

Basics of CU Health Plans and Pretax Savings ^[1]

Take a deep dive into CU's health plans and pretax savings accounts with the Basics of CU Health Plans and Pretax Savings on-demand course.

Health insurance can be overwhelming, but CU has tools and resources to help you make the best coverage decisions for you and your family. Employee Services has put together this on-demand course to guide you through each of CU's medical, dental and vision plans plus pretax savings account options.

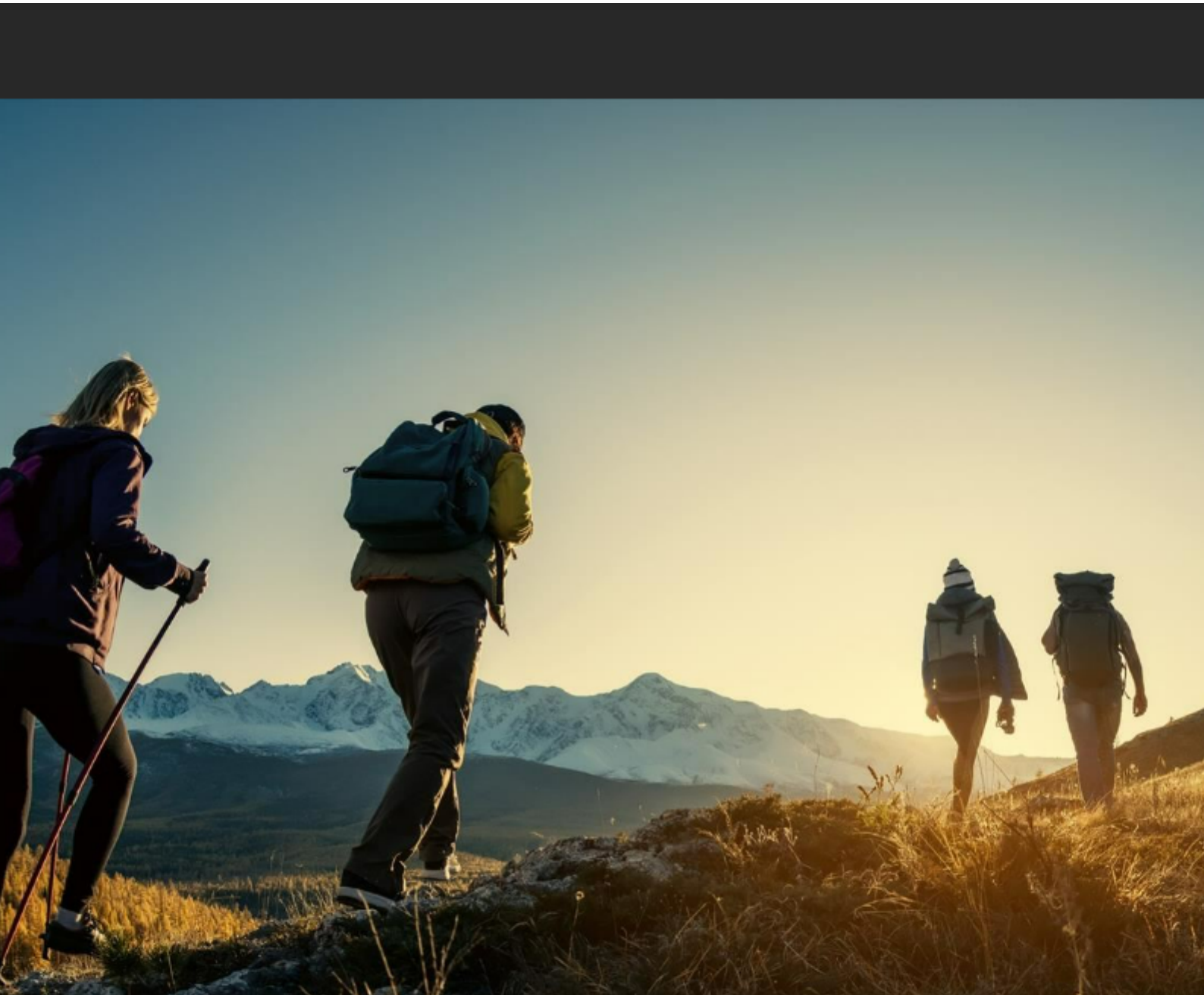
Thinking of changing your benefits during Open Enrollment? This course is an excellent resource to prepare yourself for CU's 2024 Open Enrollment, which will run from **April 22** to **May 10**. You will learn how to choose a health plan by considering the three main components of CU Health Plans: plan network, cost to use the plan and the cost to have the plan. In addition, you will learn how to save on medical expenses by maximizing the pretax savings plans. Course content is based on the current plan year.

Visit the Open Enrollment Website starting April 22 to get up-to-date plan premiums and learn about minimal plan updates for the new plan year.

Look up your current plans

1. Log in to my.cu.edu ^[2].
2. Click the **CU Resources** tab.
(If you are a CU System Administration employee, skip this step.)
3. Open the CU Resources Home dropdown menu, and select **Benefits & Wellness**.
4. Select **Benefits Summary**. Your benefits for the current plan year will display.

**Basics of CU Health Plans
and Pretax Savings Options**



Basics of CU Health Plans and Savings Options

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Groups audience:

Employee Services

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Links

[1] <https://www.cu.edu/employee-services/benefits-wellness/basics-cu-health-plans-and-pretax-savings>

[2] <https://my.cu.edu> [3] https://www.cusys.edu/plans/2024/basics_cu_health_plan_2024/story.html

[4] https://www.cusys.edu/plans/2024/basics_cu_health_plans_2024_esp/story.html

[5] <https://www.cu.edu/docs/computer-help-clear-cookies-and-cache-browser>

[6] <https://www.surveymonkey.com/r/DZ65Q2J> [7] <https://es.surveymonkey.com/r/269KCDD>