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Life comes at you fast, but your benefits can keep up [1]



December 9, 2025 by Employee Services [2]

If you experience changes that may affect your benefits needs, you have a short window of time to update your health benefits. Any time of the year outside Open Enrollment, you can make certain changes to your benefits if you've experienced a qualifying life event.

Some life events are obvious – if you're newly hired or rehired, if you have a child or get married – and let you update benefits coverage for yourself or your family members.

However, there are life events you may not have thought of, including:

- Change in job classification
- Changes in dependent care
- Civil unions or domestic partnerships
- Divorce
- Adoption
- Losing or gaining eligibility on another benefit plan, such as Medicare/Medicaid or a parent's or spouse's plan
- Medicare eligibility
- … and many more

For GME medical residents

Just like faculty and staff, GME residents can make select updates to the plan(s) they elected during Open Enrollment in the event of specific, qualifying life changes that happen at other times of the year.

Employee Services has established a focused life events page for GME residents [3] to provide information specific to their plans and eligible life events.

Don't wait to act

Any time you undergo substantive changes in your career or home life, check the Employee Services Life Changes webpage for your employee type. There, you'll find guides outlining all qualifying life events that may allow you to update your coverage, add or remove beneficiaries or cancel plans.

FACULTY AND STAFF [4]

GME RESIDENTS [3]

If you have additional questions, reach out to an Employee Services benefits professional at 303-860-4200, option 3, or email benefits@cu.edu [5].

benefits [6], CU Health Plans [7]

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When employees experience a qualifying life event, they have a limited window to make certain updates to their health benefits.

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