

Open Enrollment Sessions & Fairs ^[1]

Explore your CU benefits.

Step into the Benefits Bistro and explore a curated menu of CU's benefits providers—each serving up a Most Valuable Plan (MVP) designed to support your needs. Whether you're sampling new options or revisiting your current selections, our Open Enrollment courses are your guide to building the perfect plate.

More resources:

- Visit the [Benefits Toolkit](#) ^[2] for resources on how to select your benefits plans.
- Attend an [in-person Open Enrollment fair](#) on your campus.

Open Enrollment Courses

Open Enrollment Course



Open Enrollment 2

^[3]
Watch course ^[3]

Inscripcion Abierta 2025



Inscripción Abierta 20

8:00 a.m. lunes, 21 de
5:00 p.m. viernes, 9 d

University of Colorado

oulder | Colorado Springs | Denver | Anschutz Medical Campus

EMPLOYEE SERVICES

Inic

^[4]
[Ver curso](#) ^[4]

Medical Plans

Anthem Blue Cross Blue Shield

CU & CU Medicine Open Enrollment 2025

Welcome CU Health Plan Me



^[5]
[Watch webinar](#) ^[5]

Anthem Resources

Key Features

Anthem administers three health care plans for CU.

Out-of-state Coverage – Employees enrolled in CU Health Plans – Pathway and High Deductible can use their coverage outside the state of Colorado.

Vision Coverage – Enrollees in CU Health Plan – Exclusive and CU Health Plan – Pathway will enjoy an added benefit of one free eye exam through Blue View Vision. Employees enrolled in other plans can elect to add Blue View Vision full-service coverage to their current plan for an additional premium.

Sydney Health App – Employees enrolled in Anthem administered plans can take advantage of the [Sydney Health mobile app \(PDF\)](#) ^[6], which allows users to locate a provider, view their member ID, compare costs, access telehealth services through [Livehealth Online \(PDF\)](#) ^[7] and more.

Contact Anthem

For specific questions, reach out to:

Anthem Dedicated Customer Service:
1-800-735-6072

Anthem First Impressions Pre-Enrollment Service:
1-855-646-4752

CVS Caremark



Health Plan

^[8]
[Watch webinar](#) ^[8]

CVS Resources

Key Features

CVS has curated a series of videos and resources to help acquaint users with their offerings and features:

- [CVS Caremark Overview](#) ^[9]
- [Get to know CVS Digital Tools](#) ^[10]
- [Rx coverage and prior authorizations](#) ^[11]
- [Get your Rx online](#) ^[12]
- [Track your prescription mail order](#) ^[13]
- [Save with generic medication \(PDF\)](#) ^[14]
- [CVS Mobile App \(PDF\)](#) ^[15]
- [Find an eligible pharmacy](#) ^[16]

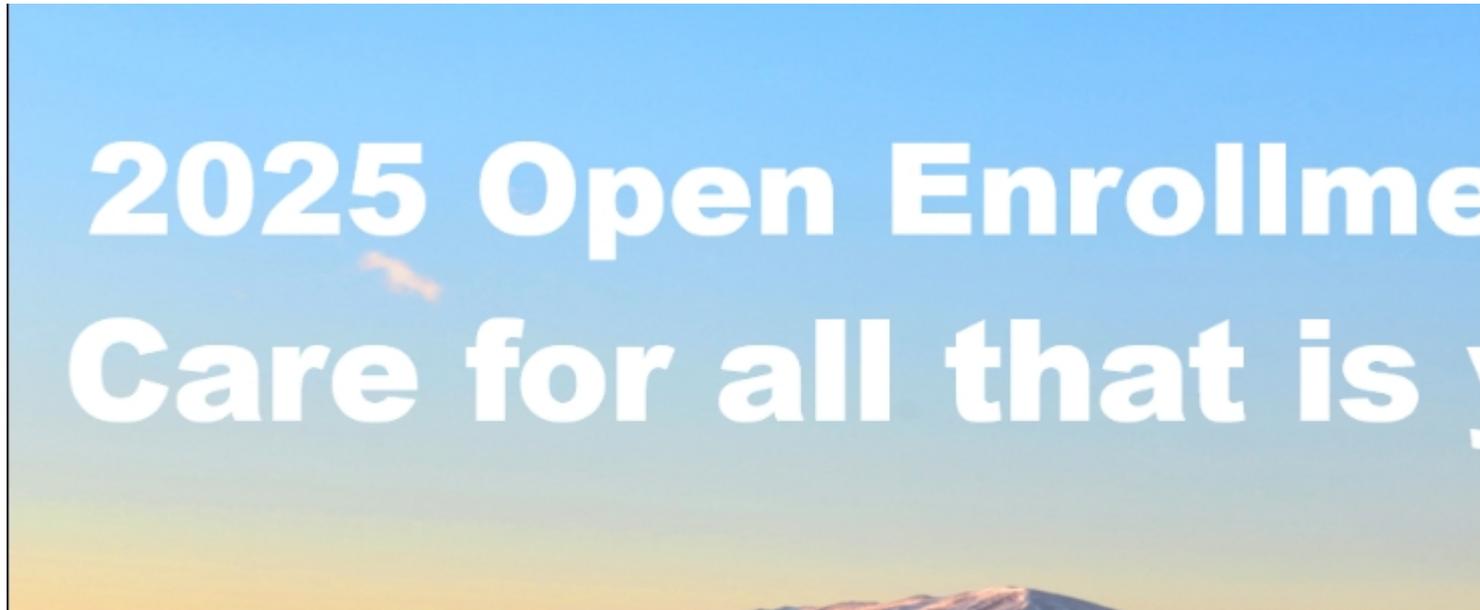
Recursos en Español

- [Bienvenido a CVS \(PDF\)](#) ^[17]
- [Ahorre con medicamentos genéricos \(PDF\)](#) ^[18]
- [Beneficios digitales \(PDF\)](#) ^[19]
- [Aplicación móvil CVS \(PDF\)](#) ^[20]
- [Encontrar una farmacia elegible](#) ^[16]

Contact CVS

CVS Caremark Customer Care: 1-888-964-0121

Kaiser



2025 Open Enrollment
Care for all that is y

[21]

[Watch webinar](#) [21]

Kaiser Resources

Key Features

Kaiser is one of the nation's largest multi-specialty medical groups with more than 750 medical offices and hospitals, as well as 95 million virtual connections. Kaiser offers a wide range of health and wellness resources for members.

Contact Kaiser

For specific questions, reach out to Member Services:

- Customer Services, Benefits and Claims: 1-877-883-6698
- [Kaiser Open Enrollment Email](#) [22]
- [Kaiser's website](#) [23]

Dental Plans

Delta Dental



The benefits
of more

[24]
[Review presentation](#) [24]

Right start 4 Kids



Prevention First



Delta Dental Resources

Key Features

Regardless of which plan you choose, you will have 100% preventative care coverage, four yearly cleanings (regular and periodontal), two yearly oral exams and two fluoride treatments.

- [Right Start 4 Kids Program \(PDF\)](#) [25]
- [Dental Insurance Facts \(PDF\)](#) [26]
- [Oral and Overall Health Connection \(PDF\)](#) [27]
- [Estimate your dental care costs \(PDF\)](#) [28]
- [Delta Dental Microsite](#) [29]
- [Delta Dental's Mobile App \(PDF\)](#) [30]

Contact Delta Dental

Reach out to a Delta Dental representative:

- Call 1-877-FLOSS-CU
- [Email](#) [31]
- [Website](#) [32]

Savings and Spending Accounts

Optum Health Savings Account (HSA)

Key Features

Optum provides benefits-eligible employees who are insured under CU Health Plan – High

Deductible access to a Health Savings Account to cover qualified medical expenses.

The money you put into an HSA rolls over from year to year — the money is yours to keep saved or spend on qualifying medical expenses. If you leave CU in any capacity, you will keep your HSA through retirement.

Resources:

- [Introduction to HSAs](#) [33]
- [Qualified Medical Expenses](#) [34]
- [Investing with your HSA](#) [35]
- [HSAs and Medicare](#) [36]
- [What is an HSA?](#) [37]
- [How to use an HSA](#) [38]
- [Investing with an HSA](#) [39]
- [Tax time and an HSA](#) [40]
- [Health Savings Account Calculator](#) [41]
- [Health Savings Checkup](#) [42]
- [Optum store](#) [43]

Contact Optum

Reach out to Optum:

- Call 1-866-234-8913
- [Website](#) [44]

ASI Flex: Flexible Spending Accounts

Flexible Spending Accounts (FSAs) allow you to set aside money for certain expenses (medical, child care, elder care costs).

Key Features

You don't pay taxes on this money, meaning you'll save an amount equal to the taxes you would have paid. Accounts are subject to a "use-it-lose-it" rule each year. Open Enrollment is when account holders must designate the amount contributed to their accounts for the plan year.

Resources

- [Eligible Expenses](#) [45]
- [Over-the-Counter Qualifying Items \(PDF\)](#) [46]
- [ASI Flex Mobile App](#) [47]
- [What is an FSA?](#) [48]

- [Dependent Day Care FSA](#) [49]
- [Using the Mobile App](#) [50]
- [Filing an FSA Claim](#) [51]
- [Health Care FSA Overview](#) [52]
- [Dependent Day Care FSA Overview](#) [53]
- [ASI Debit Card \(PDF\)](#) [54]
- [How To Use Cardless Pay \(PDF\)](#) [55]
- [Eligible Expenses Worksheet \(PDF\)](#) [56]

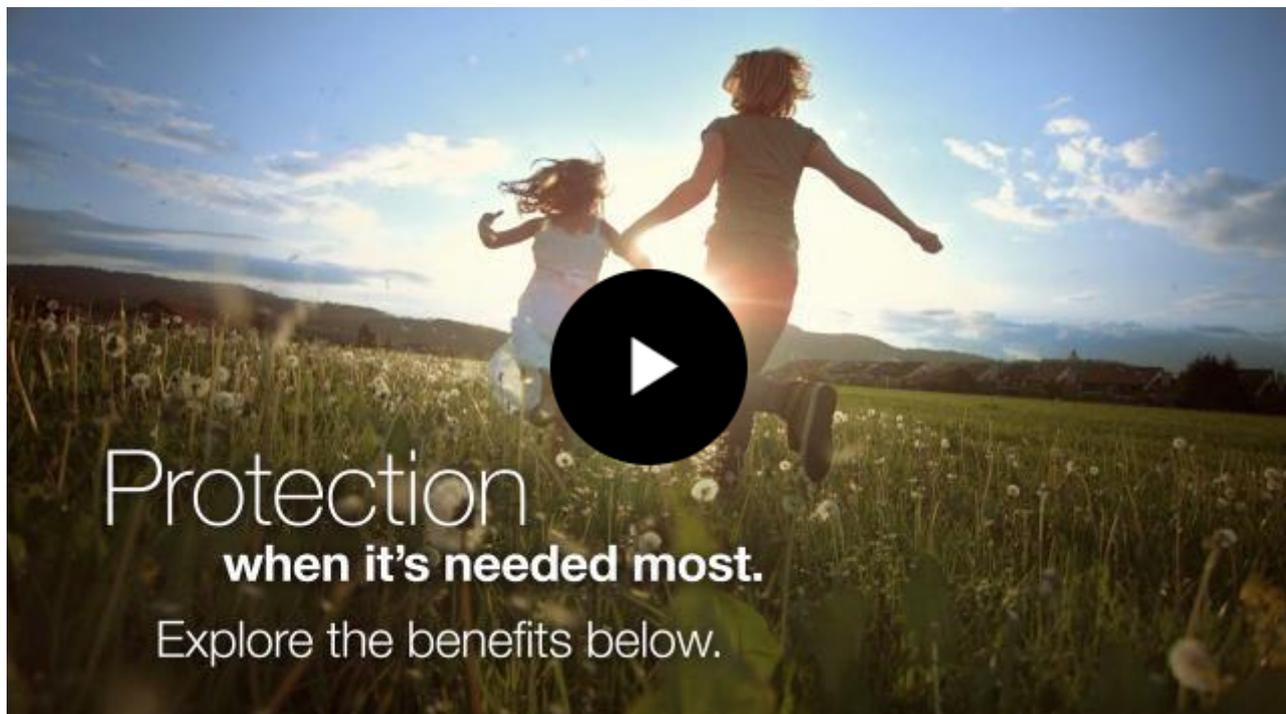
Contact ASI Flex

Reach out to an ASI Flex representative:

- Call 1-800-659-3035
- [Email](#) [57]
- [Website](#) [58]

Life and Disability Insurance

The Standard Insurance



[59]

[Calculate your coverage](#) [59]

This decision tool and calculator can help you determine how much insurance you need.

The Standard Resources

Key Features

The Standard Insurance Company has you covered as CU's disability and life insurance provider.

Disability ^[60]

All faculty and staff have access to short-term and long-term disability insurance options. This benefit pays a percentage of your salary for a specified amount of time if you cannot perform your duties due to illness, injury or pregnancy.

Life ^[61]

In addition to providing each eligible employee with a basic-term life insurance policy at no cost, CU offers additional coverage. Employees can enroll in an Optional Term Life policy and additional Voluntary AD&D.

Contact The Standard

Reach out to The Standard:

- Call 1-800-628-8600
 - Website ^[62]
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Mental Health Resources

Many resources are available to CU faculty and staff seeking mental health and wellness information — whether you are looking for help with personal growth, navigating transitions, discovering solutions or simply seeking support.

Preventative Mental Health Visits

All CU medical plans offer one preventative mental health care visit at no cost each plan year.

Review your plan documents to learn more about what's available. ^[63]

Additional Resources

- Mental health resources in CU Health Plans ^[64] – Learn about the available coverage through your health care provider.

- [Mental Health Resource Hub](#) [65] – This is a free online digital resource site designed to help you navigate social isolation, anxiety and other challenges.
- [Colorado State Employee Assistance Program \(CSEAP\)](#) [66] – CSEAP hosts teletherapy counseling sessions and online resources on managing stress and anxiety.
- [LinkedIn Learning Course Collections](#) [67] – Employee Services has curated three collections of LinkedIn Learning courses on mental health, work-life balance and cultivating your personal purpose.

Have questions? Attend an Open Enrollment Fair

Campus	Time	Location	Talks
CU Denver	10 a.m. - 2 p.m. April 22	Wellness Center Gymnasium 1355 12th St. Denver, CO 80204	<ul style="list-style-type: none"> • 11 - 11:30 a.m.: Delta Dental • 11:45 a.m. - 12:15 p.m.: Employee Services Benefits • 12:30 - 1 p.m.: Anthem • 1:15 - 1:45 p.m.: Kaiser
CU Boulder	10 a.m. - 2 p.m. April 24	Room 235 University Memorial Center 1669 Euclid Ave. Boulder, CO 80309	<ul style="list-style-type: none"> • 11 - 11:30 a.m.: Delta Dental • 11:45 a.m. - 12:15 p.m.: Employee Services Benefits • 12:30 - 1 p.m.: Anthem • 1:15 - 1:45 p.m.: Kaiser
CU Colorado Springs	10 a.m. - 2 p.m. April 29	Room 122 University Center 1420 Austin Bluffs Pkwy Colorado Springs, CO80918	<ul style="list-style-type: none"> • 11 - 11:30 a.m.: Delta Dental • 11:45 a.m. - 12:15 p.m.: Employee Services Benefits • 12:30 - 1 p.m.: Anthem • 1:15 - 1:45 p.m.: Kaiser
Anschutz Medical Campus	2:30 - 6:30 p.m. April 30	Krugman Conference Room Research 2 12700 E. 19th Ave. Aurora, CO 80045	<ul style="list-style-type: none"> • 3 - 3:30 p.m.: Employee Services Benefits • 3:45 - 4:15 p.m.: Anthem • 4:30 - 5 p.m.: Kaiser • 5:15 - 5:45 p.m.: Delta Dental

Groups audience:
Employee Services

[61] <https://www.cu.edu/employee-services/benefits-wellness/current-employee/life-insurance>

[62] <https://www.standard.com/> [63] <https://www.cu.edu/docs/tags/open-enrollment>

[64] <https://www.cu.edu/employee-services/benefits-wellness/mental-health-resources>

[65] <https://psychhub.com/mental-health-content> [66] <https://www.colorado.gov/c-seap>

[67] <https://www.cu.edu/blog/work-life/looking-manage-burnout-and-achieve-balance-these-linkedin-learning-courses-can-guide>