

Are you thinking about changing your NYSHIP health plan in 2025?

Scan the QR Code with your mobile device for quick access to option transfer-related tools, resources and instructions.



# ARRIVING THIS FALL

## WATCH YOUR MAILBOX:

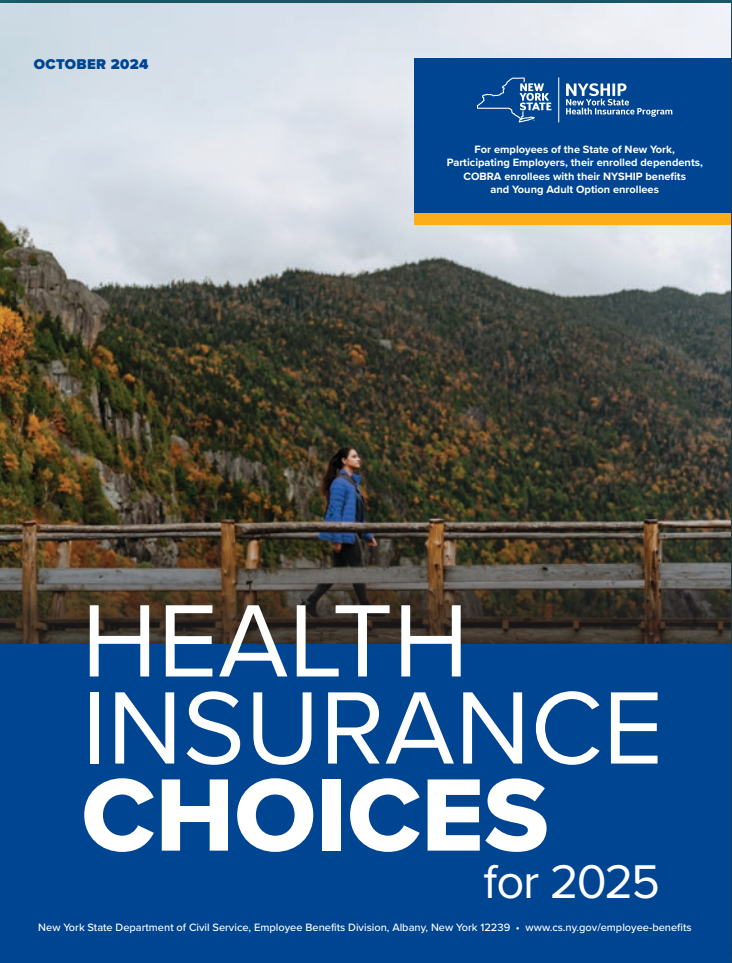
Option transfer information and deadlines will be mailed to you.

Health insurance premium rates for 2025 should be available from your Health Benefits Administrator in November or December.

## FOR EMPLOYEES OF PARTICIPATING EMPLOYERS:

Look for 2025 NYSHIP health insurance information, including Empire Plan and NYSHIP HMO benefit details, on the NYSHIP website at [www.cs.ny.gov/employee-benefits](http://www.cs.ny.gov/employee-benefits).

*Health Insurance Choices for 2025* explains the Option Transfer Period and the benefit plans and programs available under NYSHIP for the upcoming year. Ask your Health Benefits Administrator for a copy of the *Choices* booklet, or view it on the NYSHIP website.



**NYSHIP**  
New York State  
Health Insurance Program

