Published on *University of Colorado* (https://www.cu.edu)

Payroll & Benefits Orientation for Post-Doctoral Fellows [1]

Starting a new job can be overwhelming, but 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. [2], 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. [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.

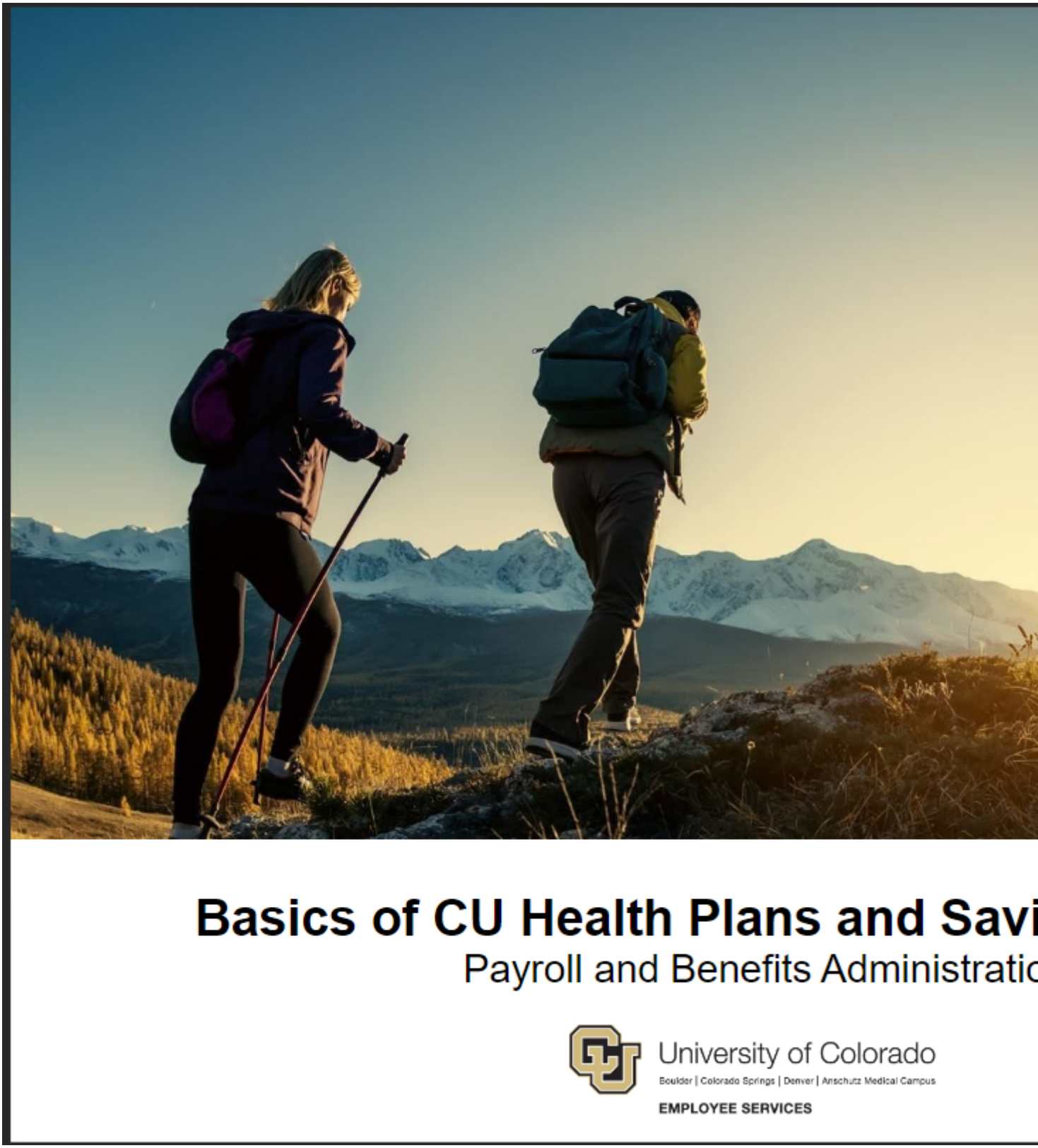
Benefits courses

Watch the following courses in order, starting with New Hire Basics. In total, all courses should take about 60 minutes to complete. **Click images below to open each course in a new window.**

1. New Hire Basics (8 min)

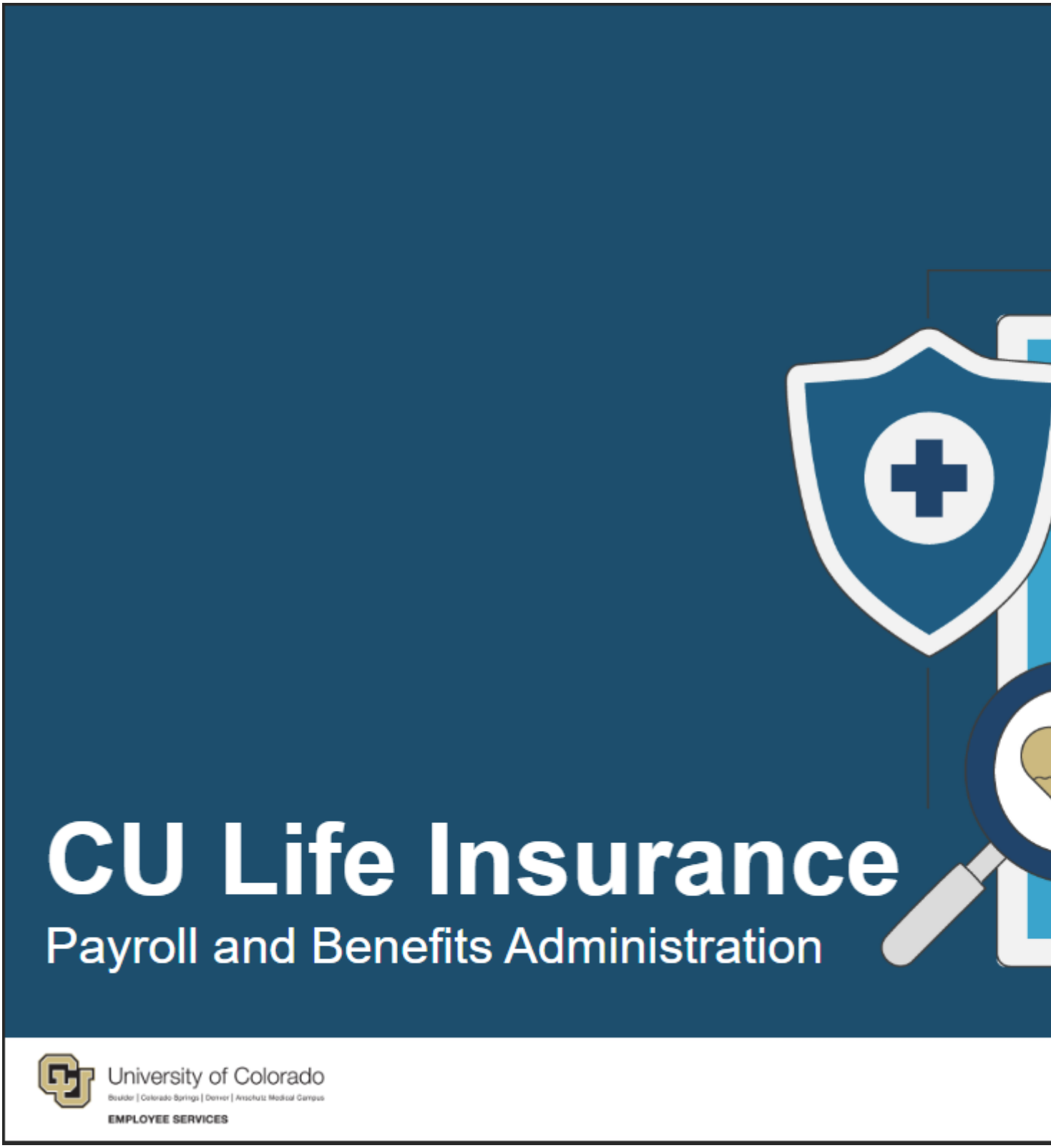
[4]

2. Basics of CU Health Plans & Savings Options (14 min)



[5]

3. Life Insurance (11 min)



[6]

---

4. Short and Long Term Disability (11 min)

[7]

5. Voluntary Retirement Plans (8 min)

[8]

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

[9]

Did these digital courses help you? Take our survey to provide your feedback [10]

Guides

- New Hire Fact Sheet for Post-Doctoral Fellows [11]
- Benefits Package Guide for Post-Doctoral Fellows [12]
- Benefits FAQs [13]

Next up: Enroll

Visit the How to Enroll page [14] for details
on how to sign up.

Groups audience:
Employee Services
Right Sidebar:
ES: Benefits & Wellness - Contact

Source URL:https://www.cu.edu/employee-services/benefits-wellness/new-employee/pbo/post-doc

Links
[1] https://www.cu.edu/employee-services/benefits-wellness/new-employee/pbo/post-doc
[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/new_hire_2024_2025/story.html
[5] https://www.cusys.edu/plans/2025/cu_health_plans_fsa/story.html
[6] https://www.cusys.edu/plans/2025/life_insurance/story.html
[7] https://www.cusys.edu/plans/2025/disability/story.html
[8] https://www.cusys.edu/plans/2025/voluntary_plans/story.html
[9] https://www.cusys.edu/plans/2025/tab_eligibility/story.html [10] https://www.surveymonkey.com/r/6G838NM [11] https://www.cu.edu/docs/new-hire-fact-sheet-post-doctoral-fellows [12] https://www.cu.edu/docs/benefits-package-guide-post-doctoral-fellows
[13] https://www.cu.edu/docs/benefits-faq [14] https://www.cu.edu/employee-services/benefits-wellness/new-employee/how-enroll