

Instructions for Completing the Commonwealth of Virginia State Health Benefits Program Enrollment Form For Retirees, Survivors And LTD Participants



Initial Enrollment

- New Retirees must enroll within 31 days of their retirement. Coverage starts on the first day of the first full month of retirement. Failure to enroll within that time limit will forfeit the only opportunity to enroll in retiree group coverage.
- Eligible Survivors must enroll within 60 days of the date of the employee's or retiree participant's death.

During Open Enrollment

Non-Medicare Eligible Retirees, Survivors and LTD participants have the opportunity to enroll or make election changes to their plan during the annual open enrollment period. Such changes will be effective at the start of the new plan year (July 1st). **Completed forms must be signed and postmarked no later than May 29, 2026.**

Life Events (Qualifying Mid-Year Events)

Certain life events (qualifying mid-year events) permit specific election changes outside the Open Enrollment period, including changes to your plan and membership. Your request must be submitted within 60 calendar days of the event. In most cases, the change will be effective the first day of the month following receipt of this form. HIPAA Special Enrollments allow the addition of all eligible family members.

IMPORTANT!

- This form must be signed by the Enrollee (Retiree, Survivor or LTD participant). Forms signed by others, including family members, will not be accepted.
- Be sure to keep a copy of this form for documentation of your request for enrollment or change.
- Review your election(s) carefully. Once your election goes into effect, it may not be changed except as allowed under the policies of the Department of Human Resource Management. Retroactive plan changes are not allowed.

IF YOU ARE USING THIS FORM TO...	COMPLETE PART(S) ...
<ul style="list-style-type: none"> • Enroll in plan that coordinates with Medicare • Enroll in Non-Medicare State plan • Enroll in <i>combination</i> of plans above • Change plans and/or type of membership • Make an Open Enrollment change (non-Medicare participant only) • Waive or cancel participation in the State Health Benefits Program • Waive existing coverage in VSDP/LTD due to open enrollment or a life event (qualifying mid-year-event), or cancel VSDP/LTD coverage • Enroll in Extended Coverage/COBRA • Change your address 	<p>A, B, C, E A, B, D, E A, B, C, D, E A, B, C and/or D, E A, B, D, E F A, F</p> <p>Use your Election Form, part of your Election Notice. A, E</p>
IF YOU ARE A...	SEND COMPLETED FORM TO ...
<ul style="list-style-type: none"> • New Retiree or New Survivor of Active State Employee • New VSDP or other LTD Participant 	The Employing Agency's Benefits Administrator
<ul style="list-style-type: none"> • Current VRS Retiree or Survivor* • Current VSDP/LTD Participant* <p><i>* Including dependents who have separate plans from the Enrollee</i></p>	<p>Virginia Retirement System P.O. Box 2500 Richmond, VA 23218-2500</p>
<ul style="list-style-type: none"> • All Other Retirees, Survivors, or LTD Participants (Optional Retirement Plan, Local Retiree, etc.) 	Your former Agency's Benefits Administrator

