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Explore updates to your health benefits which begin July 1 [1]

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Employees enrolled in any of CU's health plans have some important new benefits to explore in the new plan year beginning July 1. Whether you decided to keep your existing benefits or updated your elections during Open Enrollment, there are important changes you should know about, including rate increases on plan premiums, expanded mental health coverage, a new fertility benefit for Anthem enrollees and more.

Get ready for the new plan year by taking these steps.

Check your enrollment

Prior to July 1, log in to the employee portal [3]to check your enrollment. The effective date for next year's benefits is July 1, 2022.

ID cards

New physical ID cards will only be administered if you have changed plans during the open enrollment period.

Access digital ID cards

All medical and dental plans will have access to digital ID cards through mobile apps provided by Anthem, CVS Caremark, Kaiser and Delta Dental.

These services allow members to have their medical cards available anytime, anywhere as long as they have their mobile device. You can also save your ID cards to your Apple Wallet or other digital wallet apps or login from a computer to print off a paper copy.

If mail delays should 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 [4] for steps on accessing your card.

What's new

Open Enrollment features key changes to the CU Health Plans, beginning with the new plan year on July 1:

- Anthem and Kaiser will offer one, no-cost preventative mental health visit each plan year.

- Eligible Anthem enrollees will be able to access fertility treatments through WINFertility.
- Anthem and Kaiser are adding coverage for health care services related to live organ donationby eliminating copays, coinsurance, waiting periods and more costs for live organ donors.
- Anthem and Kaiser plans will offer medical coverage for surgical and non-surgical TMJ treatments.

Life changes

When life changes [5], you may be able to update your coverage and add or remove dependents to meet your specific needs. So, stay prepared! When something happens that changes how you use your health benefits, visit the life changes information page [6] to learn what changes you can make and how to make them.

How to get help

Plan year 2022-23 benefits information is available on the Employee Services' website. For specific plan information, reach out to your plan provider.

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