

## **Benefits 101** <sup>[1]</sup>

Benefits 101 is 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. At the bottom of each page, you'll be directed to the CU-specific information.

### **Get started**

[Health Insurance](#) <sup>[2]</sup>

[Disability Insurance](#) <sup>[3]</sup>

[Life Insurance](#) <sup>[4]</sup>

[Dental Coverage](#) <sup>[5]</sup>

[Vision Coverage](#) <sup>[6]</sup>

[Health Savings Accounts](#) <sup>[7]</sup>

[Flexible Spending Accts](#) <sup>[8]</sup>

[Retirement Plan Basics](#) <sup>[9]</sup>

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

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**Groups audience:**

Employee Services

**Right Sidebar:**

ES: Financial Wellness - Benefits 101

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