Payroll and Benefits Orientations [1]

We want you to feel knowledgeable and confident when you choose your University of Colorado benefits package and receive your first paycheck. Starting a new job can be overwhelming, but choosing a benefits package and understanding your pay doesn’t need to be.

The guides and courses below can help you become familiar with your CU benefits and pay options — covering medical, dental, vision, life, disability, HSA (Health Savings Account) A tax-savings account that must be paired with a High-Deductible Health Plan, which can be used to pay for qualified health care expenses now or in the future. An HSA is a savings account that you own. The funds in an HSA carry forward year after year, even if you change employers or retire. [2], FSA (Flexible Spending Account) A tax-savings account set up by you to pay for certain qualifying expenses on a pre-tax basis, meaning before they are made subject to payroll taxes. [3] and retirement savings options as well as details to get you ready for pay day. It’s part of our commitment to providing you with quality benefits and ensuring you make the most of them. As we like to say, you’re all about CU, and we’re all about you.

Benefits courses

Watch the following courses in order, starting with New Hire Basics. Courses 4 and 5 have separate content for Faculty and University Staff or Classified Staff—you’ll only need to watch the course that applies to you. In total, all courses should take about 60 minutes to complete. (Click image to open course.)

1. New Hire Basics (8 min)
2. CU Health Plans (21 min)
3. Pretax Savings (14 min)
4a. Life and Disability
(11 min)

Faculty and University Staff
4b. Life and Disability
(12 min)

Classified Staff
New Employee Enrollment - Life and Disability

Life and Disability Classified Staff
5a. Mandatory Retirement Plans (12 min)

Faculty and University Staff
5b. Mandatory Retirement Plans (10 min)

Classified Staff
6. Voluntary Retirement Plans (8 min)
Voluntary Retirement Plans Session

New Employee Retirement Plans
Did these digital courses help you? Take our survey to provide your feedback.

**More benefits:** CU offers qualified employees and dependents a Tuition Assistance Benefit.

**Guides**

- New Hire Fact Sheet
- Benefits Package Guide for Faculty & University Staff
- Benefits Package Guide for Classified Staff
- Guía Completa de Beneficios - Facultad y Personal de la Universidad
- Guía Completa de Beneficios - Personal Clasificado

**Next up: Enroll**

Visit the How to Enroll page for details on how to sign up.

**Groups audience:**
Employee Services

**Right Sidebar:**
ES: Benefits & Wellness - Contact
ES: Benefits & Wellness - OE news hires

**Sub Title:**
Get the most out of your University of Colorado benefits package. Payroll and Benefits Orientations will show you how.

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

**Links**