Access NYSHIP Online

How To Access NYSHIP Online

Go to www.cs.ny.gov (New York State Department of Civil Service website)

Click on "State Employees" in top menu bar; select "Health Benefits" from drop-down.

First-time users will need to:

1) Select "I am a New York State Active Employee" and click Continue

2) Choose Management/Confidential (M/C); Legislature,

3) Select one: Empire Plan Enrollee, HMO Enrollee, or Dental and/or Vision Only Enrollee

4) Click Finish to go to the appropriate NYSHIP Online plan landing page.

* If you want to view other plans from landing page, click “Change Your Group” in top right of blue menu bar, and navigate from step (1) above.

Looking for the 2023 Choices booklet?

1. Go to www.cs.ny.gov
2. Select "State Employees," then "Health Benefits"
3. First-time users will need to select "I am a New York State Active Employee > Continue > Group = Management Confidential (M/C) Legislature > Empire Plan or HMO > Finish
4. Select "Health Benefits & Option Transfer"
5. Rates and Health Plan Choices
6. Select "Choices for 2023"

Looking for dental providers?

1. From the plan landing page, select "Dental Benefits"
2. Click "OK" to leave the NYSHIP Online website and go to Emblem Health dental provider search page.