

Explore Open Enrollment webinars, courses and virtual content to maximize your benefits ^[1]

April 14, 2022 by [Employee and Information Services](#) ^[2]

During Open Enrollment, from **April 18 to May 6**, it is more important than ever to make sure your benefits plan works the best for you. Choosing a benefits plan can seem like a daunting task. There are many resources to guide you along the way, all of which can be found on the [Open Enrollment Sessions & Fairs website](#) ^[3].

If you're already enrolled in a benefits plan, it is incredibly important to be aware of any upcoming plan changes that might change how you use your current plans or lead to options that better fit your life. Many CU Health Plans are updated every year, and the Open Enrollment sessions and vendor resources are your path to making the best health care decisions for you.

"I would recommend that each benefit-eligible employee take a few moments during Open Enrollment to assess their benefit plans and learn about any plan changes for the upcoming plan year," said Deborah Lowe, the outreach program manager for Employee Services. "That way, you can make sure your current plans meet your current needs."

Strike out for Open Enrollment

Two on-demand courses provide a comprehensive overview of CU Health Plans and upcoming changes.

The Basics of CU Health Plans on-demand course will help you choose a medical plan by considering three variables: plan network (including covered providers and possible out-of-state coverage), cost to have the plan and cost to access care. It also guides participants through CU's dental and vision plans, plus pretax savings account options.

The Open Enrollment Overview on-demand course highlights changes for the new plan year, which begins on July 1.

"Since CU offers such a rich benefits package, with multiple plan options to fit the diverse needs of the university's faculty and staff, it's important for eligible employees to take a moment and assess their choices each year," Lowe said.

Both courses are offered in English and Spanish.

There's plenty to see along the trail

Webinars

Open Enrollment season is not just an opportunity for you to learn about the details of CU's benefits package but is your time to ask questions.

During the second week of Open Enrollment, Employee Services will host a variety of informational webinars through the [Open Enrollment Sessions](#) [4] series. It's designed to give you the best opportunity to learn how each plan might fit your unique circumstances and to explore how to maximize your benefits.

From April 25-29, you can join representatives from Anthem, Kaiser Permanente and Delta Dental to learn about new plan features and discover what each CU Health Plan has to offer. You can also catch a session from CU Health Plan and Sleepio, which provides information on the link between healthy sleep and a healthy mindset as well as an overview of mental health resources available to the CU community.

Additionally, if you're beginning to plan for retirement, join the "Getting Started" webinar session hosted by TIAA to learn how to create a retirement strategy and save more money.

Digital resources

Beyond the webinars, you can visit the [Open Enrollment fair](#) [3] where we've curated digital resources — including videos, guides and FAQs — from these and other plan options such as mental health, fertility treatment, pharmacy, health savings accounts, life insurance and more.

Prizes

Anyone visiting the virtual sessions and fair can enter to win one of 42 prizes, including Instant Pots, \$25 Target gift cards, Yeti Tumblers and more.

More resources

Visit the [Open Enrollment website](#) [4] to access all the resources you need. Take action before Open Enrollment ends at 5 p.m. May 6.

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