

May 2025

# Health Highlights

## FY2026 open enrollment is here!

Open enrollment for medical, dental and FSA benefits for employees continues until Friday, May 16! Now is the time to review and, if needed, make any changes to your benefits for next year. As a reminder, the plan year starts July 1, and runs through June 30.

If you're not sure where to start, check out the open enrollment to-do list on the Office of Group Insurance website at [ogi.idaho.gov/open-enrollment](https://ogi.idaho.gov/open-enrollment). There you'll find links to 2026 rates, plan documents and a recorded webinar from Regence for a deep dive on medical benefits.

If you take no action, you will automatically be renewed into your current medical plan. However, employees with an FSA must take action to re-enroll and update elections during open enrollment.

## Challenge yourself with Regence Empower

### May Webinar: Health Myths & Facts, Mental Health Edition

When it comes to health, you can't always believe what you hear. In this webinar, Regence medical experts will debunk common mental health myths and share insights for supporting yourself and others. Join the conversation on **Thursday, May 15, at 12:30 p.m. MT** to learn more. Don't wait, [register here!](#)

## Important Insurance Terms

To get the most out of your medical coverage, it's important to understand all the terminology that comes with it. Each month, we'll share important insurance terms so you can start building your insurance vocabulary.

**Subscriber:** An individual who enters into the agreement with the insurance company. The subscriber is responsible for paying the plan premiums and can enroll eligible dependents under a family contract.

## May is mental health awareness month

State of Idaho members have access to a variety of behavioral health resources and treatment options. You can easily search for local in-network mental health professionals by using the Find a Provider search tool in your Regence member portal. However, if you find yourself waiting weeks or even months to be seen, we recommend looking into your options for virtual behavioral health support. Here are just a few of the options you have when it comes to virtual mental and behavioral health care:

- **Doctor on Demand** is your go-to for virtual behavioral health and primary care. This is a great place to start for those who need support with anxiety, depression or stress management.
- **AbleTo Therapy+** offers a more in-depth, eight-week series of one-on-one therapy with digital support for ages 18 and up.
- **Charlie Health** offers an Intensive Outpatient Program treating teens and young adults from the comfort of home.
- **Equip** provides treatment for all eating disorders for ages 6 and up.
- **NOCD** specializes in the treatment of obsessive-compulsive disorders for ages 6 and up.
- **Talkspace** specializes in counseling for general behavioral health needs for ages 13 and up, and psychiatry/medication management for ages 18 and up.

For more details about virtual behavioral health, or to search for in-person providers, log in to your member portal at [regence.com](https://www.regence.com) or contact Regence Customer Service at 1-800-854-5585.