Benefits 101 [1]

Your crash course for understanding common workplace benefits

If you want to review the basics of benefits, you've come to the right place.

This resource is designed for everyone, not just CU benefits-eligible employees. We hope our non-benefits-eligible employees, graduating students and even the general public find this information useful.

Use the menu on the left to select the topic you're interested in learning about?and be sure to check out our short videos.

At the bottom of each page, you'll be directed to the CU-specific information.

Here's a quick video on health, dental and vision coverage to get you started:

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Employee Services

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