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Pull up a chair at the Benefits Bistro: Open Enrollment begins April 20 [1]

April 1, 2026 by ES & UIS Communications [2]

The University of Colorado offers a varied menu of medical, dental, vision, savings, and life and disability plans for eligible employees. Open Enrollment is your annual opportunity to make changes to your CU benefits without experiencing 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.

Before you grab a plate, take the time to verify vital information and compare your current health plan and insurance enrollments to ensure you make the best choices for you.

Chef's Special

Optional Term Life insurance enrollment window: This year, employees can enroll in or increase Optional Term Life insurance coverage up to $350,000 without being required to submit a medical history.

New in-network provider: Children's Hospital Colorado joins CU Health Plan – Pathway, effective April 1, 2026.

Learn about the coming changes by visiting the What's New webpage [3].

Three steps to prepare

Check your contact information

During Open Enrollment, we'll send employees postcards and important disclosures in the mail, so this is a good time to confirm your mailing address in the employee portal.

You'll also want to confirm your phone number is correct — the enrollment tool requires multifactor authentication [4], and having a correct phone number on file will ensure that you're able to enroll quickly and efficiently.

Check your contact information through the employee portal.

1. Log in to the **employee portal** [5].

2. Click the **CU Resources** tab.
3. Open the CU Resources Home dropdown menu and select **My Info and Pay**.
4. Select **Contact Details** to view your contact details and make any needed changes.

Check your current enrollments and dependents

During Open Enrollment, you can make needed changes to your medical, dental and vision plans as well as optional coverage such as short-term disability insurance.

While you can update some components of your benefits in response to qualifying life events, in most cases, you can only change your health plans during Open Enrollment. Prepare your game plan by comparing your current coverage to your actual needs.

You can check your current plans and review your dependents in the employee portal.

1. Log in to the **employee portal** [5].
2. Click the **CU Resources** tab.
3. Open the CU Resources Home dropdown menu and select **Benefits & Wellness**.
4. Select **Benefits Summary**.
5. Your benefits for the current plan year will display, along with dependents and beneficiaries. Press the **Review** button for each plan to see additional details.
6. For life insurance plans, you can update your beneficiaries or change beneficiary designations. Select **Review** from the Benefits Summary page for the policy you want to change, and you'll be able to update the beneficiary or beneficiary designation for that policy.

If you need to add or remove a dependent, reach out to the Employee Services Benefits team at benefits@cu.edu [6] or call 303-860-4200, option 3, to discuss possible changes in response to a qualifying life event.

Sign up for Open Enrollment text message reminders

You can sign up to receive three brief Open Enrollment text message reminders to enroll.

These alerts are separate from the emergency alert and IT alert systems. Sign up for Open Enrollment RAVE Alerts [7] to make sure you don't miss your deadline to complete your enrollment.

New to the menu

Visit the What's New page [3] to learn more about these changes and find details about the monthly cost for CU's medical, dental, vision and insurance plans.

Do you need to act?

Employees will be automatically reenrolled in their current plans if they do not act during Open Enrollment. There is one exception:

- Those enrolled in a Health Care Flexible Spending Account (FSA) and/or a Dependent Care FSA must re-enroll for plan year 2026–27. **FSAs do not automatically renew.**

We can help.

Everyone has specific health coverage needs. Open Enrollment is your chance to assess your plan usage and compare it to CU's offered plans, and Employee Services is here to provide the information you need to make a choice. We also have a step-by-step guide on how to enroll [8].

Available online by April 20:

- Visit the Open Enrollment website [9] for full details on each benefits plan, rates, an overview of changes, plan comparisons and more.
- You can watch an Open Enrollment course [10] and learn about changes from CU's benefits providers.

Campus health fairs:

Visit your campus wellness fairs beginning April 22. At these in-person events, employees can meet with representatives from Employee Services, Anthem, Kaiser, Delta Dental and more. Let our experts help you make your selections.

April 22 — CU Denver

- 10 a.m.–2 p.m.
- Terrace Room in Lawrence Street Center

April 23 — CU Boulder

- 10 a.m.–2 p.m.
- University Memorial Center, Multipurpose space (Room 235)

April 27 — CU Anschutz

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

April 29 — CU Colorado Springs

- 10 a.m.–2 p.m.
- University Center, Room 122

Remember to make your plan selections by **5 p.m. (MT) May 8**. Visit the Open Enrollment website [11] for more information.

open enrollment [12], Vision [13], [14], [14], CU Health Plans [15]
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