



# CU Health Plan – Health and Wellness Presentations

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As dedicated advocates of CU and CU Med employees' health and wellness, the CU Health Plan, plan providers and wellness program vendors are available to virtually present to CU and CU Med teams to further discuss health and wellness benefits available to eligible employees.

CU Health Plan providers like Anthem, Kaiser, CVS Caremark, and Delta Dental of Colorado, and the CU Health Plan's corresponding teams representing each wellness program vendor - these are the advocates who make up the wellness team dedicated to helping you improve your whole-health.

- **Want to learn more about the link between healthier sleeping habits and mental wellness?** Sleepio and the CU Health Plan are ready provide more information about that.
- **Looking for immunity-boosting recipes to try during these colder winter months?** Foodsmart (formerly Zipongo) offers a number of virtual cooking lessons with their head chef and nutritionists to help you out of your recipe rut.
- **Curious about the effect of prolonged stress on your oral health?** Let's coordinate a session for Delta Dental of Colorado to educate employees on maintaining oral health habits that endure beyond the coronavirus pandemic.

The CU Health Plan will work diligently with wellness program representatives and plan providers to craft a presentation unique to the health and wellness topics of interest to you and your colleagues. View a full list of [wellness programs](#) and [program eligibility details](#) at BeColorado.org.

Having a better understanding of the CU Health Plan's health and wellness benefits positions you to utilize whole-health resources that can help to strengthen your physical and mental health as we navigate the new (ab)normal. If you or any other team members are interested in a presentation from the CU Health Plan, wellness program representatives or medical plan providers, please don't hesitate to contact [Info@BeColorado.org](mailto:Info@BeColorado.org) for more information.

## Additional CU Health Plan Resources

- For more information about the CU Health Plan and this ten-year anniversary, check out this [CU Connections spotlight](#) on the CU Health Plan's Chief Plan Administrator, Tony DeCrosta.
- [BeColorado.org/plans](https://www.becolorado.org/plans)
- [BeColorado.org/latestnews](https://www.becolorado.org/latestnews)
- [Free or Low-cost Mental Wellness Resources](#)
- [Self-care and Meditation Resources for Kaiser CU Health Plan Members](#)