A Guide to Changing Your Health Coverage

If you’re a retiree who needs to make a change to your health coverage during Open Enrollment, follow these instructions to make changes online. To cancel your health coverage, call 888 CalPERS (or 888-225-7377).

1. Visit my.calpers.ca.gov to access your my|CalPERS account. Select Participant then Continue to log in or register.

2. Log in to your my|CalPERS account or register at my.calpers.ca.gov.

3. Select Open Enrollment under the Health tab.

4. Select the Change Health Benefits button at bottom of screen.

5. Select desired radio button and follow instructions to:
   - Change your medical plan
   - Remove or add dependent