

## 2026 BENEFITS OPEN ENROLLMENT

### Faculty and Staff Virtual Help Desk

#### WHAT

To help select the right benefit plans for you, the Human Resources Benefits Office is sponsoring an Open Enrollment Virtual Help Desk. The UCR Benefits Team will be available by email and telephone to answer any questions you have about the 2026 Open Enrollment.

#### WHEN

**Monday, November 3, 2025**  
**8:00 a.m. – 5:00 p.m.**

#### HOW

Contact us using the options below:

- Email: [benefits@ucr.edu](mailto:benefits@ucr.edu)
- Telephone: (951) 827-2636 or (951) 827-5086

[Visit the UCR 2026 Benefits Open Enrollment website.](#)