OPEN ENROLLMENT
Oct. 9 – 27, 2023 | go.unc.edu/enroll

This is your annual chance to review and select your benefits options.

ONLINE
1. Log in to ConnectCarolina at connectcarolina.unc.edu.
2. Select “Self-Service” from the drop-down menu at the top.
3. Click on “My Benefits” tile.
4. Select “Benefits Enrollment” (on the left).
   Here you'll see the options for “State Enrollment Portal” and “UNC System Enrollment Portal.”
5. Click on the name of the portal to begin making your selections.

Use the State Enrollment Portal for:
- Health insurance
- Dental
- Vision
- Flexible Spending Accounts (FSAs)
- Accident
- TRICARE supplement
- Tobacco attestation

Use the UNC System Portal for:
- Group term life
- Accidental death & dismemberment
- Cancer
- Critical illness

BY PHONE
State Health Plan: Call the Eligibility and Enrollment Support Center at 855-859-0966, Mon.–Fri., 8 a.m.–10 p.m., and Sat., 8 a.m.–5 p.m.

UNC System Benefits: Call the UNC System Benefits Service Center at 833-862-1490, Mon.–Fri., 8 a.m.–5 p.m.

Be sure to make a note of your case number for your records.