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New to CU? Preview CU's benefits plans with new videos [1]

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Starting a new job can be overwhelming, but choosing a benefits package doesn't need to be. To help better understand CU-offered benefits packages, we've created a webpage [3] featuring online videos for a quick visual breakdown of your medical and dental options, along with interactive links to resources you need.

Current videos available:

Medical Plans [4]

This short video outlines the details of the four offered medical plans for current employees: Exclusive, Extended, High Deductible and Kaiser. Each plan is broken down to describe its requirements, deductibles, coinsurance payments and more.

Dental Plans [5]

We drill into CU's two dental plan options, CU Health Plan - Essential and CU Health Plan - Choice. From orthodontic services to annual teeth cleanings, this video covers plan details that matter to you.

You don’t need to be a new employee to benefit from these videos. Reference these resources if you need a quick refresher of your current CU plans. If you still have questions, our benefits professionals [6] can provide personalized help and answers to inform your decisions either in person, over the phone or through email.

Don’t know a PPO from an HMO? Visit our Benefits 101 page [7] for common definitions and processes that typically make up a benefits package.

Start learning [3]

new employees [8], Wellness [9]
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