

Basics of CU Health Plans and Pretax Savings course is your ticket to good health ^[1]



March 10, 2021 by [Employee Services](#) ^[2]

Health insurance can be overwhelming, but CU has tools and resources to help you make the best coverage decisions for you and your family.

So, whether you're happy with your health plans or you'd like to explore different options, the [Basics of CU Health Care and Pretax Savings](#) ^[3] virtual course walks you through how to choose a medical plan and the essential features of each medical, dental, vision plans. In addition, you will learn how you can save on your health care expenses with pretax savings plans offered by CU.

Available in English and Spanish, the course highlights the essential components of each plan using the current plan-year features and rates. It's important to understand what your current plan provides, before reviewing changes that will be implemented for plan-year 2021-22.

The past year has reemphasized the importance of health care, and the course will help to inform your health care decisions.

Explore the Basics of CU Health Plans and Pretax Savings course now to prepare for the annual Open Enrollment period, which **begins April 19 and ends May 7**.

As always, if you've recently experienced a [qualifying life event](#) ^[4], you can make certain adjustments to your benefits coverage for 31 days following the event.

[Take the course](#) ^[3]

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