

New to CU? Attend a NEBO session for help selecting the best benefits for you. ^[1]

July 25, 2017 by [Employee Services](#) ^[2]

We at Employee Services want you to feel confident and knowledgeable when you choose your employee benefits package. That's why we offer [New Employee Benefits Orientations \(NEBO\)](#) ^[3]. These sessions provide detailed insight into CU-offered coverage options, so you can make informed decisions about your benefits.

Topics include:

- Medical Plans
- Dental Plans
- Vision Plan
- Life Insurance
- Short-term and long-term disability
- Pre-tax Savings Plans
- Retirement

Benefits professionals will lead each session to provide answers to any of your questions. If you need more personalized help, send an email to benefits@cu.edu ^[4] or call 303-860-4200, option 3.

Current NEBO sessions are held on the CU Boulder, CU Denver and AMC campuses. CU Denver and AMC NEBOs are a part of campus New Employee Orientations.

Remember, new employees have 31 days from their first day of employment to enroll in benefits. To preview available coverage options, [check your eligibility](#) ^[5] and [visit the benefits website](#) ^[6]. To begin enrolling in benefits, [click here](#) ^[7].

[Register today for a NEBO session](#) ^[3]

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[2] <https://www.cu.edu/blog/work-life/author/9230> [3] <https://www.cu.edu/employee-services/benefits/new-employee-benefits-orientations> [4] <mailto:benefits@cu.edu> [5] <https://www.cu.edu/docs/benefit-eligibility-matrix>

[6] <https://www.cu.edu/employee-services/benefits> [7] <https://www.cu.edu/employee-services/how-enroll-benefits> [8] <https://www.cu.edu/blog/work-life/tag/benefits> [9] <https://www.cu.edu/blog/work-life/tag/new-employees>