



# Arriving This Fall

## Watch Your Mailbox:

Option transfer information and deadlines will be mailed to you. Health insurance premium rates for 2020 should be available from your Health Benefits Administrator in November or December.

## For Employees Of Participating Employers:

Look for 2020 NYSHIP health insurance information, including Empire Plan and NYSHIP HMO benefit details, on NYSHIP Online at [www.cs.ny.gov/employee-benefits](http://www.cs.ny.gov/employee-benefits).

*Health Insurance Choices for 2020* explains the Option Transfer Period and the benefit plans available under NYSHIP for the upcoming year. Ask your Health Benefits Administrator for a copy of the *Choices* booklet, or view it on NYSHIP Online.

