

The City of Spokane

Weekly News Update for Nov. 1

Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.

Annual Benefits Open Enrollment Nov. 7 – 18, 2022

Mark your calendar! Open Enrollment is the one time of the year to make changes without experiencing a qualified event.

All changes made during Open Enrollment will be effective January 1, 2023. To view the 2023 Open Enrollment Booklet [click here](#).

If you have questions, please contact Employee Benefits via e-mail at eracb@spokanecity.org or via telephone at 509-625-6565.

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Annual Benefits Open Enrollment
November 7, 2022 - November 18, 2022**



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Look for additional Open Enrollment information coming soon!
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More Information to Assist You

Here are some more resources from our Employee Assistance Program:

[Stress and Your Health](#)

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

[Coping with Stress Without Smoking](#)

Stress is a normal part of life—in moderation it can help you reach your goals, but too much stress creates more problems. Managing stress is a key part of quitting smoking. [Click here](#) for a few ideas that you might find helpful.

Employee Information Portal (covid19.spokanecity.org/)

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.