

26 Wellness Webinars in 2026

October Wellness Webinars



Get Healthy, Get Rewarded: Your Guide to NYS HMO Wellness Perks

Wednesday, October 7, 12:00 PM - 12:30 PM

Presenter: Linda Carignan-Everts, Wellness Coordinator, Office of Employee Relations

Did you know your NYSHIP HMO can pay you back for staying active and healthy? Beyond standard doctor visits, NYSHIP HMO plans (Independent Health, CDHPH, MVP, Emblem, Highmark, and Excellus) feature wellness programs designed to keep you thriving while putting money back in your pocket. This interactive session breaks down your options into plain language so you can start capitalizing on your benefits immediately.

New NYS Health Insurance Program Benefits for 2027

Wednesday, October 21, 12:00 PM - 12:30 PM

Presenter: Emily Lang Anastasio, NYS Department of Civil Service, NYS Health Insurance Program (NYSHIP) Communications Manager

Do you have questions on how the Empire Plan might be changing this coming year? Join NYSHIP Communications Manager Emily Lang Anastasio to learn about changes coming to the Empire Plan for settled groups (including PEF, CSEA, UUP, M/C, and Courts) in 2027.

Register on the Office of Employee Relations website or scan the QR code.



Wellness Webinars provide New York State employees and their families with expert-led education on health and wellness topics. Held twice per month, from 12:00 – 12:30 p.m. For more information and to register go to <https://oer.ny.gov/wellnys-everyday>.