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# Uplift Oregon

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## Are you ready for open enrollment 2024?

It's that time again! Every year state employees like you are required to make decisions about your benefits for the coming year, including whether you want to change your healthcare plan. It is called "open enrollment" and for 2024 it begins **Sunday, October 1 and ends Tuesday, October 31, 2023**. Uplift Oregon, your agency's training partner, will host workshops to guide you through the open enrollment process and highlight potential changes in your benefits options. [Learn more about Open Enrollment events and schedules.](#)

### NEW FOR 2024! Virtual Town Hall:

Ask questions live, with an expert from all carriers including Kaiser Permanente, Providence, MODA, VSP, Paid Leave Oregon, Willamette Dental, and more! There will be a quick introduction from presenters, and an overview of Open Enrollment, after which participants will enter breakout rooms for live Q&A from carriers. We recommend this format for those who have specific questions and are interested in shopping around for carriers. [Visit the event page to download materials for this town hall.](#)

- September 27, 2023, 12pm-1:30pm

[Register Here for Town Hall](#)

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## **Workshops:**

Intended to be a low barrier opportunity for state workers to learn about changes from Providence, MODA, and Kaiser. Information is presented back-to-back so that you get a bird's eye view of the upcoming changes and make decisions that fit best your wants and needs. After attending the Open Enrollment workshop, we recommend pairing with the e-learning tool (available October) that may offer more detailed information.

- Wednesday October 11, 2023, 12pm - 1pm
- Wednesday October 25, 2023, 12pm – 1pm

[Register Here for Workshops](#)

## **E-learning Tool:**

Back by popular demand! Comprehensive and accurate information about potential carriers at your fingertips! This self-guided tool is ideal for those who want to go their own speed, or for those who may have issues with consistent internet. We recommend state workers to this tool if you still have questions or need clarity after attending a workshop or the town hall.

- October 2023 – September 2023

[Notify Me When the Tool Becomes Available](#)

## ***Accommodations Available***

Everyone has a right to know about and use Uplift Oregon's programs and services. Uplift Oregon provides free help. Some examples of the help Uplift Oregon can provide are captioning, sign language and spoken language interpreters, written materials in braille, large print, audio, and other formats, all free of cost. If you need help or have questions, please contact us at (503) 305-5148, 711 TTY, or [uplift.oregon@risepartnership.com](mailto:uplift.oregon@risepartnership.com) at least 5 business days prior to the workshop.

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### *Put Money in Your Pocket by Attending Uplift Open Enrollment Events*

If you are enrolled in PEBB benefits by September 1, attending an Uplift Oregon open enrollment workshop counts as a HEM (Health Engagement Model) activity. That means more money in your pocket. [You can read more about HEM benefits here.](#)

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## Contact Us

Uplift Oregon provides quality educational resources so that state employees contribute to—and benefit from—a healthy, inclusive, and empowering workplace.

If you have any questions, please contact us at [uplift.oregon@risepartnership.com](mailto:uplift.oregon@risepartnership.com), or visit [upliftoregon.org](http://upliftoregon.org) to sign up to stay in communication with us.

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