In this talk, we generalize Meeks and Yau’s embeddedness result on the solutions of the Plateau problem to constant mean curvature disks. In particular, we will show that any minimizing $H$-disk in an $H_0$-convex domain is embedded for any $H \in [0, H_0)$. For the unit ball $B$ in $\mathbb{R}^3$, this implies that for any $H \in [0, 1]$, any Jordan curve in $\partial B$ bounds an embedded $H$-disk in $B$. arXiv:1504.00661 (Received June 01, 2017)