


**CHUNK &
ORGANIZE**

**SPACED
REPETITION**

**CONNECT NEW
CONCEPTS TO
EXISTING
KNOWLEDGE**



OPEN ENROLLMENT IS COMING SOON

November 3–21, 2025

READ THIS

Open Enrollment starts November 3 — and it's your chance to choose the benefits you want for next year.

KNOW THIS

You've got a brand-new medical plan option for 2026. → OAP-PPO 750. Plus, new benefits that pay a lump sum if you experience a covered injury or illness.

WATCH (OR LISTEN) TO THIS

We're making some big changes to your 2026

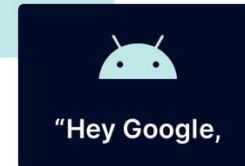
benefits. Press play ← this 2-minute video about those changes right now or revisit it between meetings, on your commute home, or while you're prepping dinner.



SAY OR DO THIS

Get a reminder in your calendar now.

ON YOUR PHONE



ON YOUR COMPUTER

[Add Open Enrollment to Outlook](#)

**HELP SET AN
INTENTION**

◀ **PLANT A FUTURE
ACTION SEED**

◀ **DIAGRAM**