Benefits 101: Your crash course to get the most out of your benefits [1]

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Navigating all the types of benefits employers offer can be confusing. Benefits 101 can show you the way.

Benefits 101 provides an informative crash course on the basics of workplace benefits. You can read about contributions to a retirement plan, complete a worksheet to decide your medical coverage needs or watch a video to learn what exactly a deductible is. It all revolves around the basics of employer coverage so you can make informed decisions.

The best part: you don’t have to currently be receiving benefits to gain helpful insight. From current non-benefits-eligible-employees to graduating students, this resource is designed for everyone.

Benefits information includes:

- Health, Disability and Life Insurance
- Dental and Vision Coverage
- Health Savings Accounts (HSA)
- Flexible Savings Accounts (FSA)
- Retirement Plan Basic

Start learning! [3]

Interested in expanding your financial know-how? Find resources at CU Employee Services' Financial Wellness site. [4]

benefits [5], open enrollment [6], financial wellness [7]

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