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E T O T H

Open Enrollment is coming!

Open Enrollment is your annual opportunity to make changes to your CU benefits without experiencing a qualifying life event. This year's enrollment window runs from 8 a.m. April 20 through 5 p.m. MT on May 8.

Flexible Spending Accounts (FSA)

If you want to participate in a [Health Care FSA](#) or [Dependent Care FSA](#) ^[1] for the 2026–27 plan year, you must actively enroll or reenroll during Open Enrollment — even if you plan to keep the same contribution amounts. FSAs do not automatically renew.

Keeping or Changing Your Benefits

If you take no action, you will automatically be re-enrolled in your current benefit elections (except FSAs) at the end of Open Enrollment. If you wish to make changes, resources and comparison tools will be available to help you review your options.

Optional Term Life Insurance Enrollment Opportunity

During this Open Enrollment period, a special opportunity will be available for Optional Term Life coverage. Standard Insurance Company will temporarily waive the usual Evidence of Insurability (EOI) requirement for the new Guaranteed Issue amounts. Normally, employees are required to submit a [medical history statement](#) ^[2] to opt in or increase coverage outside of their initial eligibility period. Additional details — including information about increased coverage under CU's Basic Term Life — will be shared in future communications.

More Information

This page will be updated as additional information and resources become available. Full plan details and rate sheets will be posted prior to April 20.

Benefits changes and campus fairs announced



What's on the menu for the next plan year?

The new plan year starting July 1 will bring a few plan changes, including a new in-network provider, changes to plan costs, improvements to short-term disability coverage and more.

[Learn more](#) [3]



Save the date: Campus fairs

At campus health fairs, representatives from Employee Services, Anthem, Kaiser, Delta Dental and more will be available to answer your questions.

- **April 22 — CU Denver:** 10 a.m.–2 p.m.
Terrace Room in Lawrence Street Center
 - **April 23 — CU Boulder:** 10 a.m.–2 p.m.
University Memorial Center, Multipurpose space (Room 235)
 - **April 27 — CU Anschutz:** 10 a.m.–3 p.m.
Krugman Conference Room Research 2
 - **April 29 — CU Colorado Springs:** 10 a.m.–2 p.m.,
University Center, Room 122
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Prepare with three quick tasks

1: Make sure your contact information is up to date

Before, during and after Open Enrollment, we'll send employees postcards, important disclosures and plan information in the mail, so this is a good time to confirm your mailing address is correct in the employee portal.

You'll also want to confirm your phone number is correct — the enrollment tool requires dual factor authentication, and having a correct phone number on file will help ensure that you're able to verify your access quickly and efficiently.

Check your contact information through the employee portal.

1. Log in to the **employee portal** ^[5].
2. Click the **CU Resources** tab. (If you are a CU System Administration employee, skip this step.)
3. Open the CU Resources Home dropdown menu and select **My Info and Pay**.
4. Select **Contact Details** to view your contact details and make any needed changes.

2: Look up your current plans

Draw up your game plan by comparing your current coverage and think consider your future benefit needs. To get started, review your current elections and verify your enrolled dependents.

1. Log in to the **employee portal** ^[5].
2. Click the **CU Resources** tab. (If you are a CU System Administration employee, skip

this step.)

3. Open the CU Resources Home dropdown menu, and select **Benefits & Wellness**.
4. Select **Benefits Summary**. Your benefits for the current plan year will display.
 1. **Update life insurance beneficiaries:** Select **Review** from the Benefits Summary page for the policy you want to change and you'll be able to update the beneficiary or beneficiary designation for that policy.
 2. **Add or remove a dependent:** Reach out to the Employee Services Benefits team at benefits@cu.edu ^[6] or call 303-860-4200, option 3, to discuss possible changes during Open Enrollment or a qualifying life event.

3: Sign up for Open Enrollment text reminders

Don't miss your window to enroll in, update or change your health coverage. Sign up to receive Open Enrollment text reminders via RAVE Alerts. You must be opt into these alerts, so make sure you sign up even if you already receive emergency alerts and IT outage notices from CU.

Once you enroll in these optional reminders, you'll get three brief text messages each year during Open Enrollment reminding you to take action before it's too late.

[Sign up for reminders before enrollment begins.](#) ^[7]

More resources





[9]

[10]

[11]

Source URL: <https://www.cu.edu/node/39058/open-enrollment-courses-fairs>

Links

[1] <https://www.cu.edu/employee-services/benefits-wellness/current-employee/hsa-and-fsa>
[2] <https://www.cu.edu/docs/medical-history-statement> [3] <https://www.cu.edu/employee-services/open-enrollment/whats-new> [4] <https://www.cu.edu/employee-services/open-enrollment/sessions>
[5] <https://my.cu.edu> [6] <mailto:benefits@cu.edu> [7] <https://www.cu.edu/uis/uis-service-desk/emergency-alerts> [8] <https://www.cu.edu/employee-services/open-enrollment/benefits-enrollment-tool-access>
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