Benefits 101

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

**Video of Benefits 101: Health Insurance, Dental Coverage and Vision Coverage**

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Employee Services

**Right Sidebar:**
ES: Financial Wellness - Benefits 101

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