

[Inflation fighter: Choosing generic medications over brand names](#)[1]

Last August, a CU Connections feature from the CU Health Plan highlighted [common misconceptions regarding brand-name drugs and their generic alternatives](#)[2]. Now, a new infographic, right, illustrates the advantages in choosing generics.

Opting for generic medications when they are available helps CU Health Plan members save money at the pharmacy, and helps CU keep health care costs as low as possible for all plan members.

According to the Food and Drug Administration, a generic alternative can save members up to 85% of its brand-name counterpart. When a brand-name medication is chosen over a generic alternative, CU Health Plan members must pay the cost difference in addition to their co-pay/co-insurance. As a result, members can expect to pay more at checkout for their brand-name prescriptions, which carry a higher price tag for the CU Health Plan and our employer as well.

Our generic efficiency rate across all CU health plans is 96.7%, and although brand-name prescriptions make up only 19% of CU Health Plan prescriptions filled, they account for 85% of the plan's medication spending. Closing the gap between a 96.7% and 100% generic efficiency rate holds significant cost savings potential. At 100% generic efficiency, medication spending could be reduced by \$3.8 million to \$4.1 million.

CU Health Plan members are encouraged to continue to opt for generic alternatives of their prescription medications when they are available. Members can ask their doctors or providers at their appointment, and/or pharmacists at the counter, to choose generic medications in lieu of the brand-name medication whenever a generic alternative is available.

For more information about generic medications, check out our [previous CU Connections feature](#)[2].

The CU Health Plan is a team of health benefits professionals rallied around a common vision – creating a world where living healthily is easy. We want to live in that world and our plan members tell us they do, too. [For over 10 years](#)[3], we have used that shared vision as motivation to constantly improve the health insurance plans and wellness programs we offer to employees at the organizations we work with. The CU Health Plan team promotes the overall well-being of our members by expanding employers' ability to deliver valued, holistic health benefits and mitigate the rising cost of health care. For more information, visit www.becolorado.org[4].

[CU names Jeff Howard vice president for communication](#)[5]

The University of Colorado has named Jeff Howard vice president for communication in system administration. He will oversee communication initiatives in the Office of the President and work with the Board of Regents. Howard will also collaborate with communication leaders on the four campuses and at the CU Foundation. He begins his duties March 21.

"We're thrilled to have Jeff bring his significant communications expertise, deep Colorado roots and passion for higher education to CU," said CU President Todd Saliman. "He will be a great asset as we continue to advance the narrative of how CU changes lives and adds substantial value to our state and beyond."

Howard has spent the past eight years as managing partner at Gomez Howard Group, a Colorado communication and public relations firm. He has held communication leadership positions with complex national organizations, including the NCAA and the U.S. Olympic and Paralympic Committee. He also spent nearly a decade in top-level communication and external engagement positions at the University of Denver. He started his career in communications with the Denver Broncos before joining Denver's KWGN (Channel 2) as a producer and reporter.

"I look forward to working with President Saliman, his team, the Board of Regents and colleagues across the CU system as we advocate for and deliver on the positive mission of higher education," Howard said. "I'm excited by the chance to engage with the many constituents who care deeply about the university and the important work being done by students, faculty and staff at CU. I can't wait to get started uplifting the voices in our diverse community."

In addition to working with colleagues on CU's four campuses, Howard will be part of a team comprising CU's external relations efforts in the offices of Government Relations, Outreach and Engagement and Advancement Services. He will oversee CU system communication operations in media relations, internal communications and web development.

"Jeff will be an important addition as we focus our efforts to convey the significant value of a CU degree and the contributions the university makes to Colorado, the nation and world," said Danielle Radovich Piper, CU's senior vice president for external relations and strategy. "He has also been deeply engaged in the Denver and Colorado communities, which will serve him and the university well."

Howard earned a bachelor's degree in Sports Information and Reporting from Metropolitan State University of Denver (MSUD) and an executive master's in Sport Organization Management from Université Claude Bernard Lyon 1 in France. He has been an adjunct faculty member at MSUD and the Daniels College of Business at the University of Denver.

Howard was selected after a search process that yielded 120 candidates. He replaces Michael Sandler, who left the university in June. Ken McConnellogue, who is retiring from CU, has served in the interim.

[CU Data Center move slated for October](#) [6]

[Faculty Council announces Queer Futures. LGBTQ+ conference set for May 22](#) [7]

The [Queer Futures in Higher Education in the Rocky Mountain West Symposium](#) [8] is seeking panelists, workshop facilitators, researchers, writers, artists and activists in the CU system to come share their knowledge, expertise and vision.

Presented by Faculty Council and George Wu Bayuga, the May 22 event will take place at the UCCS Ent Center for the Arts. The daylong symposium will combine continuing education on LGBTQIA+ issues with engaged dialogue on how to make the CU system a space for LGBTQIA+ students, staff and faculty to thrive and grow.

Students, faculty and staff of all levels and ranks are welcome to participate. There are four ways to join: Register to share your knowledge in a continuing education workshop. Serve as a panelist for a large group discussion on critical contemporary issues. Share your research and art at an exhibit. Join the conversation as a participant, network and share your stories with new friends.

There is no registration fee and no parking fee. Lunch will be provided. Space is limited, so register today:

<https://www.cu.edu/queerfutures> [9]

Queer Futures is sponsored by the CU system administration Office of Diversity, Equity and Inclusion; the CU Faculty Council LGBTQ+ Committee; the CU Anschutz LGBTQ+ Hub; and the UCCS Office of the Vice Chancellor for Diversity, Equity and Inclusion.

Questions? Email George Bayuga, gbayuga@uccs.edu [10]

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[Could herbal supplements help students manage stress levels?](#) [12]

[CU Denver panel discusses the role of ChatGPT in higher education](#) [13]

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[1] <https://connections.cu.edu/spotlights/inflation-fighter-choosing-generic-medications-over-brand-names>[2] <https://connections.cu.edu/spotlights/name-brand-prescription-drugs-vs-generic-what-s-difference>[3] <https://connections.cu.edu/spotlights/five-questions-tony-decrosta>[4] <http://www.becolorado.org/>[5] <https://connections.cu.edu/stories/cu-names-jeff-howard-vice-president-communication>[6] <https://connections.cu.edu/stories/cu-data-center-move-slated-october>[7] <https://connections.cu.edu/stories/faculty-council-announces-queer-futures-lgbtq-conference-set-may-22>[8] <https://www.cu.edu/queerfutures>[9] <https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cu.edu%2Fqueerfutures&data=05%7C01%7Cdedrick%40cu.edu%7C4a709b7086c242e4d8da08db16949cbe%7Ce889e28f74d447f287e853732cbbe7ec%7C0%7C0%7C638128600301096086%7CUnknown%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=M%2F68%2BUhMjyltba2FI0s9PJT8p%2BE4LsBXYzjVwR65Zss%3D&reserved=0>[10] <mailto:gbyuga@uccs.edu>[11] <https://connections.cu.edu/stories/cu-boulder-weighs-financial-aid-student-educators-and-more-legislative-session>[12] <https://connections.cu.edu/stories/could-herbal-supplements-help-students-manage-stress-levels>[13] <https://connections.cu.edu/stories/cu-denver-panel-discusses-role-chatgpt-higher-education>[14] <https://connections.cu.edu/stories/us-rep-jason-crow-visits-cu-anschutz-medical-campus-highlight-two-campus-initiatives>[15] <https://connections.cu.edu/people/finkelstein-lead-cubit-quantum-education-and-workforce-efforts>[16] <https://connections.cu.edu/people/adams-latest-exhibition-one-man-show>[17] <https://connections.cu.edu/people/sherman-selected-executive-vice-chancellor-finance-and-administration>[18] <https://connections.cu.edu/itn/labor-market-booming-and-these-jobs-are-growing-most>[19] <https://connections.cu.edu/itn/new-cu-boulder-research-warns-excess-body-weight-means-shorter-life-span>[20] <https://connections.cu.edu/itn/cu-denver-architecture-students-test-shelter-prototype-safe-camping-site>