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Open Enrollment 2026: What's changing for GME residents [1]

April 10, 2026 by ES and UIS Communications [2]

The University of Colorado offers a varied menu of medical, dental, vision, savings, and life and disability plans for eligible Graduate Medical Education (GME) residents. Open Enrollment is your annual opportunity to make changes to your CU benefits without a qualifying life event. This year's enrollment window runs from **8 a.m. MT April 20 through 5 p.m. MT on May 8**.

At a glance
The new plan year starts July 1 and includes several updates to CU Health Plans:

- **New in-network provider:** Children's Hospital Colorado is now an in-network provider on the CU Health Plan — Pathway.
- **FSA limit increase:** The annual limit for a Dependent Care Flexible Spending Account will increase to $7,500 per household, or $3,750 for married couples filing separately (up from $5,000).

Visit the What's New page [3] to learn more about changes to deductibles and out-of-pocket costs, and view this year's GME [4]rate sheet [5] [4]for details on monthly premiums for CU's medical, dental, vision and insurance plans.

Plan changes for GME enrollees

GME residents will see changes to their coverage options. First, the Pathway plan [6] will be offered **at no cost** to GMEs for all levels of coverage, from single to family coverage.

Premiums for CU Health Plan – Kaiser [7] will **decrease**, ranging from $42.33 for single coverage to $94.36 for family coverage. Premiums for CU Health Plan – Exclusive [8], Delta Dental Choice [9] and Optional Vision [9] will **increase** slightly.

Premiums for CU Health Plan – High Deductible [10] and the Delta Dental Essential [11] plan will remain the same. See the GME rate sheet [4] for details.

Additionally, copays for all weight-loss GLP-1 medications will increase from $50 to $100 for a maximum 30-day supply on the Pathway and Exclusive plans. GLP-1 drugs prescribed for diabetes and other diagnoses remain at a $50 copay.

We can help.

Everyone has unique health coverage needs. Open Enrollment is your opportunity to assess your plan usage and compare it with CU's available options. Employee Services is here to

provide the information you need to make an informed decision.

Available online by April 20:

- Visit the Open Enrollment website [12] for full details on each benefits plan, rates [13], an overview of changes [14], plan comparisons and more.
- The Benefits Toolkit [15] answers common questions about medical coverage and guides you through plan selections.
- Watch on-demand courses [16] detailing Open Enrollment changes as well as presentations from CU's benefits providers.

CU Anschutz Open Enrollment Fair
Visit your campus wellness fair on April 27. At this in-person event, employees can meet with representatives from Employee Services, Anthem, Kaiser, Delta Dental and more. Experts will be available to help answer your questions.
April 27 — CU Anschutz

- 10 a.m.–3 p.m.
- Krugman Conference Room, Research 2

Remember to make your plan selections by **5 p.m. (MT) May 9**. Visit the Open Enrollment website [17] for more information.

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