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Now serving: Your new benefits plan year starts July 1 [1]

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CU Health Plan enrollees can expect some updated health plan features and costs when the new benefits plan year begins July 1.

Whether you decided to keep or update your health plans during Open Enrollment, there are changes you should know about.

Check your enrollment and submit required documents

- Prior to July 1, log in to the employee portal [3] to check your enrollment. Select the Benefits & Wellness tile and then select the Benefits Summary. Enter the effective date for next year's benefits — July 1, 2026.
- If you've added dependents to your plan, remember to submit a Dependent Eligibility Form [4] along with supporting documentation.

ID cards

- All medical plan members will be mailed new ID cards, even if you didn't make any changes during Open Enrollment.

Digital ID cards

Digital ID cards are available for all medical and dental plans through Anthem, CVS Caremark, Kaiser and Delta Dental mobile apps.

Digital ID cards allow members to have their insurance cards anytime, anywhere when they have their mobile device. You can also save your ID cards in your Apple Wallet or other digital wallet apps, or log in from a computer to print a paper copy.

If mail delays prevent your physical ID card from arriving in time for an appointment, digital options can give you instant access.

See the digital ID cards page [5] for steps to access your cards.

What to expect July 1

The new plan year starts July 1 and will feature a few changes to CU Health Plans:

- **New in-network provider:** Children's Hospital Colorado will now be an in-network provider on the CU Health Plan — Pathway.
- **Short-term disability benefit** [6]**:** For those enrolled, the weekly maximum benefit has

increased to $2,500, and the waiting period for accident or sickness has been lowered to 14 days.
- **Optional Term Life** [7]**:** During this year's Open Enrollment, employees were able to enroll in or increase Optional Term Life insurance coverage. If you enrolled or updated your coverage, your new coverage costs will start being deducted from your July payroll.

Premiums, deductibles and out-of-pocket limits have changed for many plans. See this year's rate sheets [8] to find details about the monthly premium for CU's medical, dental, vision and insurance plans, and visit the benefits page [9] for the plans you've selected to see updated point-of-service costs for 2026–27.

Did something change? You may be able to update your coverage.

When life changes, you may be able to update your coverage and add or remove dependents to meet your specific needs.

When something happens that changes how you use your health benefits, visit the Life Changes webpage [10] for faculty and staff or the Life Changes webpage for GMEs [11] to learn what changes you can make and how to make them within the 31-day deadline.

How to get help

Plan year 2026–27 benefits information is available on the Employee Services website [12].

If you have questions, contact an Employee Services benefits professional by email at benefits@cu.edu [13] or call 303-860-4200, option 3.

CU Health Plans [14], [15], [15], life insurance [16]
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