

## **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:

**Disclaimer:** No communication is intended to be, or shall be construed as, the rendering of any legal or professional advice whatsoever. Any such advice or direction is disclaimed. Further, any information contained in this communication (including any attachments) is not intended or written to be used, and cannot be used, for purposes of (i) avoiding penalties under the Internal Revenue Code, or (ii) promoting, marketing or recommending to another party any transaction or tax-related matter addressed herein.

**Groups audience:**

Employee Services

**Right Sidebar:**

ES: Financial Wellness - Benefits 101

---

**Source URL:** <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101>

**Links**

- [1] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101>
- [2] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/health-insurance>
- [3] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/disability-insurance>
- [4] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/life-insurance>
- [5] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/dental-coverage>
- [6] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/vision-coverage>
- [7] <https://www.cu.edu/employee-services/health-savings-accounts-1>
- [8] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/flexible-spending-accounts>
- [9] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/benefits-101/retirement-plan-basics>