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), FSA (Flexible Spending Account), 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
5a. Mandatory Retirement Plans (12 min)

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

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

Links