

Action Guide 2023

Open Enrollment:
October 25th – November 8th

What's Changing in 2023?

- The Cigna benefits are unbundling! This means you can elect different coverage levels for medical, dental, and vision.
- Cigna Dental – The plan annual maximum is increasing to \$2,000 per member and our orthodontia lifetime maximum is increasing to \$1,500 per eligible child.
- Cigna Vision – The exam copay is decreasing to \$10, the frames allowance is increasing to \$150, and the elective contact lenses allowance will increase to \$130.
- Life and Disability Benefits – These benefits are moving to Sun Life with no plan design changes.
- NEW! We are adding Voluntary Life and AD&D coverage for you and your eligible dependents to enroll in for additional protection.
- NEW! Voluntary Products – We will be offering voluntary accident, critical illness, and hospital indemnity coverage options through Sun Life.



This will be an **active** enrollment; this means you **must** enroll or waive coverage by November 8th, noon MT in [ExponentHR](#). If you do not take action, you will not be enrolled in benefits for 2023 and will have to wait for the next open enrollment period.

What do I need to do?

- **Make your 2023 benefit elections in ExponentHR by noon MT on November 8th, 2022** (to avoid not having benefits in 2023)
- Attend the open enrollment session on October 25th or view the recording if you cannot attend the live session
- Review and update your beneficiary information to ensure you have the right loved ones listed (required even if waiving all benefits)
- Review 2023 benefits guide to determine which benefits are right for you and your family
- Review and update personal info in [ExponentHR](#) as needed