Find your way to the best health plan (for you) [1]

March 9, 2022 by Employee Services [2]

Deciding which health insurance plan is right for you can be overwhelming — but it doesn't have to be! All the necessary tools and resources you need to help you make the best coverage decisions for you and your family are at your fingertips.

The Basics of CU Health Care and Pretax Savings on-demand course [3]will help you understand the features of each medical, dental and vision plan. Taking this course is a great way to check in and make sure your plans are meeting your current needs, whether you ultimately decide to choose a new health plan or keep your current plan.

Information on how you can save money on your healthcare expenses with one of CU's optional pretax savings plans is also available.

"It's really a replica of our new-hire orientations," said Deborah Lowe, the outreach program manager for Employee Services. "So, it's a deeper dig into how to choose a plan."

The Basics of CU Health Care and Pretax Savings course is available in both English and Spanish and offers a comprehensive overview of the essential features of each plan, including information on what your current plan offers and links to valuable plan resources.

During the COVID-19 pandemic, many employees shifted to fully remote work and relocated out of state. Others may have eligible dependents who've recently left Colorado for school and work. This is an especially important time for people who've gone through changes in state residency to make sure their covered by a plan that works for them outside Colorado.

Consult the Basics of CU Health Plans and Pretax Savings course now to ensure you are prepared for the annual Open Enrollment period from April 18 - May 6. Remember, while you can update some components of your health plans in response to qualifying life events throughout the year, **you can only change your health plan type(s) during open enrollment**.

Click here to explore the course [3]and learn more about CU Health Plans.

Look up your current plans

1. Log in to **my.cu.edu** [4]**.**

2. Click the **CU Resources** tab. (If you are a CU System Administration employee, skip this step.)
3. Open the CU Resources Home dropdown menu, and select **Benefits & Wellness.**
4. Select **Benefits Summary.** Your benefits for the current plan year will display.

CU Health Plans [5], health care [6], health savings account [7], flexible spending accounts [8], open enrollment [9]

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[2] https://www.cu.edu/blog/work-life/author/34887
[3] https://www.cu.edu/employee-services/benefits-wellness/basics-cu-health-plans-and-pretax-savings
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[5] https://www.cu.edu/blog/work-life/tag/cu-health-plans
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