

University of Rochester Summary of Benefits for Postdoctoral Associates (0093) and Postdoctoral Fellows (0095)

Benefit Category	Eligibility and Contact Information	Other Information
Medical POS - Aetna	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnettpowers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>The POS plan offers you the flexibility to choose to seek care in-network or out-of-network. You may choose a Primary Care Physician (PCP) for this plan who may coordinate all of your care. Or, you may desire to just self-refer to an in-network specialist when you need to see a particular type of doctor.</p>
Dental PPO - Metlife	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnettpowers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>This plan offers you the option of seeking services from an <i>in-network</i> or <i>out-of-network</i> dentist. Co-insurance levels can change between in and out-of-network services. Seeking care from in-network dentists will reduce your costs.</p>
Voluntary Vision PPO- Aetna	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnettpowers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>This plan offers you a PPO platform with a robust network. This comprehensive plan offers low-cost copays for exams, lenses or contact lenses and frames, with an additional discount available on extra pairs of glasses or contacts.</p>
Voluntary Life and AD&D Insurance	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnettpowers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>Life insurance helps provide financial protection by promising to pay a benefit in the event of an eligible member's covered death.</p> <p>Accidental Death and Dismemberment (AD&D) insurance may provide an additional amount in the event of a covered death or dismemberment as a result of an accident.</p>
Voluntary Long-Term Care Insurance	<p>Immediate</p> <p>Contact Legacy Services at: 1-800-230-3398 Ext. 101 custserv@4groupltc.com</p>	<p>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 like bathing, dressing, transferring and eating. Please refer to Legacy Services website for more information: www.main.legacyltpci.com</p>
NYS Statutory Short-Term Disability	<p>Immediate</p>	<p>NY State Statutory only (half pay for up to 26 weeks, max of \$170 per week)</p>

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Travel-Accident Insurance	Immediate	Provides insurance in case of accidental death or dismemberment while traveling on University business in capacity of UR employee. The Travel Assistance Service Identification Card is available online at www.rochester.edu/totalrewards/health and should be printed and carried with participants.
Retirement Plan 403(b)	Immediately eligible to make Employee Voluntary Contributions. You can enroll or make changes to your Voluntary Contributions at any time. Contact TIAA at: 1-800-410-6497	To enroll, visit tiaa.org/rochester or call TIAA at 1-800-410-6497
Employee Assistance Program (Life-Work Connections/EAP)	Immediate. Employees and family members are able to seek EAP services.	Visit: www.urmc.rochester.edu/eap/
Wellness Program (Well-U)	Immediate eligibility for the following programs: <ul style="list-style-type: none"> ▪ Biometric Screening and Personal Health Assessment (PHA) - plus incentive ▪ Lifestyle and Condition Management Programs - plus incentive ▪ Condition Management Rx/DX Discount ▪ WW discount & reimbursement 	Visit www.rochester.edu/well-u
Additional Mental Health Resources	Immediate eligibility: UR Medicine Crisis Call Line (585) 275-8686 Monroe Mobile Crises Team (585) 529-3721	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.

This document provides only a brief summary of main features of the plans. Detailed information on the benefit plans is available on the Total Rewards website at www.rochester.edu/totalrewards. A paper copy of this information is available for free from the Office of Total Rewards. In the event of a conflict between this document and the official plan document or SPD, the plan document or SPD shall be controlling. The University reserves the right to modify, amend or terminate the Plans at any time, including actions that may affect coverage, cost sharing or covered benefits, as well as benefits that are provided to current and future retirees.

Please note that online enrollment requires your appointment to be recorded in the HRMS system, and your Net ID and access to HRMS to be established. In addition, for the Retirement Plan, online enrollment requires your information to be transmitted to these administrators.

University of Rochester Summary of Benefits for Visiting Postdoctoral Fellows (0094)

Benefit Category	Eligibility Information	Other Information
Medical POS - Aetna	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnett-powers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>The POS plan offers you the flexibility to choose to seek care in-network or out-of-network. You may choose a Primary Care Physician (PCP) for this plan who may coordinate all of your care. Or, you may desire to just self-refer to an in-network specialist when you need to see a particular type of doctor.</p>
Dental POS - Metlife	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnett-powers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>This plan offers you the option of seeking services from an <i>in-network</i> or <i>out-of-network</i> dentist. Co-insurance levels can change between in and out-of-network services. Seeking care from in-network dentists will reduce your costs.</p>
Voluntary Vision PPO - Aetna	<p>Immediate</p> <p>Enroll within 30 days of hire online at: http://clients.garnett-powers.com/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>This plan offers you a PPO platform with a robust network. This comprehensive plan offers low-cost copays for exams, lenses or contact lenses and frames, with an additional discount available on extra pairs of glasses or contacts.</p>
Voluntary Life and AD&D Insurance	<p>Immediate</p> <p>Enroll within 30 days of hire online at: clients.garnett-powers.com/pd/rochester/</p> <p>Contact Garnett-Powers & Associates at: 1-844-243-0027 URPD@Garnett-Powers.com</p>	<p>Life insurance helps provide financial protection by promising to pay a benefit in the event of an eligible member's covered death.</p> <p>Accidental Death and Dismemberment (AD&D) insurance may provide an additional amount in the event of a covered death or dismemberment as a result of an accident.</p>
Travel-Accident Insurance	<p>Immediate</p>	<p>Provides insurance in case of accidental death or dismemberment while traveling on University business in capacity of UR employee. The Travel Assistance Service Identification Card is available online at www.rochester.edu/totalrewards/health and should be printed and carried with participants.</p>
Employee Assistance Program (Life-Work Connections/EAP)	<p>Immediate. Employees and family members are able to seek EAP services.</p>	<p>Visit: www.urmc.rochester.edu/eap/</p>

<p>Wellness Program (Well-U)</p>	<p>Immediate eligibility for the following programs:</p> <ul style="list-style-type: none"> ▪ Biometric Screening and Personal Health Assessment (PHA) - plus incentive ▪ Lifestyle and Condition Management Programs - plus incentive ▪ Condition Management Rx/DX Discount ▪ WW discount & reimbursement 	<p>Visit www.rochester.edu/well-u</p>
<p>Additional Mental Health Resources</p>	<p>Immediate eligibility:</p> <p>UR Medicine Crisis Call Line (585) 275-8686</p> <p>Monroe Mobile Crises Team (585) 529-3721</p>	<p>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.</p>

Please note that online enrollment requires your appointment to be recorded in the HRMS system, and your Net ID and access to HRMS to be established.