Enroll within 30 days of hire/eligibility

Postdoc Benefits Summary
Postdoctoral Associates and Fellows - University of Rochester
( Including Visiting Postdoctoral Fellows)

MEDICAL POS
Excellus BCBS POS Medical Plan provides coverage for you and your eligible dependents. Coverage will be effective immediately.

DENTAL POS
The MetLife Dental PPO Plan provides coverage for you and your eligible dependents. Coverage will be effective immediately.

VOLUNTARY VISION
Aetna’s Voluntary PPO Vision Plan offers low-cost copays for exams, lenses or contacts, and frames.

VOLUNTARY LIFE AND AD&D INSURANCE
Voluntary Life and Accidental Death & Dismemberment (AD&D) insurance are available through The Standard, with $100,000 guaranteed coverage.

RETIREMENT PROGRAM
Begin making Voluntary Contributions to the Retirement Program at any time.

1. Go to TIAA.org/rochester and click “Ready to Enroll.”
2. Click “Register with TIAA.”
3. Follow the on-screen instructions to complete your enrollment. You will select your contributions, investment choices, and beneficiaries.

WELL-U
The University’s wellness program, Well-U, provides programs such as:
- Personal Health Assessment (including a biometric screening)¹
- Lifestyle management programs¹
- Condition management coaching¹
- Physical fitness development opportunities
- Food & nutrition support

¹ Must be enrolled in the University-Sponsored Medical Plan to participate.

Find more information at rochester.edu/well-u.

UR MEDICINE EAP
Professional & confidential guidance provided at no cost for employees and their immediate family members. UR Medicine EAP will help assess issues and provide short-term counseling and referrals as needed with life events.

Find additional information at urmc.rochester.edu/eap.
TUITION BENEFITS-Beginning Fall 2021
Employee Tuition Waiver for Courses at the University of Rochester:
Full-time Postdoctoral Associates (093) will be eligible upon appointment for a 95% tuition waiver for up to 2 credit-bearing courses per semester/mini-semester only at the University of Rochester.

Find additional information at rochester.edu/totalrewards/tuition.

FAMILY CARE PROGRAM
The University’s Family Care Program offers:
• The Children’s School at URMC - Priority placement and 10% discount
• Child Care Select - 10% discount at any KinderCare location

Find additional information at rochester.edu/totalrewards/family/.

LONG-TERM CARE INSURANCE
Long-term care (LTC) insurance pays for home health care, assisted living and nursing home care to help people with the functions of day-to-day living when it becomes too difficult to do it on your own.

Visiting Postdoctoral Fellows are not eligible.

BUSINESS TRAVEL INSURANCE PLAN
The University provides benefits in case of accidental death, dismemberment, or paralysis while traveling on approved University business away from the principal place of employment for periods of 365 days or less. The travel assistance card is available online at rochester.edu/totalrewards/health and should be printed and carried with participants.

MENTAL HEALTH RESOURCES
UR Medicine Crisis Call Line - (585) 275-8686
Monroe Mobile Crises Team - (585) 529-3721
These resources are available to postdocs and their families coping with issues related to a mental illness, for example, a panic or anxiety attack, but who do not feel the need to visit the Psychiatric Emergency Department.

LEAVE, DISABILITY, AND VACATION
Short-Term Disability - Statutory pay (pay required by NYS) begins on the 8th consecutive day of disability absence. Employees must have at least 4 weeks of service to be eligible.

Visiting Postdoctoral Fellows are not eligible for short-term disability pay.

Additional information regarding leave, disability, and vacation are per the terms of appointment with your school.

The University reserves the right to modify, amend, or terminate these plans at any time. This document provides only a summary of the main features of the plan. Detailed information on the benefit plans is available on the Total Rewards website at rochester.edu/totalrewards.