

BENEFITS ENROLLMENT OVERVIEW

for University of Rochester Postdoctoral Associates & Fellows

Questions? Contact Total Rewards:
 (585) 275-2084
totalrewards@rochester.edu
www.rochester.edu/totalrewards



Benefit	Helpful Information	How to Enroll
Medical POS - Aetna Dental POS - Aetna Voluntary Vision PPO - Aetna	Health Care and Dental Coverage will be effective the 1 st of the month following the date of hire or on your date of hire if that occurs on the 1 st of the month.	Enroll online at garnett-powers.com/rochester



403(b) Retirement Program	Voluntary Contributions- eligible* immediately upon hire <i>*Visiting Postdoctoral Fellows are not eligible</i>	1. Visit tiaa.org/rochester 2. Click "Ready to Enroll" 3. Click "Register with TIAA" & complete online registration 4. Click "Get Started" Telephone enrollment: 1-800-410-6497
Well-U	Check your eligibility for the various wellness programs & resources at Rochester.edu/well-u/eligibility	Visit Rochester.edu/well-u for program enrollment information.
Voluntary Long-Term Care Insurance	Long-term care insurance pays for home health care, assisted living and nursing home care to help people with the functions of day-to-day living.	Contact Legacy Services at 1-800-230-3398 ext. 101 or custvc@4groupptci.com