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 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 (available in English and Spanish) 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 in April? This course is an excellent resource to prepare yourself for CU’s 2022 Open Enrollment which will run from April 18 to May 6. 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 18 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.

On-demand course

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
Conceptos Básicos de Planes de Salud y Opciones de Cuentas de Ahorros Pre-Impuestos de CU
Servicios de Empleados – Administración de Nómina y Beneficios
After taking the course, please complete this brief, 10-question survey to help us improve the content and user-accessibility of our courses:

Take survey

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