

On-Demand Payroll & Benefits Orientations ^[1]

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. ^[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. Courses 4 and 5 have separate content for Faculty and University Staff or Classified Staff—you'll only need to watch the course that applies to you. 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)



New Hire Basics

Payroll and Benefits Administration



University of Colorado
Boulder | Colorado Springs | Denver | Anschutz Medical Campus
EMPLOYEE SERVICES

[4]

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



Basics of CU Health Plans and Savings

Payroll and Benefits Administration



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

EMPLOYEE SERVICES

[5]

3. Life Insurance (11 min)

CU Life Insurance

Payroll and Benefits Administration



University of Colorado
Boulder | Colorado Springs | Denver | Anschutz Medical Campus
EMPLOYEE SERVICES

[6]

4. Short & Long Term Disability (12 min)

Short and Long Term Disability Plans

Payroll and Benefits Administration



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

EMPLOYEE SERVICES

5. Mandatory Retirement Plan Placement (12 min)

Mandatory Retirement Placement



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

EMPLOYEE SERVICES

[8]

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



Univer Colo Tuition A Benefi Eligi

Start



[9]

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

To learn more about tuition assistance and how to apply, visit the [Tuition Assistance Benefit](#) [11] website.

Guides

- [New Hire Fact Sheet](#) [12]
- [Benefits Package Guide for Faculty & University Staff](#) [13]
- [Benefits Package Guide for Classified Staff](#) [14]
- [Benefits FAQ](#) [15]

Next up: Enroll

Visit the [How to Enroll page](#) [16] 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/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/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/mandatory_ret/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/employee-services/benefits-wellness/current-employee/tuition-assistance> [12] <https://www.cu.edu/docs/new-hire-fact-sheet>
[13] <https://www.cu.edu/docs/benefits-package-guide-faculty-university-staff>
[14] <https://www.cu.edu/docs/benefits-package-guide-classified-staff> [15] <https://www.cu.edu/docs/benefits-faq> [16] <https://www.cu.edu/employee-services/benefits-wellness/new-employee/how-enroll>