



Questions and Answers (Q&A)

HR Liaison & MLS Live Event, September 16, 2022

The following questions were submitted by attendees during the September 16, 2022, HR Liaison & MLS Live Teams Event with OHR and MCTime. Answers were provided by subject matter experts.

Q: Where can I find more information about Flexible Spending Accounts (FSAs)?

You can visit the OHR Health Insurance Team's [FSA webpage here](#). Also, visit the Open Enrollment website at www.montgomerycountymd.gov/OE to find resources and sign up for virtual events where you can learn more about your FSA options.

Q: Where can I find more information about retirement planning for group insurance?

Visit the OHR Health Insurance Team's [Retirement Planning webpage here](#).

Q: Where can I find health insurance beneficiary forms?

Access [health insurance beneficiary forms here](#).

Q: How do I get a flu shot from OMS?

Flu shots are given by appointment only. Appointments are available Monday through Friday from noon to 3:30 pm while supplies last. Please visit OMS's flu vaccination webpage to learn more and sign up for an appointment: www.montgomerycountymd.gov/OMSFLUVAX.