



Open Enrollment 2026

Dates: October 6–31, 2025

For: Benefits Changes Starting January 1, 2026

Review

- Check your current benefits enrollments at my.wisc.edu (click on **My Insurance Benefits**).
- Attend the [Benefits 2026: What You Need to Know](#) presentation.
- Make sure your providers will be in network next year (health/dental/vision).
- See new insurance prices on the Universities of Wisconsin website: wisconsin.edu/benefits-enrollment.

Decide

- You must **enroll every year** if you want to **start or continue these benefits**:
 - ☐ Medical Opt-Out Incentive
 - ☐ Health Savings Account (HSA)
 - ☐ Limited Purpose Flexible Spending Account (LPFSA)
 - ☐ Health Care Flexible Spending Account (Health Care FSA)
 - ☐ Dependent Day Care Flexible Spending Account (Dependent Care FSA)
- You can enroll, change, or cancel:
 - ☐ State Group Health Insurance with or without Uniform Dental (preventive dental)
 - ☐ Preventive Dental (stand-alone plan available to those not enrolled in State Group Health)
 - ☐ Supplemental Dental (major/restorative dental coverage only)
 - ☐ Supplemental Vision
 - ☐ Individual and Family Group Life Insurance
 - ☐ Accident Plan
 - ☐ Accidental Death & Dismemberment (AD&D) Insurance
 - ☐ Flexible Spending Accounts (FSA) – Health Care, LPFSA, Dependent Care

Enroll

- You will need a **My Benefits account** to use the benefits enrollment system. If you have not yet set up an account, see [Set Up Account in My Benefits](#) for instructions.
- Log into [Workday](#), then go to Personal > Benefits and Pay > Suggested Links > My Insurance Benefits.
- Log into **My Insurance Benefits** using your My Benefits credentials. Then, review your current benefits and dependents and enroll before the deadline (**October 31, 2025, 4:30 p.m.**).
- If you add your spouse or dependent children to your benefits, when you enroll, you may be required to provide their full name, Social Security Number, date of birth, and documentation (marriage certificate for your spouse or birth certificates for your dependent children).

Learn more at benefits.wisc.edu/2026.