

WHAT'S NEW FOR 2024

ENROLLMENT TO-DOS

HOW TO ENROLL

Enroll

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The majority of your benefits, and what you pay for them, are not changing for 2024. Learn about the changes before enrolling.

Contributions for coverage. The contributions you make for 2024 medical coverage will increase slightly. This increase is to offset the rising cost of health care. Remember — if you've selected the Active Health Option, you may have money in your HRA to help cover out-of-pocket expenses.

New support for musculoskeletal health. Get connected with physical therapists through Hinge Health to help you manage pain, recover from an injury, or prepare for surgery. Through the [Hinge Health](#) app, you can review your exercises, communicate with your care team, and learn about your condition.

LGBTQ+ inclusive benefits. At New York Life, we're committed to building and supporting a diverse workforce representative of the communities we serve. To learn more about the benefits we offer to support LGBTQ+ colleagues and family members, read through the [LGBTQ+ Benefits Guide](#).

Looking for a breakdown of what you and New York Life contribute toward your benefits? Review your [Total Rewards Statement](#).



Prioritize your wellbeing all year

Start here...

- See how you can use your benefits to enhance your wellbeing — whatever that looks like for you! [See page 45.](#)
- Take healthy actions to earn money in your HRA, and use it to pay for eligible medical expenses. [See page 10.](#)