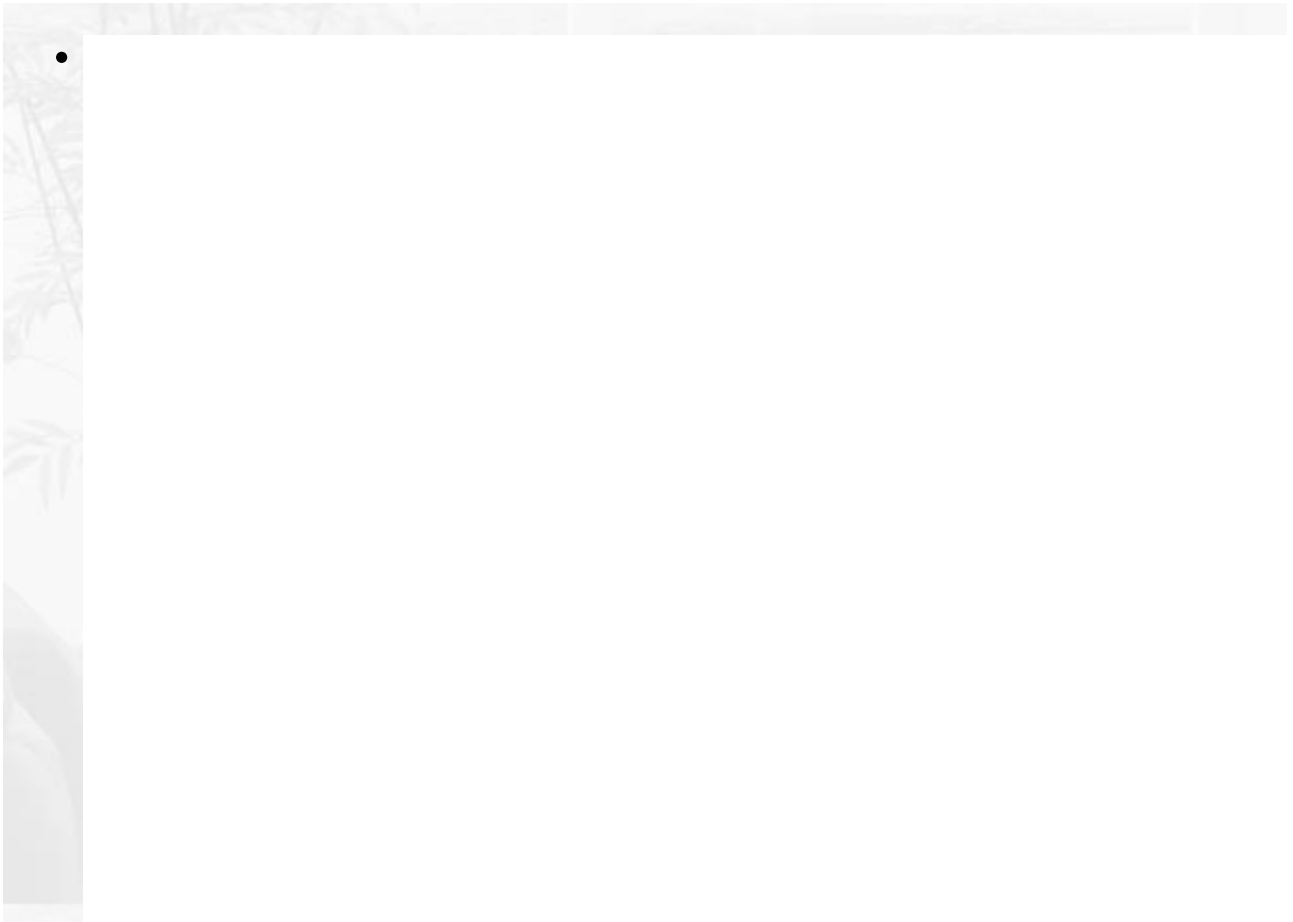


## Banner

## Department Slider





**SAVE MONEY  
YOURSELF**  
Tuition Assistance



**LOVE A**  
It's easier

## Programs and Services

Custom text

We're here for you.

Employee Services strives to make CU's workforce stronger, safer and more secure. While the majority of our staff will be working remotely to do our part to reduce community spread of the COVID-19 virus, our services will continue without interruption.

**HSA FSA**

**Glacier**

We're dedicated to providing excellent service to every CU employee. You can still reach us by phone or email, and we'll continue to roll out virtual options for many in-person programs. If you have questions or need assistance, reach out at 303-860-4200.

**FSA HSA**

**Glacier**

FAQs

# HSA & FSA



[5]

## Guess what's tax-deductible?

You can pay for new qualified items with FSA and HSA money, thanks to the passage of the CARES Act.

[Learn more](#) [5]

perks

1:1s

# Perks **GLACIER** HWW

## TAX PR

### PERSONAL FINANCIAL CONSULTATIONS

#### Featured Perks

Real help hotline

Custom text



Real help is just a call away when you need it

The Real Help Hotline gives you free, confidential access to professional counselors.

[Learn more](#) <sup>[10]</sup>  
<sub>[8]</sub>

Move

**Book a virtual or phone consultation**

Custom text

**Request your access code**

Meet with a TIAA financial consultant at no-cost, as part of your CU retirement plan. They'll help you create a plan to achieve your goals.

**Stay active, get paid with the Move program**

[Learn more](#) <sup>[9]</sup>

Nonresident alien students and employees: Ensure your U.S. tax information and requirements are correct for an accurate refund.

Earn \$25 each month by exercising with the CU Health Plan – *Move* program.

[Sign up](#) <sup>[11]</sup>

[Learn more](#) <sup>[7]</sup>

elitch

Custom text

Source URL: <https://www.cu.edu/department/378/employee-resources-0>

## Custom text

### Links

[1] <https://www.cu.edu/employee-services/covid-19-benefits-faq>

[2] <https://www.cu.edu/employee-services/covid-19-retirement-faq>

[3] <https://www.cu.edu/employee-services/covid-19-payroll-faq>

[4] <https://www.cu.edu/employee-services/covid-19/wellness-tips>

[5] <https://www.cu.edu/blog/work-life/new-items-added-fsa-hsa-qualified-expenses>

[6] <https://www.cu.edu/employee-services/collaborative-hr-services/total-compensation-calculators>

[7] <https://www.cu.edu/employee-services/payroll/international-employee-payroll>

[8] <https://www.cu.edu/employee-services/benefits-wellness/current-employee/retirement-plans/healthy-wealthy-wise>

[9] <https://shared.tiaa.org/public/publictools/events/meetingAndSeminar?employerId=1-5007-4>

[10] <https://www.becolorado.org/program/the-real-help-hotline/> [13]

[11] <https://www.becolorado.org/program/be-colorado-move/> [14]

[12] <https://www.cu.edu/blog/work-life/elitch-gardens-discounts-give-you-thrills-fewer-bills>

[13] <https://www.cu.edu/employee-services/benefits-wellness/current-employee/retirement-plans/healthy-wealthy-wise>

[14] <https://www.cu.edu/blog/work-life/online-course-become-cu-sustainability-champion>

[15] <https://www.cu.edu/blog/work-life/day-care-closed-update-dependent-care-fsa-contributions-save-money> [18]

[16] <https://www.cu.edu/blog/work-life/tuition-assistance-applications-now-open>

[17] <https://www.cu.edu/blog/work-life/online-course-become-cu-sustainability-champion>

[18] <https://www.cu.edu/blog/work-life/day-care-closed-update-dependent-care-fsa-contributions-save-money>

[19] <https://www.cu.edu/blog/work-life/discover-what-doctor-ordered-open-enrollment>

[20] <https://www.cu.edu/employee-services/events/one-one-financial-consultations-tiaa-cu-anschutz-209>

[21] <https://www.cu.edu/employee-services/events/one-one-financial-consultations-tiaa-cu-anschutz-210>

[22] <https://www.cu.edu/employee-services/events/one-one-financial-consultations-tiaa-cu-colorado-springs-27>

[23] <https://www.cu.edu/employee-services/events/one-one-financial-consultations-tiaa-cu-anschutz-211>

[24] <https://www.cu.edu/employee-services/events>

[25] <https://www.cu.edu/employee-services/calendar>

Wed May 27

[One-on-One Financial Consultations: TIAA at CU Anschutz](#) [20]

8:00am to 4:00pm

AMC, Academic Office Building One, Room 1200

Thu May 28

[One-on-One Financial Consultations: TIAA at CU Anschutz](#) [21]

8:00am to 4:00pm

AMC, Academic Office Building One, Room 1200

Thu May 28

[One-on-One Financial Consultations: TIAA at CU Colorado Springs](#) [22]

8:00am to 4:00pm

Univeristy Center Room 309

Tue Jun 02

[One-on-One Financial Consultations: TIAA at CU Anschutz](#) [23]

8:00am to 4:00pm

AMC, Academic Office Building One, Room 1200

[View All](#) [24] [Calendar](#) [25]