

MAKE SMART BENEFIT DECISIONS:

ASK EMMA!

For help making informed benefit decisions, ask Emma, your benefits virtual assistant.



LET EMMA DO THE MATH FOR YOU!

Review and choose your
benefits for 2026 during
Annual Enrollment
Oct. 29 – Nov. 12, 2025.



View your rates.



Compare your options.



Choose the option that's
right for you.

To get started, go to myRRDbenefits.com to link to the enrollment site. Emma will guide you through the enrollment process by asking you a few simple questions, and she'll suggest options based on your responses and individual needs.