

Health literacy

Health literacy: Know your benefits. Know your options.

Health literacy means having the knowledge and confidence to understand your health and using that information to guide your care. It includes knowing what preventive care you may need, how your benefits work and where to turn when you need support. **USG Open Enrollment is October 26 – November 6**, giving you an opportunity to put knowledge into practice by reviewing your benefit options and considering which benefits best support your health and well-being.

How to get more from your next healthcare appointment

Taking time to prepare for an appointment with your healthcare provider can help you make the most of your time together and lead to a more productive conversation about your health. This checklist will help you prepare questions about preventive care and diagnostic care. Kaiser members can find additional preventive care information [here](#).

[View checklist](#)

Mental Moment



Simple tips for Open Enrollment

Open Enrollment is your annual opportunity to review and update your benefits for the coming year. Plan now to take a fresh look at your plans and consider how your family's healthcare needs and budget may have changed. These simple tips share what to consider before you enroll.

[Get enrollment tips](#)

USG in Action



Get to know your benefits before Open Enrollment

The best time to learn about your benefits is before you need to use them. Explore your USG benefits now so you're ready to make informed choices when USG Open Enrollment begins on October 26.

[Learn more](#)

Join us for live USG Well-being events

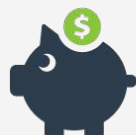
Register now to attend these upcoming events focused on...



Your Health



Your Mind



Your Finances



Our Community

OCTOBER 6

Myth busting: Healthcare expenses by TIAA at 12 p.m. ET

OCTOBER 7

Working with Your Healthcare Provider by Kaiser at 12 p.m. ET

OCTOBER 16

Tapping into Calm: Somatic Stress Management Tools by Georgia Tech at 12 p.m. ET

OCTOBER 20

Your College Savings Options by Fidelity at 12 p.m. ET

OCTOBER 20

Getting the Most from Your EAP (EAP 101) by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

OCTOBER 22

Empower Your Team: EAP Basics for Supervisors by Acentra Health at 10 a.m. ET ([Add to Calendar](#))

2027 Retirement Program Updates by University System Office at 10 a.m. ET

OCTOBER 26

USG OPEN ENROLLMENT BEGINS

OCTOBER 28

Doc Talk 101: Understanding Your Provider Visit by University System Office at 12 p.m. ET



[Visit the Events Calendar for upcoming events.](#)

Explore the [USG Well-being website](#) for more information.