

## **On-Demand Payroll & Benefits Orientations** <sup>[1]</sup>

Starting a new job can be overwhelming. Choosing a benefits package and understanding your pay doesn't need to be.

We want you to feel knowledgeable and confident when you choose your University of Colorado benefits package and receive your first paycheck. To help you make informed, confident choices with your benefits, we've put together a series of video guides highlighting each of your benefits.

The guides and courses below can help you become familiar with your CU benefits and pay options ?— covering medical, dental, vision, life, disability, HSAHSA (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. <sup>[2]</sup>, FSAFSA (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. <sup>[3]</sup> 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. In total, all courses should take about 60 minutes to complete. **Click images below to open each course in a new window.**

### **Benefits Toolkit Courses**

Which medical plan is the best fit for you? This toolkit can answer the most common questions about your medical coverage and guide your decision-making during enrollment.

These short videos will walk you through important considerations and comparisons between CU's offered plans.



[4]



# Common Coverage

*CU Medical Plans Toolkit*

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[Begin](#)

[5]

Watch course on



# How to Choose a Medical Plan

*CU Health Plans Toolkit*

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[6]  
[Watch course](#) [6]



[Watch course](#) [7]

## Cost Scenarios



# st Scenarios

## Medical Plan Toolkit

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n | Denver | Anschutz Medical Campus  
VICES

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Watch course <sup>[8]</sup>



## Important Considerations



# Important Considerations

## *Medical Plans Toolkit*

## 1. New Hire Basics (8 min)

An illustration on a dark green background showing a training session. Two people are seated at a table with laptops, facing a large screen. The screen displays a user profile interface with a blue header, a white profile picture placeholder, and three blue rectangular buttons. To the right of the screen, a woman stands pointing at a green briefcase. Above the briefcase is a glowing yellow lightbulb with radiating lines. The scene is framed by stylized green leaves.

# New Hire Basics

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## 2. CU Health Plans & Savings Options (21 min)



# Basics of CU Health Plans and Savings

## Payroll and Benefits Administration



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### 3. Life Insurance (11 min)

# CU Life Insurance

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# Short and Long Term Disability Plans

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## **5. Mandatory Retirement Plan Placement (12 min)**



# Mandatory Retirement Plan

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[15]

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### 6. Tuition Assistance Benefit (TAB) Eligibility (10 min)



# Tuition Assistance Benefit

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[16]

Did these digital courses help you? Take our survey to provide your feedback [17]

To learn more about tuition assistance and how to apply, visit the Tuition Assistance Benefit [18]

website.

## Guides

- [New Hire Fact Sheet](#) <sup>[19]</sup>
- [Benefits Package Guide for Faculty & University Staff](#) <sup>[20]</sup>
- [Benefits Package Guide for Classified Staff](#) <sup>[21]</sup>
- [Benefits FAQ](#) <sup>[22]</sup>

## Next up: Enroll

Visit the [How to Enroll page](#) <sup>[23]</sup> for details on how to sign up.

### Groups audience:

Employee Services

### Right Sidebar:

ES: Benefits & Wellness - Contact

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**Source URL:**<https://www.cu.edu/employee-services/benefits-wellness/new-employee/payroll-benefits-orientation/payroll-benefits-0>

### Links

[1] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/payroll-benefits-orientation/payroll-benefits-0> [2] <https://www.cu.edu/es-benefits-glossary/hsa-health-savings-account>  
[3] <https://www.cu.edu/es-benefits-glossary/fsa-flexible-spending-account>  
[4] [https://www.cusys.edu/plans/2025/medical\\_plan\\_overview/story.html](https://www.cusys.edu/plans/2025/medical_plan_overview/story.html)  
[5] [https://www.cusys.edu/plans/2025/common\\_coverage/story.html](https://www.cusys.edu/plans/2025/common_coverage/story.html)  
[6] [https://www.cusys.edu/plans/2025/choose\\_a\\_plan/story.html](https://www.cusys.edu/plans/2025/choose_a_plan/story.html)  
[7] [https://www.cusys.edu/plans/2025/cost\\_comparison/story.html](https://www.cusys.edu/plans/2025/cost_comparison/story.html)  
[8] [https://www.cusys.edu/plans/2025/cost\\_scenarios/story.html](https://www.cusys.edu/plans/2025/cost_scenarios/story.html)  
[9] [https://www.cusys.edu/plans/2025/quick\\_comparison/story.html](https://www.cusys.edu/plans/2025/quick_comparison/story.html)  
[10] [https://www.cusys.edu/plans/2025/other\\_considerations/story.html](https://www.cusys.edu/plans/2025/other_considerations/story.html)  
[11] [https://www.cusys.edu/plans/2025/new\\_hire\\_2024\\_2025/story.html](https://www.cusys.edu/plans/2025/new_hire_2024_2025/story.html)  
[12] [https://www.cusys.edu/plans/2025/cu\\_health\\_plans\\_fsa/story.html](https://www.cusys.edu/plans/2025/cu_health_plans_fsa/story.html)  
[13] [https://www.cusys.edu/plans/2026/life\\_insurance/story.html](https://www.cusys.edu/plans/2026/life_insurance/story.html)  
[14] <https://www.cusys.edu/plans/2026/disability/story.html>  
[15] [https://www.cusys.edu/plans/2026/mandatory\\_ret/story.html](https://www.cusys.edu/plans/2026/mandatory_ret/story.html)  
[16] [https://www.cusys.edu/plans/2026/TAB\\_eligibility/story.html](https://www.cusys.edu/plans/2026/TAB_eligibility/story.html)  
[17] <https://www.surveymonkey.com/r/6G838NM> [18] <https://www.cu.edu/employee-services/benefits-wellness/current-employee/tuition-assistance> [19] <https://www.cu.edu/docs/new-hire-fact-sheet>  
[20] <https://www.cu.edu/docs/benefits-package-guide-faculty-university-staff>  
[21] <https://www.cu.edu/docs/benefits-package-guide-classified-staff> [22] <https://www.cu.edu/docs/benefits-faq> [23] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/how-enroll>