



Qualifying Life Events (QLE)

If you have a [qualifying life event \(/contacts-tools-resources/benefits-glossary/q/qualifying-life-event/\)](/contacts-tools-resources/benefits-glossary/q/qualifying-life-event/), you can make related changes to your benefits as long as you complete your enrollment, including submitting appropriate [documentation \(/media/1941/documentationrequirements1516.pdf?cb=18928\)](/media/1941/documentationrequirements1516.pdf?cb=18928), no later than 30 days from the event. If you add any dependents, you must submit all appropriate [documentation \(/media/1941/documentationrequirements1516.pdf?cb=18928\)](/media/1941/documentationrequirements1516.pdf?cb=18928) by the deadline given in the communications you receive from ["R"Dependent Verification Services](#).

If you have any questions, contact the "R"Benefits Service Center at 844-TRU-BENS.

Here's what you need to know and do when you experience one of the following qualifying life events:

- [What To Do When You Have A Qualifying Life Event \(/media/2068/what-to-do-if-you-have-a-qualifying-life-event-final.pdf\)](/media/2068/what-to-do-if-you-have-a-qualifying-life-event-final.pdf)
- [What Happens When You Get Married \(/media/2073/what-happens-when-you-get-married-final.pdf\)](/media/2073/what-happens-when-you-get-married-final.pdf)
- [What Happens When You Have A Baby/Adopt A Child \(/media/2072/what-happens-when-you-have-a-baby-or-adopt-a-child-final.pdf\)](/media/2072/what-happens-when-you-have-a-baby-or-adopt-a-child-final.pdf)
- [What Happens When You Have an Address Change \(/media/2071/what-happens-when-you-have-an-address-change-final.pdf\)](/media/2071/what-happens-when-you-have-an-address-change-final.pdf)
- [What Happens When You Get a Divorce \(/media/2070/what-happens-when-you-get-a-divorce-final.pdf\)](/media/2070/what-happens-when-you-get-a-divorce-final.pdf)
- [What Happens When You End a Domestic Partnership \(/media/2069/what-happens-when-you-end-a-domestic-partnership-final.pdf\)](/media/2069/what-happens-when-you-end-a-domestic-partnership-final.pdf)
- [\(/media/2067/what-happens-when-you-terminate-employment.pdf?cb=13920\)](/media/2067/what-happens-when-you-terminate-employment.pdf?cb=13920)
- [What Happens When You Terminate Employment \(/media/2088/what-happens-when-you-terminate-employment.pdf\)](/media/2088/what-happens-when-you-terminate-employment.pdf)

Employee Assistance Program (EAP)

Any type of change can add a new level of stress to your life—even the exciting changes. The ComPsych® GuidanceResources® Program (EAP), staffed by experienced clinicians, provides free resources and help to team members and their family members who are making transitions. [Learn more \(/time-away-other-benefits/employee-assistance-program-eap/\)](/time-away-other-benefits/employee-assistance-program-eap/). (<http://www.rusbenefits.com/time-away-and-other-benefits/employee-assistance-program-eap>)

Helpful information for a healthy pregnancy

There is much to think about and do when you are planning to start a family or expecting a new baby. Kaiser Permanente wants to give parents-to-be piece of mind by offering helpful tools and information to assist in preparing for their exciting journey. Click [here](https://healthy.kaiserpermanente.org/health/care/lut/p/a0/DcdBCoAwDATAF8nevfUV2tyWEGLBpiUUwd_r3AaCExJ8mnO1EbZ_V7VYIvtM82DoiwMCMUnvRI2xKfUyzN7LB2o8Buo!/) (https://healthy.kaiserpermanente.org/health/care/lut/p/a0/DcdBCoAwDATAF8nevfUV2tyWEGLBpiUUwd_r3AaCExJ8mnO1EbZ_V7VYIvtM82DoiwMCMUnvRI2xKfUyzN7LB2o8Buo!/) to learn more on what to expect as parents before, during and after pregnancy.

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