



2026 Hampton City Schools Open Enrollment



The 2026 open enrollment period kicks off with an in-person health & benefits fair on Wednesday, July 29 at the School Administration Center (1 Franklin Street, 1st floor conference room). The fair will take place from 8:00 to 12:00 p.m. and will offer opportunities for full-time employees to earn wellness incentive points and for all employees to meet with our benefit vendors. Come celebrate the start of the school year with giveaways and door prizes. Enrollment counselors will be onsite during the event for scheduled one-on-one benefit meetings. Appointment information for health fair activities are as follows:

InBody Scan (1,000 wellness points) - Employee Health & Wellness Center staff will be offering InBody scans during the health fair to all full-time and part-time employees. Appointments can be scheduled by calling the health center at (757) 315-8100. An InBody scan, also known as bioelectrical impedance analysis (BIA), is a non-invasive method for assessing body composition. It measures the amount of muscle, fat, and water in the body, providing a more detailed picture of your health than a standard scale. The InBody device uses a low-level electrical current to measure resistance in different body segments, which is then used to calculate the composition of fat, muscle, and water.

Mammogram (2,000 wellness points) - The Sentara Mobile Mammogram Unit will be parked alongside the building. Appointments are required and can be scheduled by calling Sentara at (757) 785-4138. Employees should bring their picture ID and their medical insurance card to their appointment. Insurance is required to have this service done at the event. However, the coverage does not have to be through Hampton City Schools.

Personal Health Assessment (1,000 wellness points) - Employee Health & Wellness Center staff will be providing PHAs for full-time employees during the fair. This is a required activity as part of our wellness incentive program and includes a fasting blood draw and vitals (blood pressure, height, weight, and waist circumference). Employees should call the HCS Employee Health & Wellness Center at (757) 315-8100 to schedule their appointment during this event.

Vaccines - The HCS Employee Pharmacy is offering vaccinations for COVID, Tdap (one dose recommended every 10 years), and Shingles (50+ years of age) to employees who are enrolled in an HCS medical plan as of the date of the health & benefits fair. Appointments are required and can be scheduled at <https://www.pickatime.com/client>

Employees will have through Friday, August 14 to make changes to their benefits for the upcoming plan year, which begins October 1. Employees can make their benefit election changes online through our bswift benefits enrollment system at <https://bswift.hampton.k12.va.us> or meet with an enrollment counselor who can assist them in making their elections through the bswift system. Employees wanting to meet with an enrollment counselor will need to schedule an appointment by going to www.myenrollmentschedule.com/hampton or by calling 1-866-998-2915. See below for the schedule for the enrollment counselors.

Make an appointment with an enrollment counselor today by going to www.myenrollmentschedule.com/hampton or calling toll free to 866-998-2915.

Open Enrollment Dates: July 29 - August 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		29 Health & Benefits Fair 8:00 - 12:00 SAC - 1st Floor Conference Room	30 SAC - 1st Floor Conference Room Side A	31 SAC - 1st Floor Conference Room Side A
3 Eaton - Library SAC - 1st Floor Conference Room Side A	4 SAC - 1st Floor Conference Room Side A	5 Kilgore - Library SAC - 1st Floor Conference Room Side A	6 SAC - 1st Floor Conference Room Side A	7 SAC - 1st Floor Conference Room Side A
10 Lindsay - Library SAC - 3rd Floor, HR Conference Room Syms - Library Tarrant - Library	11 Andrews - Library Bethel - Library Kecoughtan - Library	12 Jones - Library Phenix - Library SAC - 2nd Floor, PLTC Conference Room	13 Phoebus - Library Hampton - Room 139 SAC - 3rd Floor, HR Conference Room Transportation - Training Room	14 SAC - 1st Floor Conference Room Side A

Hampton City Schools does not discriminate on the basis of race, color, national origin, sex, disability, age or other protected classes in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Robbin G. Ruth, Executive Director of Human Resources • One Franklin Street, Hampton, VA 23669 • 757 727-2000

