Basics of CU Health Plans and Pretax Savings

Take a deep dive into CU’s health plans and pretax savings accounts with the Basics of CU Health Plans and Pretax Savings virtual 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 virtual course (available in English and Spanish) to guide you through each of CU’s medical, dental and vision plans plus pretax savings account options.

This course is an excellent resource to prepare yourself for our annual Open Enrollment period (which will run from April 19 to May 7), as well as comparing plan options anytime you need to make plan updates due to a qualifying life event.

Basics of CU Health Plans and Pretax Savings Options
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Employee Services – Payroll and Benefits Administration
Conceptos Básicos de Planes de Salud y Opciones de Cuentas de Ahorros Pre-Impuestos
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Servicios de Empleados – Administración de Nómina y Beneficios
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