OHR's Health Insurance to address your Open Enrollment questions. Participate in fun wellness activities like making your own pasta salad in a jar and learning about educational tips to keep you healthy at LiveWell's nutrition booth and building immunity education table. Connect with the Professional Learning & Development team to discover resources to advance your career or enhance your skills. Plus, [make an appointment](#) in advance to receive a free flu shot from Occupational Medical Services. All benefits-eligible MCG employees are welcome!

In-Person Open Enrollment Fair

Date and Time: October 15, 2025, 11 am – 2 pm.

Location: EOB (Executive Office Building) Lobby Auditorium, 101 Monroe Street, Rockville, MD 20850.

Registration: No registration required.

Event Description: Connect with OHR's Health Insurance Team members and MCG's health plan representatives to address your Open Enrollment questions, learn more about your benefit plan choices, pick up giveaway items from vendor booths and earn a chance to win raffle prizes. Participate in fun wellness activities like chair massages and mindful bracelet making! [Make an appointment](#) with OMS to get your flu shot at the event. Learn about resources to advance your career or enhance your skills with programs offered through OHR's Professional Learning & Development team and the libraries. Find out how you can access the County fitness centers and pools through Recreation. Learn about DOT's Get-In and Capital Bike-share programs. And more! All benefit-eligible MCG and participating agency employees are welcome!

In-Person OHR Mini-Fair: Health, Wellness and Growth

Date and Time: October 21, 2025, noon – 2 pm.

Location: Public Safety Headquarters, 1st Floor Conference Room, 100 Edison Park Drive, Gaithersburg, MD 20878

Registration: No registration required.

Event Description: Speak to OHR's Health Insurance Team members to address your Open Enrollment questions. Participate in fun and healthy wellness activities like fitness Jenga, make your own apple nachos or learn more about how to optimize your glucose and get an A1C screening. Learn about resources to advance your career or enhance your skills with programs offered through OHR's Professional Learning & Development team. Plus, [make an appointment](#) in advance to receive a free flu shot from Occupational Medical Services. All benefits-eligible MCG employees are welcome!

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.

See the next page for more event details.

Understanding the Different Types of Life Insurance & How Much You Need

Date and Time: October 9, 11 am - noon

Event Description: OHR will review basic life insurance and optional life insurance, when it reduces and how to determine how much you need. If you have questions or need clarification, attend this virtual Q&A session.

Registration: Advanced registration required.

How to Pick a Medical Plan

Date and Time: October 16, 2024, 11 am – Noon

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: Advanced registration required.

Advantages of Flexible Spending Accounts (FSAs)

Date and Time: October 16, 2024, 1 – 2 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: Advanced registration required.

OHR Health Insurance Team Virtual Office Hours

Date and Time: Offered the last week of Open Enrollment on Friday, October 25 from 1 – 4 pm.

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.

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: Advanced 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.