

Welcome!

Postdoc Orientation

Les Krushel, PhD

Manager, Office of Postdoc Affairs

A-139 1300 York Ave

lek2014@med.cornell.edu



**Weill Cornell
Medicine**

Welcome!

Postdoc Orientation

Randi Silver, PhD

Faculty Director, Office of Postdoc Affairs

Associate Dean

Weill Cornell Medicine



**Weill Cornell
Medicine**



Today

- 1. Weill Cornell For All**
- 2. Postdoc Stuff**
- 3. Benefits (medical)**
- 4. Postdoc Office**

Prologue



This slideshow provides an overview of Weill Cornell and the resources available to you. For additional details or to understand where some of this information originates, please refer to your [Collective Bargaining Agreement](#).



SANDRA AND EDWARD MEYER RESEARCH AND

Weill Cornell Medicine

JOAN AND SANFORD I. WEILL
MEDICAL COLLEGE AND
GRADUATE SCHOOL OF
MEDICAL SCIENCES
OF CORNELL UNIVERSITY

 Weill Cornell Medical College
 Weill Cornell Graduate School
of Medical Sciences

SANDRA AND EDWARD MEYER
RESEARCH AND EDUCATION BUILDING

NO STANDING
Anytime



HEAR
CENT



**Weill Cornell
Medicine**



**COLUMBIA UNIVERSITY
MEDICAL CENTER**

New York-Presbyterian





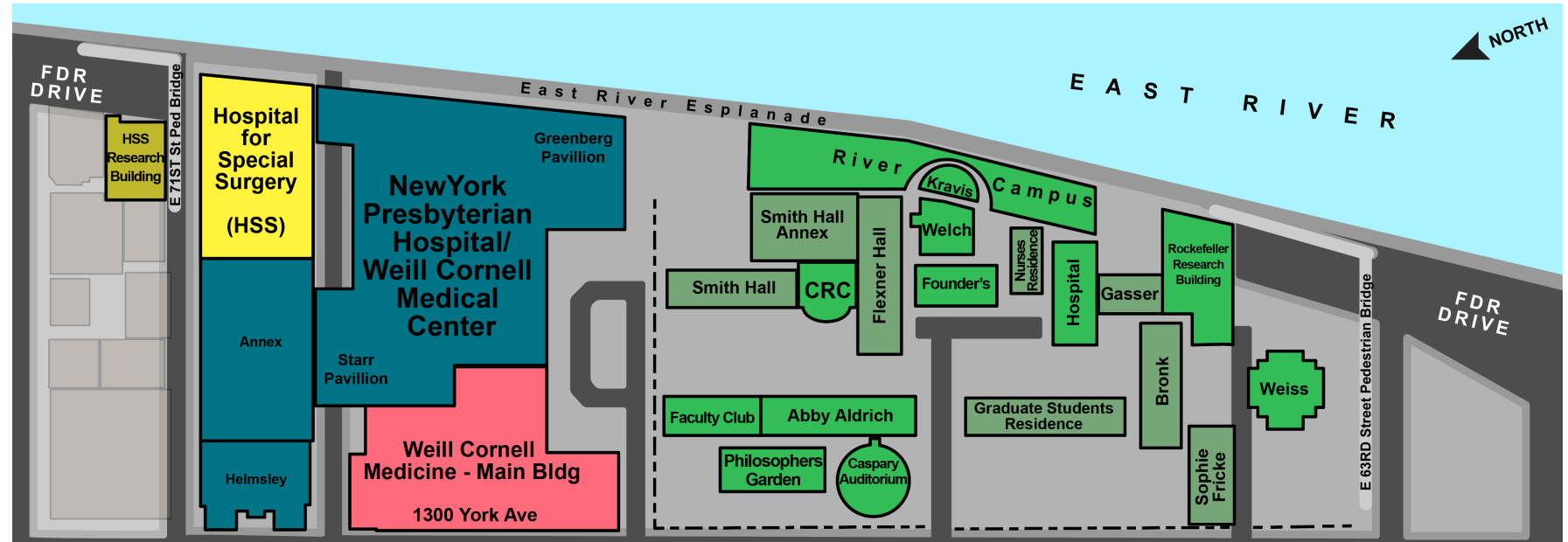
**Our Collaborative
Neighborhood**

Weill Cornell
Research
Neighborhood

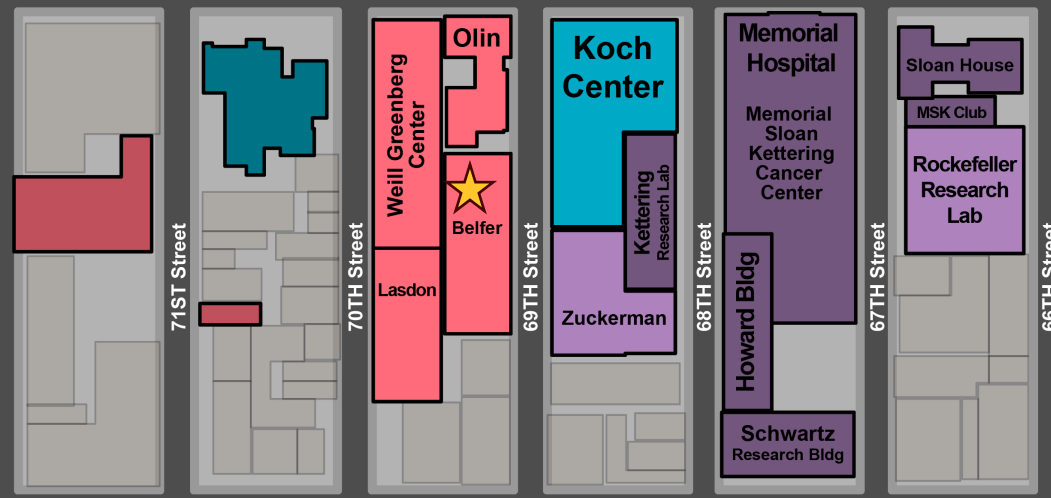
Is the

Tri-Institutional
Neighborhood





Y O R K A V E N U E



Tri-Institutional Campus

- Weill Cornell Medicine
- New York Presbyterian Hospital /Weill Cornell Medical Center
- Memorial Sloan Kettering Cancer Center
- The Rockefeller University
- Hospital for Special Surgery



Getting Started at Weill Cornell



Information Technologies & Services

Information Technologies & Services



Get Help

How-To

News

Alerts

Services

Security and Privacy

Policies

About Us



Open an Incident [↗](#)



Request Something [↗](#)



Visit a SMARTDesk Location



Live Chat [↗](#)

Prefer to speak to someone by phone? **(212) 746-4878** • 7 days a week • Available 24 hours

Active Service Alerts

[Update - Service Alert - Griffis Faculty Club website is down.](#)

Last Updated: Monday, April 22nd, 2024 - 05:46 PM

[See All Service Alerts](#)

**[ITS](#) is Located at the 1300 York [Library](#) Entrance
Make an [Appointment](#)**

Connect to WCM Outside WCM Campus

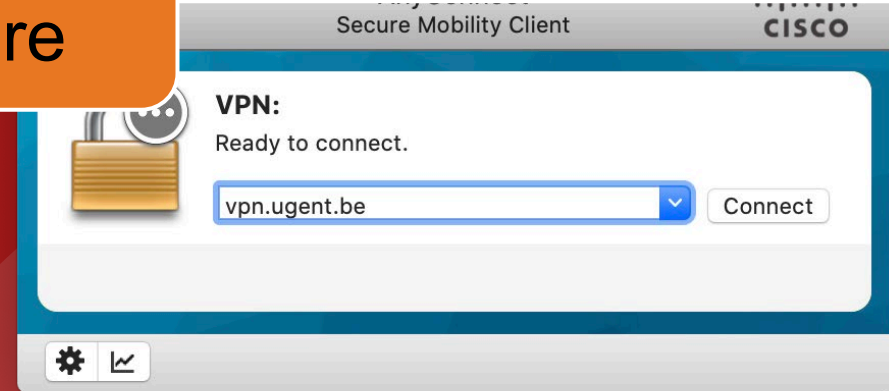


Securing Windows Logon
with Cisco Duo

Work
Anywhere



mobileiron



Box

Cloud storage
service at WCM

Share your files (or not) with your WCM colleagues.

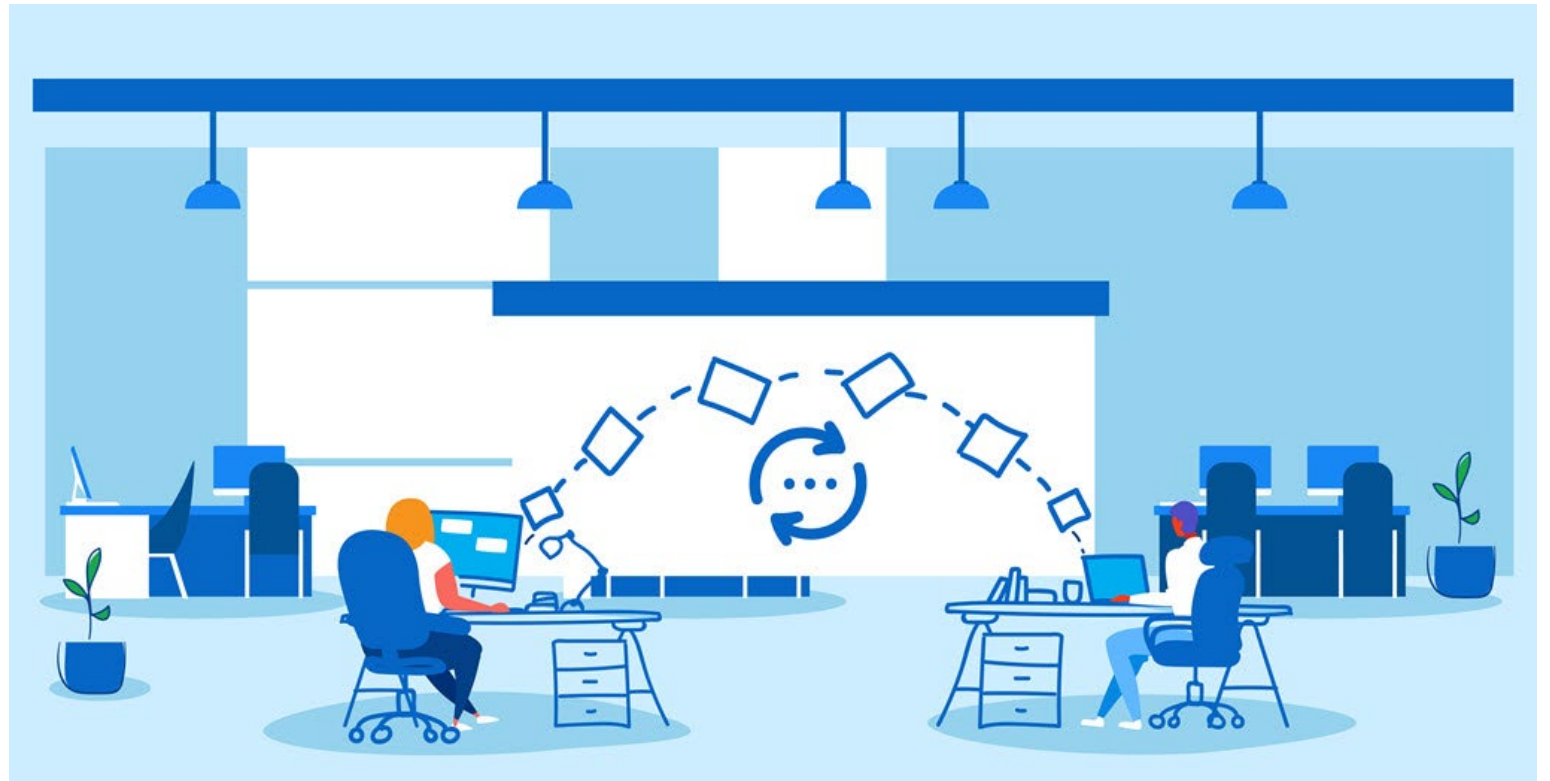


[Instructions et al.](#)

OneDrive

Cloud storage
service at WCM

Share more files (or not) with your WCM colleagues.



OneDrive

One stop shop
for your data

Access files from any device



Must be tagged
[Details](#)

WCM Central



[Internal News](#)

[COVID-19 Updates](#)

[Flourish](#)

[Resources](#)

[Useful Websites](#)

[Contact Us](#)

News, Information and Resources for the Weill Cornell Medicine Community



WCM Central Intranet

Provides internal news, useful websites and resources, access to specific departments and the WCM directory.

WCM Central Internal News



[First-Year Students Honor Those Who Bequeathed Their Bodies to Science in Memorial Service](#)



[Now Available: Religious Holiday Observance Resource Center](#)



[Tenure, Promotion and Appointment of WCM Faculty--December 2023](#)



[Tenure, Promotion and Appointment of WCM Faculty--November 2023](#)



[Dean Harrington's 2023 State of Weill Cornell Medicine Address](#)

[See All News](#)



WCM Newsroom

[How One Type of Lung Cancer Can Transform into Another](#)

[Breast Cancer Precision Care: A Family Affair](#)

[Dr. Larissa Rodriguez Wins Victor A. Politano Award from American Urological Association](#)

[View More](#)

Cornell Chronicle

[Apixaban no better than aspirin for preventing some strokes](#)

[NIH grant awarded for study of key membrane proteins](#)

[NIH grant explores repetitive DNA sequences](#)

[View More](#)

Today

Today's Events



[Brain Metastasis Tumor Board](#)



[How the Gut Got Its Spots: A Fluid-Like Mesenchyme Shapes the Intestine](#)

MSK - Rockefeller Research Laboratories



[Progress in Neuroscience seminar \(PINS\)](#)

1300 York Avenue

[Visit events.weill.cornell.edu](#)

Emergency Information

[Emergency Contacts](#)

[Response Guides](#)

[Emergency Planning](#)

[Department Resources](#)

[EOT Resources](#)

[Visit emergency.weill.cornell.edu](#)

ITS Status and Alerts

[Epic \(EMR\)](#)

Good

[File Sharing](#)

Good

[Office 365 Email/Calendar](#)

Good

[Phones](#)

Good

[Weill Business Gateway](#)

Good

[Weill Research Gateway](#)

Good

[Wired Connectivity](#)

Good

[Wireless](#)

Good

[Visit its.weill.cornell.edu](#)

NY Times Health News

[Polluted Flowers Smell Less Sweet to Pollinators, Study Finds](#)

[J&J, Merck and Bristol Myers Squibb CEOs Will Testify at Senate Hearing on Drug Prices](#)

[He Had Severe Heartburn. Could His Trouble With Balance Be Related?](#)

[View More](#)

Follow Us

Follow us on X

Check out our X feed for the latest news.

Follow us on Facebook

Check out our Facebook page for the latest news.

WCM Central Intranet

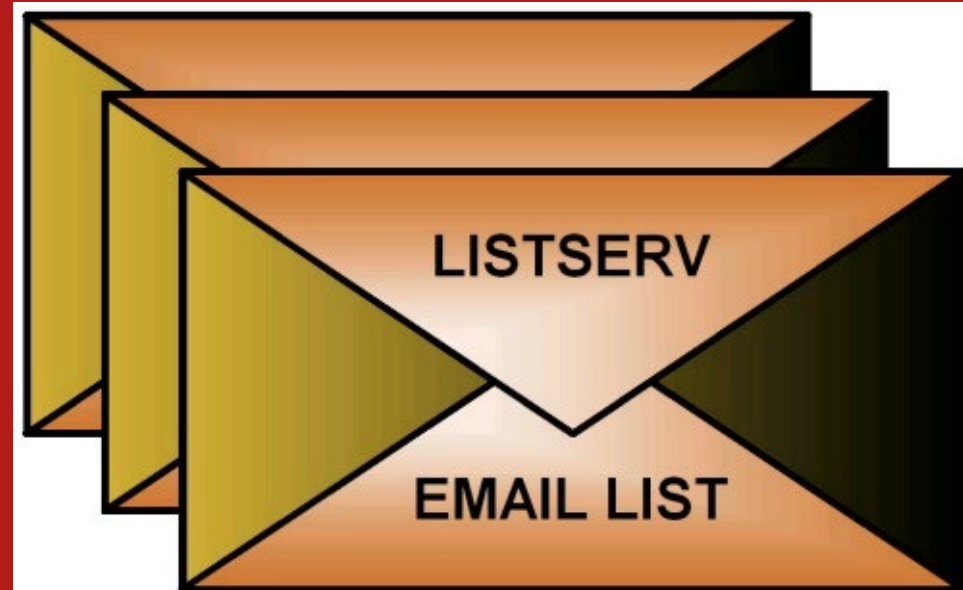
Provides internal news, useful websites and resources, access to specific departments and the WCM directory.

Postdoc Listservs

Office of Postdoc Affairs listserv

postdoclist@med.cornell.edu

- Upcoming seminars
- Funding opportunities
- Events within and outside of WCM
- Official releases from the school

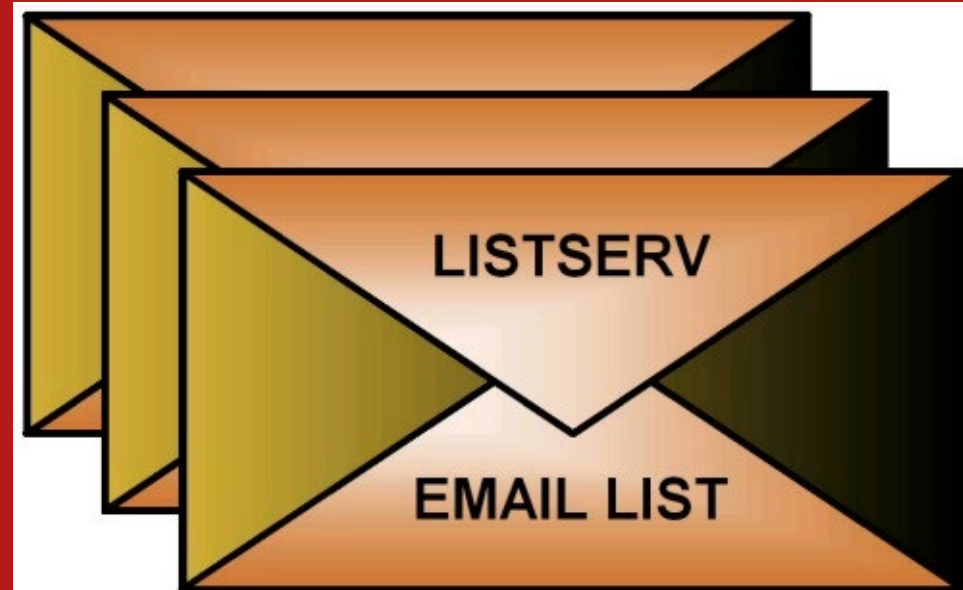


Postdoc Listservs

Postdoc Association listserv pda@med.cornell.edu

Post messages to the entire postdoc community.

- Request supplies & equipment
- Sell/buy furniture
- Learn about events and issues from the PDA
- Contact postdocaffairs@med.cornell.edu to be placed on this mailing list.



Additional Listservs at Weill Cornell

Broadcast Email Lists

Weill Cornell Medicine maintains multiple "broadcast" email lists for dissemination of institutional news and events through email. Broadcast lists are either mandatory (all WCM email accounts are subscribed by default and may not unsubscribe), opt-in (anyone may subscribe), or opt-out (all WCM email accounts are subscribed by default but may unsubscribe).

A directory of available broadcast lists can be found below. Usage of these lists is subject to the [ITS Broadcast Email Policy](#).

WCMC-ALL	+
WCMC-COMMUNITY	+
WCMC-GRANTOPPS	+
WCMC-NEWS	+
ITS-USERS	+
HR-UPDATES	+

Additional Listservs at Weill Cornell

WCMC-COMMUNITY

List type: Opt-In

List content: Items from WCM faculty, staff, or students that may be of general interest to the WCM community.

List archives: [Web archives](#) • [RSS feed](#)

To subscribe: [Send a blank email to WCMC-COMMUNITY-subscribe-request@LISTSERV.MED.CORNELL.EDU](mailto:WCMC-COMMUNITY-subscribe-request@LISTSERV.MED.CORNELL.EDU)

To unsubscribe: [Send a blank email to WCMC-COMMUNITY-unsubscribe-request@LISTSERV.MED.CORNELL.EDU](mailto:WCMC-COMMUNITY-unsubscribe-request@LISTSERV.MED.CORNELL.EDU)

To send to the list: Subscribers may email WCMC-COMMUNITY@med.cornell.edu. Messages must be confirmed by the sender before they will be delivered to the community.

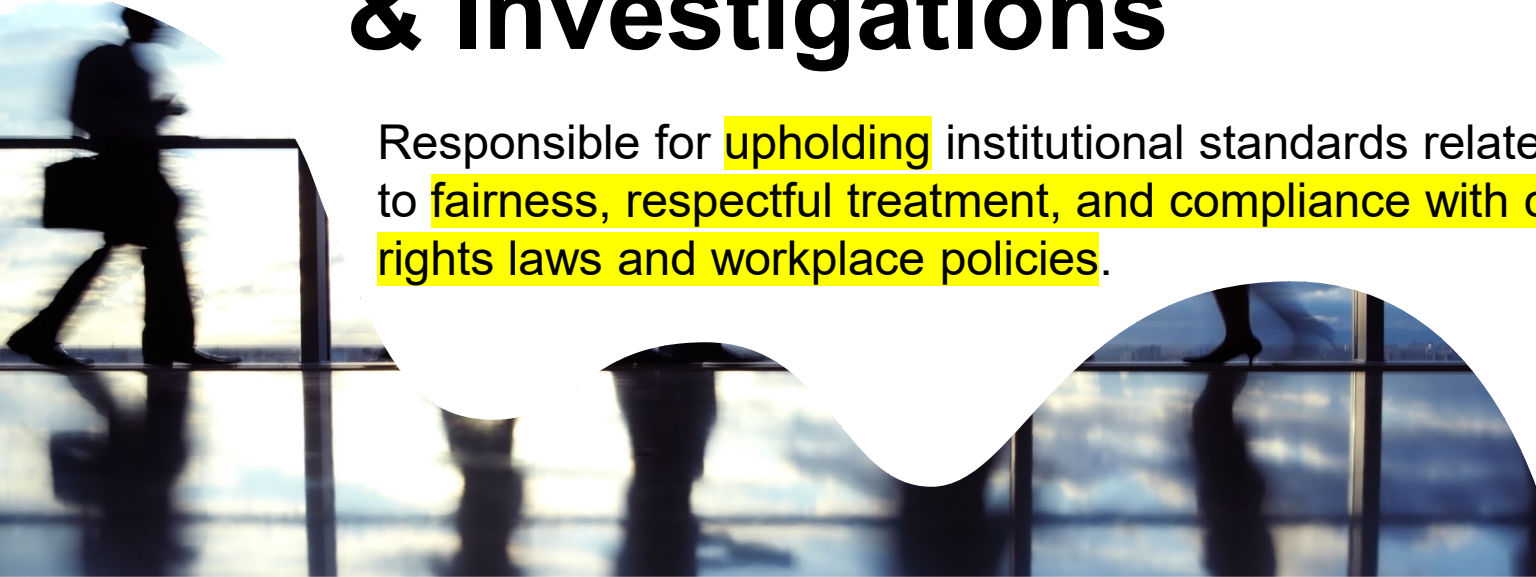


Work-Relating Training



Office of Civil Rights & Investigations

Responsible for **upholding** institutional standards related to **fairness, respectful treatment, and compliance with civil rights laws and workplace policies.**





Office of Civil Rights & Investigations

Conducts investigations into concerns involving discrimination, harassment, retaliation, and other forms of misconduct that may impact the learning and working environment

Maintaining a Harassment-Free Workplace

WCM has a zero-tolerance policy for sexual harassment

Maintaining a Harassment-Free Workplace Training

Maintain a professional behavior with colleagues inside and outside of the workplace and learning environment.

Sexual harassment is defined as unwelcome conduct of a sexual nature that is offensive and undesirable to the receiver. It can be verbal, non-verbal, or physical.

**Office of Civil Rights
&
Investigations**

Sexual Harassment Policy

Maintaining a Harassment-Free Workplace

REPORT & CONTACT	WEB/EMAIL LINK
Report an Incident	https://civilrights.weill.cornell.edu/reporting/report-incident
Contact	civilrights@med.cornell.edu
Brittney Blakeney Executive Director of Civil Rights & Investigations and ACA Section 1557 Coordinator	bsb4002@med.cornell.edu Phone: (718) 619-5527
Shaunisha Crawford Title IX Coordinator	shc4038@med.cornell.edu Phone: (917) 623-4280

How do you Access WCM Training?

Through Weill
Business Gateway

<https://wbg.med.cornell.edu>

How do you Access WCM Benefits?

Through Weill
Business Gateway

<https://wbg.med.cornell.edu>

My Desk on the Weil Business Gateway

Weill Cornell Medicine Home

My Desk My Worklist

12/16: SuccessFactors maintenance
WCM ITS News Feed
44 days ago

Employee Tasks Dashboard

My HR Profile
Employee profile

Address
View and edit address

Pay Statement
Latest pay statement

Direct Deposit
View and edit bank i...

Payroll Information
View and edit tax inf...

W2
W2@ADP

Benefits
View/manage

Benefits Statement
Benefits overview

Children's Tuition
Scholarship Plan

Goals
View my goals

Performance
View/complete appra...

Learning
My training courses

Careers
Explore WCM careers

Leave Requests
Manage my leave re...

Timesheet
Manage my timesheets

Team Calendar
View my team calen...

My Worklist

To Do
All Items

Outbox
Completed Tasks

Go to:

<https://wbg.med.cornell.edu>

Enter your CWID & password

Select: WCM

My Workspace: HR Systems

Please select your institution from the list below.

Weill Cornell Medicine


Weill Cornell Medicine in Qatar


NewYork-Presbyterian Hospital


My Desk on the Weil Business Gateway


Weill Cornell Medicine Home ▾


My Desk My Worklist



12/16: SuccessFactors maintenance
WCM ITS News Feed
44 days ago


Employee Tasks Dashboard


My HR Profile
Employee profile


Performance
View/complete appra...


Learning
My training courses


Careers
Explore WCM careers


Leave Requests
Manage my leave re...




Research-Related Training



Environmental Health & Safety

Environmental Health and Safety (EHS) is responsible for developing, maintaining, and promoting policies, procedures, training and educational programs necessary **to maintain a safe and healthy environment for students, faculty, staff and the visiting public.**



Reporting:

Injury & Exposure

Unsafe Work Conditions

Injury & Exposure

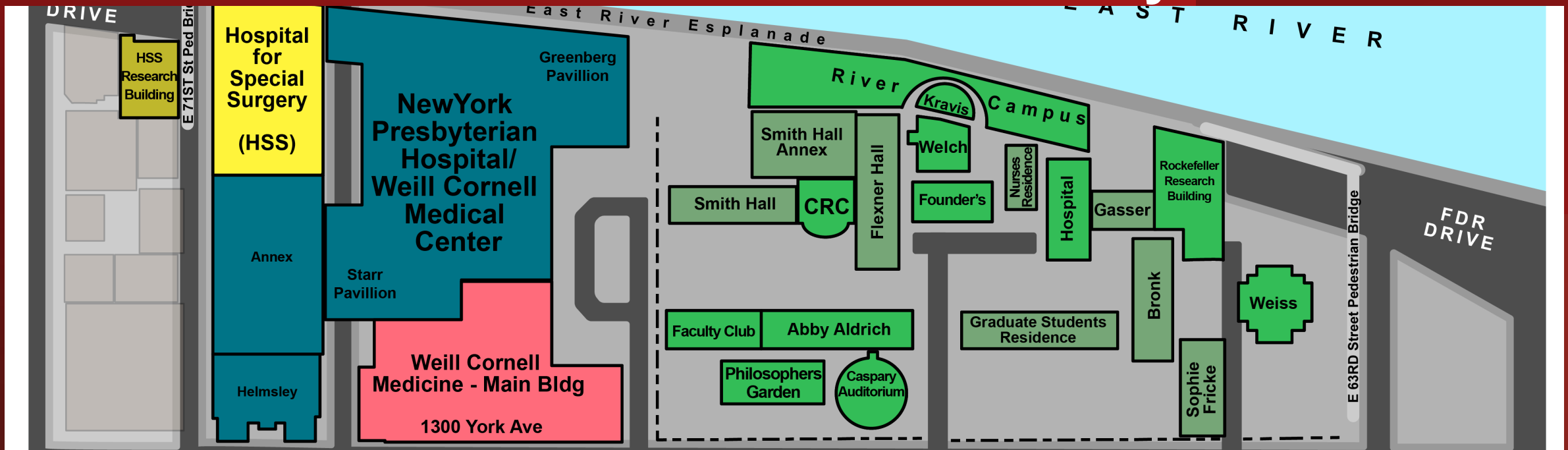
- Notify your supervisor and go to **Workforce Health and Safety, Basement of Payson House at 1315 York Avenue**; Hours (7:30 am – 4 pm) (212) 746 - 4370.
- Off-hours go to NYP Emergency Department - 525 East 68th Street (212) 746-5026
- NYP EMS Ambulance service (212) 472 - 2222

Unsafe Work Conditions

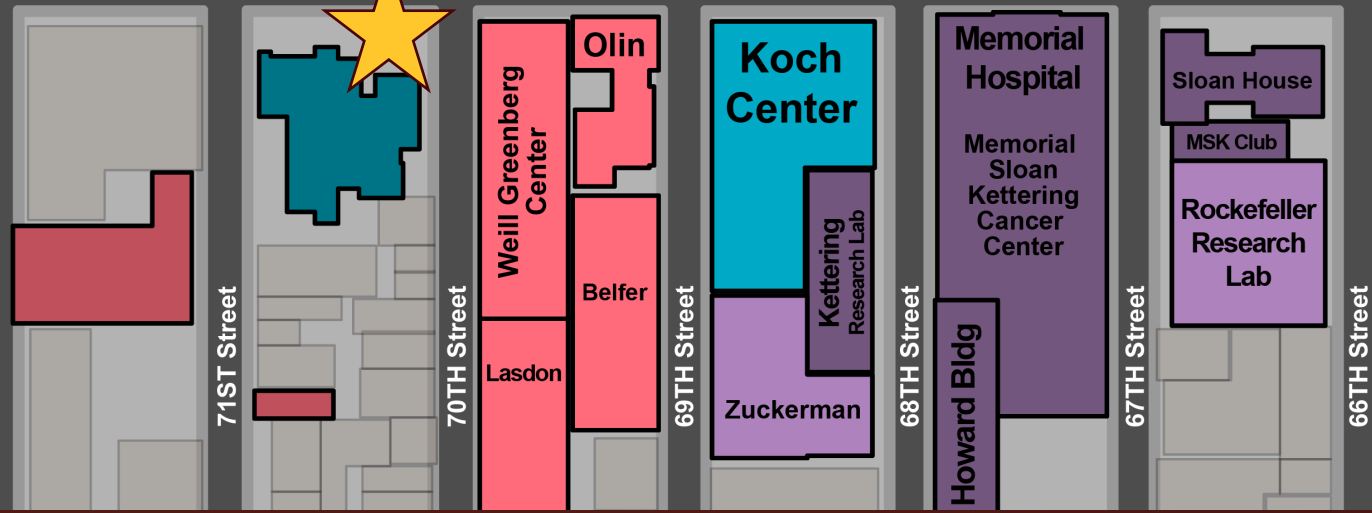
If you observe an unsafe work condition at WCM you should report it by:

- Notify your Supervisor.
- Report the issue anonymously using the Cornell Hotline (212) 746 - 0911
- Contact Environmental Health and Safety
www.weill.cornell.edu/ehs
ehs@med.cornell.edu
(646) 962 - 7233

Workforce Health and Safety



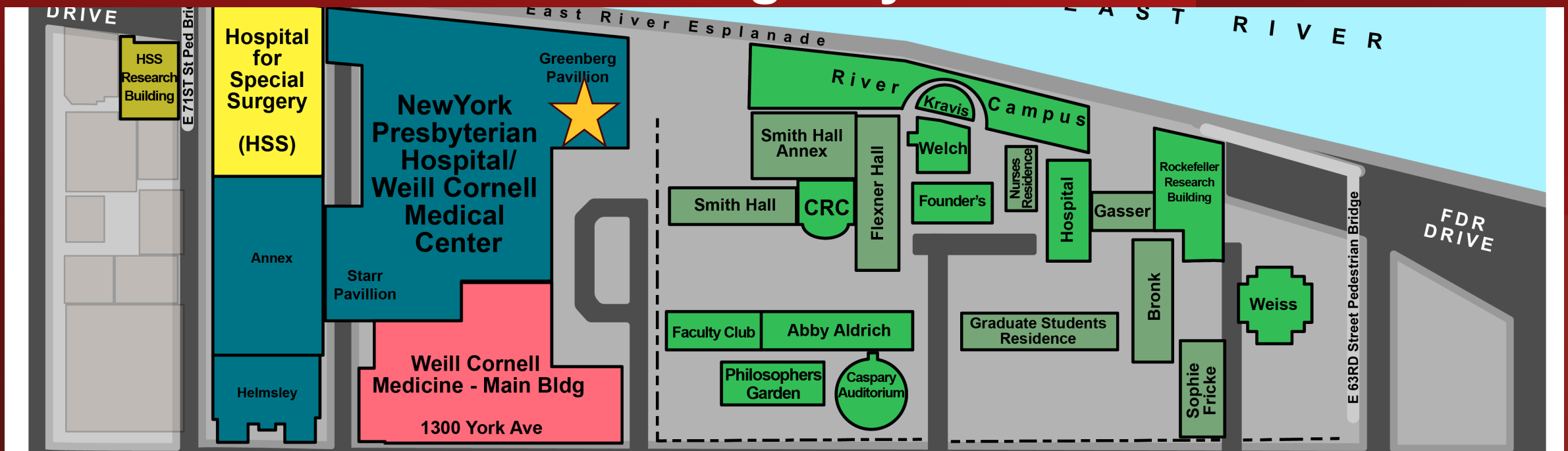
Y O R K A V E N U E



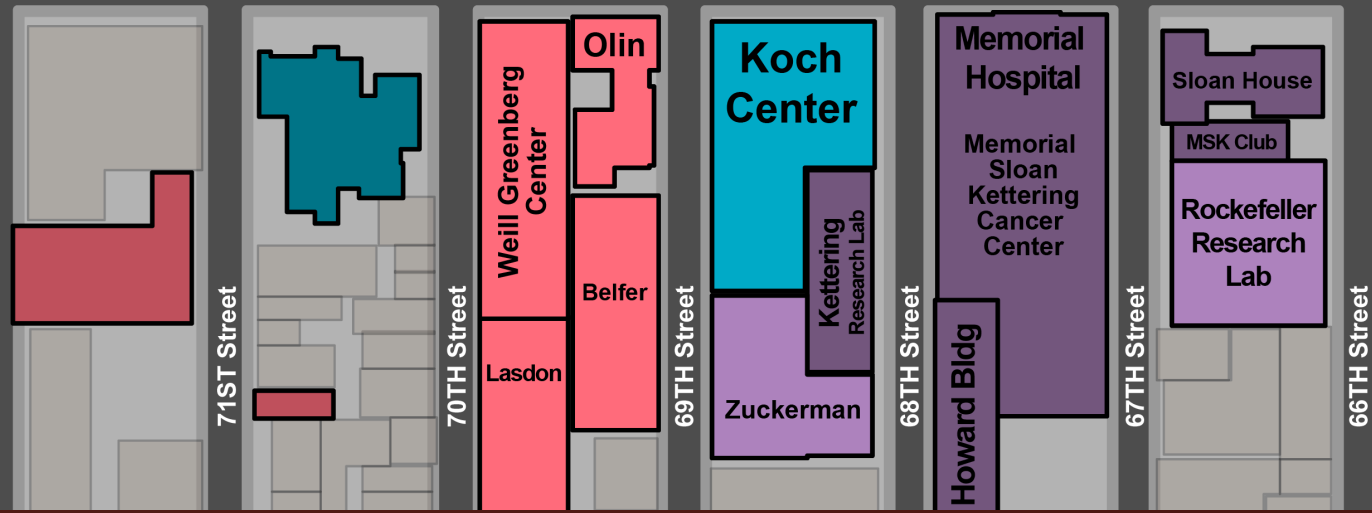
Tri-Institutional Campus

- Weill Cornell Medicine
- New York Presbyterian Hospital /Weill Cornell Medical Center
- Memorial Sloan Kettering Cancer Center
- The Rockefeller University

NYP Emergency Room



Y O R K A V E N U E



Tri-Institutional Campus

- Weill Cornell Medicine
- New York Presbyterian Hospital /Weill Cornell Medical Center
- Memorial Sloan Kettering Cancer Center
- The Rockefeller University

Emergency Information



[Response Guides](#)

[Emergency Notifications](#)

[Emergency Planning](#)

[Contacts](#)

[Student Resources](#)

Normal Operations

October 31, 2023

Weill Cornell Medicine is open, and all systems are normal. In the event of an emergency, updates will be placed here. For questions or assistance, go to the [Contacts](#) or [Response Guides](#) sections.

For the latest information about COVID-19 for WCM employees and students, please visit [WCM Central](#).

Status updates also available by calling **(212) 746-WCMC** (pre-recorded messages)

[Emergency Contacts](#)

[Response Guides](#)

[Emergency Planning](#)

[Student Resources](#)

[Department Resources](#)

[EOT Resources](#)

WCM Emergency Notification

212-746-9262.

- Emergencies could be a wide range of issues including hurricane, power outage, or site-specific events like a fire.
- The Weill Cornell Alert emergency notification system will send you emergency messages directly via text message, email, and phone.

Emergency Information



[Response Guides](#)

[Emergency Notifications](#)

[Emergency Planning](#)

[Contacts](#)

[Student Resources](#)

Normal Operations

October 31, 2023

Weill Cornell Medicine is open, and all systems are normal. In the event of an emergency, updates will be placed here. For questions or assistance, go to the [Contacts](#) or [Response Guides](#) sections.

For the latest information about COVID-19 for WCM employees and students, please visit [WCM Central](#).

Status updates also available by calling **(212) 746-WCMC** (pre-recorded messages)

[Emergency Contacts](#)

[Response Guides](#)

[Emergency Planning](#)

[Student Resources](#)

[Department Resources](#)

[EOT Resources](#)

WCM Emergency
Notification

212-746-9262.

Weill Cornell Alert

Update Emergency Info



A person wearing glasses and a white lab coat is sitting at a desk, looking at a laptop. The laptop screen displays the WCM Newsroom website. The website has a white background with the word "Newsroom" in orange. Below the title are three navigation links: "Publications", "Video & Photography", and "Social Media". The person's hands are visible, wearing several bracelets. The desk is cluttered with papers, a yellow highlighter, and a blue folder. In the background, there are wooden chairs and a bookshelf.

WCM Newsroom

The Weill Cornell Medicine Newsroom highlights the many and varied ways that our institution, physicians, scientists, educators and staff strive to improve health in New York and around the world.

Social Media

- Social media accounts not used for official business, may not use WCM logo and may not represent WCM.
- If you identify yourself on social media as being associated with WCM and the context of the activity could be misconstrued as representing the views of WCM, then you should post a disclaimer “My post reflects my personal opinions and are not approved or authorized by WCM” .



Social Media



X (Twitter) [↗](#)



Facebook [↗](#)



LinkedIn [↗](#)



Instagram [↗](#)



YouTube [↗](#)



Vimeo [↗](#)

Postdoc Stuff



Leave Entitlements

Personal

4 days

Bereavement

3 consecutive days

Sick Days

12 days

Visa Renewal Leave

5 business days of each
12-month appointment year

Vacation

20 days/appointment year; accrued
after first appt at 1.67 days/month

Days can be carried over but not to
exceed 30 days in one year

Holidays

Postdoctoral Employees are entitled to paid holidays within each calendar year as follows:

New Year's Day	January 1st or day observed
Martin Luther King's Day	Third Monday in January
President's Day	Third Monday in February
Memorial Day	Last Monday in May
Juneteenth	June 18 th or day observed
Independence Day	July 4th or day observed
Labor Day	First Monday in September
Thanksgiving Day	Fourth Thursday in November
Friday after Thanksgiving	Fourth Friday in November
Christmas Day	December 25th or day observed

Visas Options

Immigration Options for Non-Faculty Academic Appointments

- [J-1](#) Exchange Visitors – Research Scholars and Professors
- [H-1B](#) Specialty Occupation Workers
- [F-1](#) Students – Employment Authorization Post Graduation
- [TN](#) Trade NAFTA
- [E-3](#) Australian Treaty Workers
- Appointment of Non-immigrant Aliens
 - Academic Handbook ([Section 8](#))

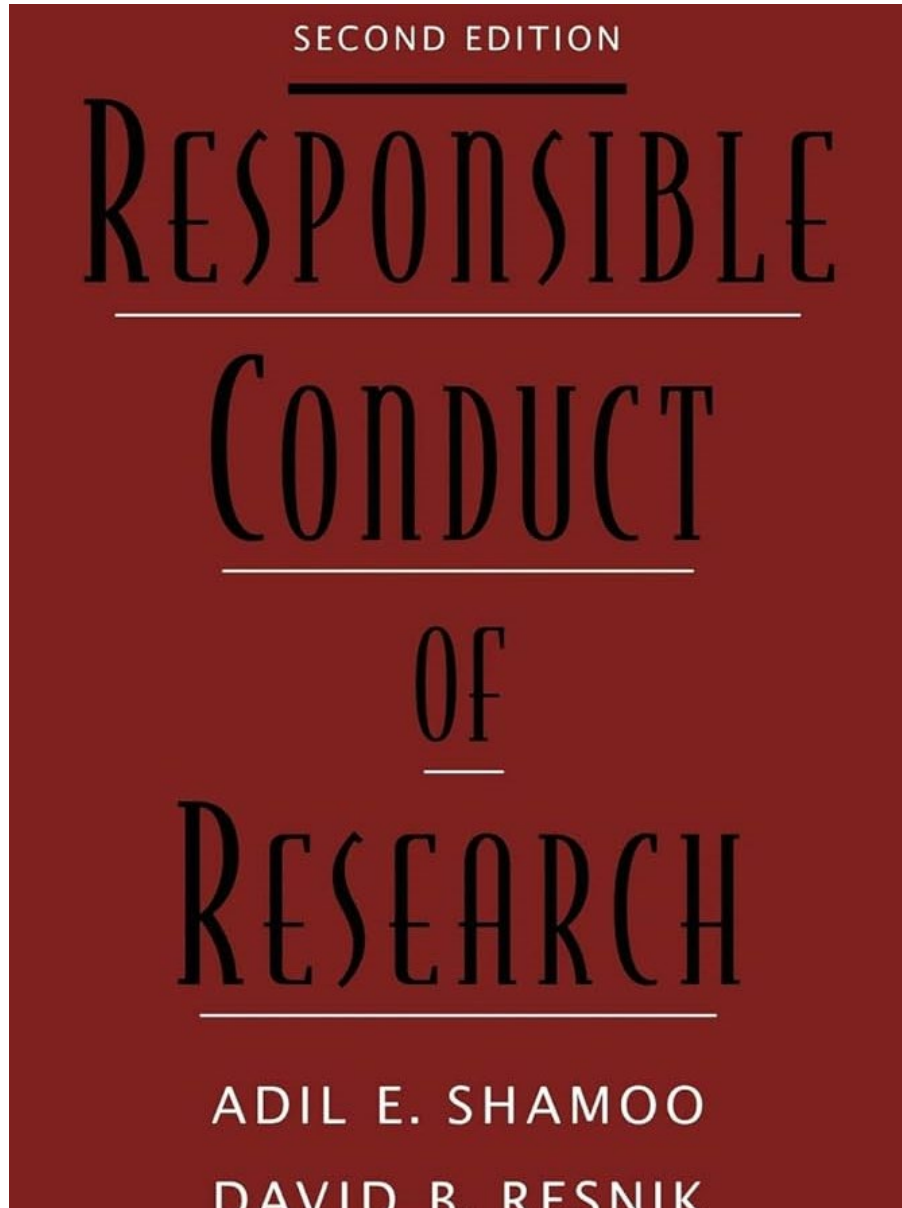


J-1 VISA
EXCHANGE VISITOR PROGRAM

	Courtland Witherup Assistant Director, Immigration	Employee	WCMC		ccw4002@med.cornell.edu
	Rashid D.F.Kh Al-Sowaidi Associate Director, Gov & Immigration	Employee	WCMC-Q		rda2004@qatar-med.cornell.edu
	Jennifer Bomar Senior Immigration Associate	Employee	WCMC, CU	+1 646 962 2407	jeb4013@med.cornell.edu
	Kristen Dufty Senior Immigration Associate	Employee	WCMC		krd4007@med.cornell.edu
	Ayyat Elhiday Senior Immigration Coordinator	Employee	WCMC-Q		
	Jordan Febraro Senior Immigration Associate	Employee	WCMC		jof4010@med.cornell.edu
	Jeanie C Huang Senior Immigration Associate	Employee	WCMC, CU	+1 646 962 3623	jch2003@med.cornell.edu
	Alhussein A. Mohamed Senior Immigration Specialist	Employee	WCMC-Q	+1 212 821 0907	aam2003@qatar-med.cornell.edu

Immigration Contacts

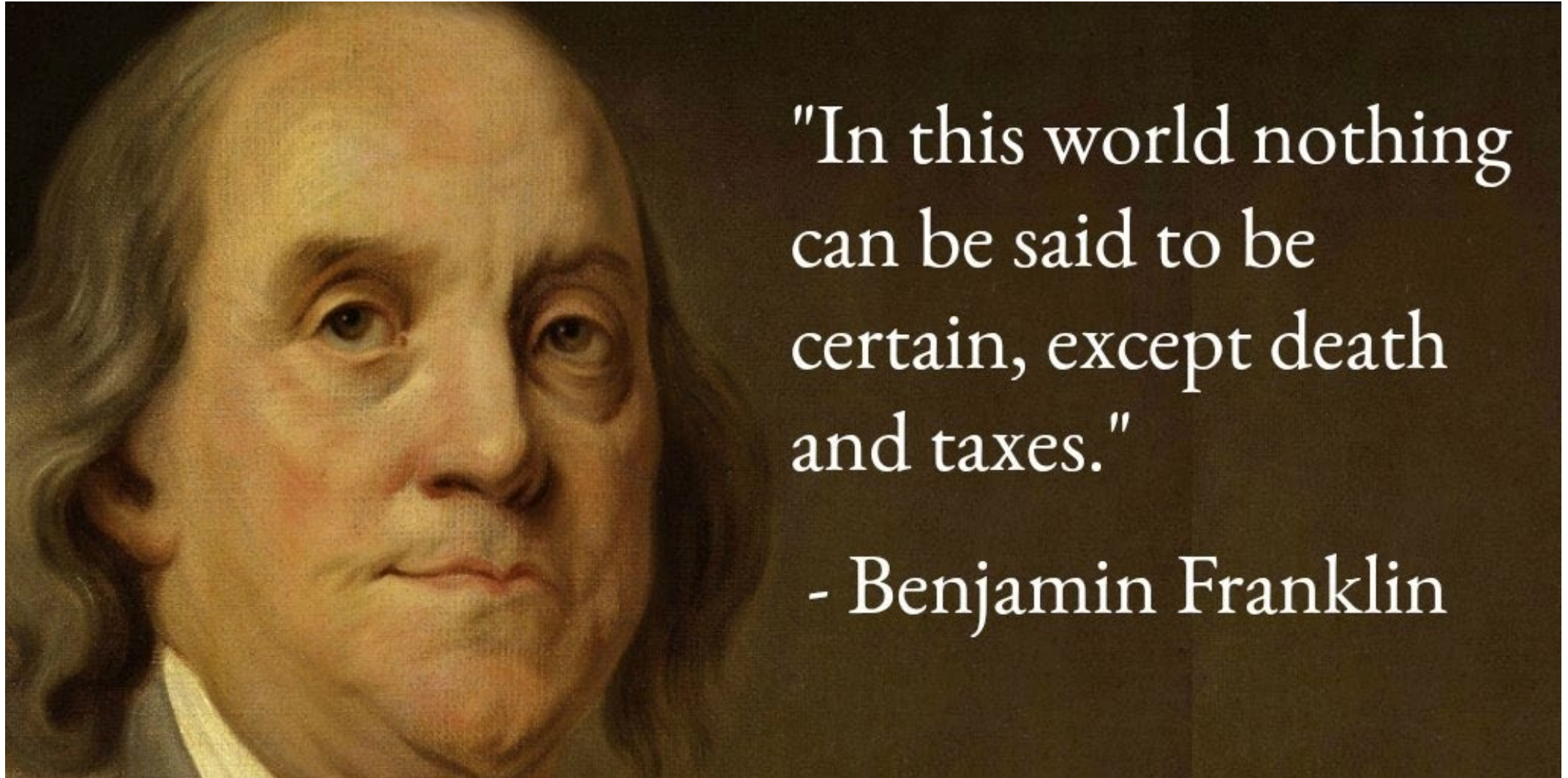
Responsible Conduct of Research Course – Every 4 Years



2026 Responsible Conduct of Research (RCR) Course Spring Semester

Date	Time	Session	Format	Location
Friday, February 13, 2026	11:30 a.m. - 1:30 p.m.	*Introduction to RCR	Virtual	Zoom
Monday, February 23, 2026	3 - 5 p.m.	Small Group Case Study Discussion	In-person	Zuckerman Research Center (ZRC) Rockefeller Research Lab (RRL) <i>(rooms assignments will be sent via email)</i>
Monday, March 16, 2026	12:30 - 2:30 p.m.	Panel Discussion on Scientific Data	In-person	Rockefeller Research Lab (RRL) - 120 Auditorium
Monday, April 13, 2026	12:30 - 2:30 p.m.	Workshop: Reproducibility, Replicability, Rigor and Transparency (RRRT) in Scientific Research	In-person	Rockefeller Research Lab (RRL) - 120 Auditorium

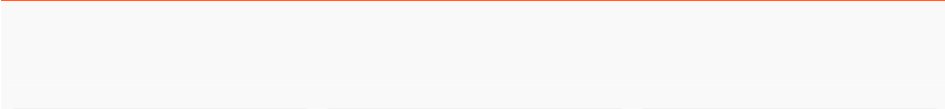
Death & Taxes






"In this world nothing
can be said to be
certain, except death
and taxes."

- Benjamin Franklin

Money Matters on the WBG



<p>Pay Statement Latest pay statement</p> 	<p>Direct Deposit View and edit bank i...</p> 	<p>Payroll Information View and edit tax inf...</p> 
---	---	---



<p>W2 W2@ADP</p>	<p>Benefits View/manage</p> 	<p>Benefits Statement Benefits overview</p> 
----------------------	---	---

Social Security & Medicare Taxes (FICA) (J1 & F1 Visa Holders)

What Are FICA Taxes?

Total FICA tax is 7.65% that is applied to the employee's gross pay.

	EMPLOYER PAYS	EMPLOYEE PAYS
SOCIAL SECURITY	6.2%	6.2%
MEDICARE	1.45%	1.45%

Additional .9% tax for income over:
\$250,000 - married filing jointly
\$125,000 - married filing separately
\$200,000 - single



[IRS Info](#)

Taxes after your 1st Calendar Year

File your US nonresident tax return

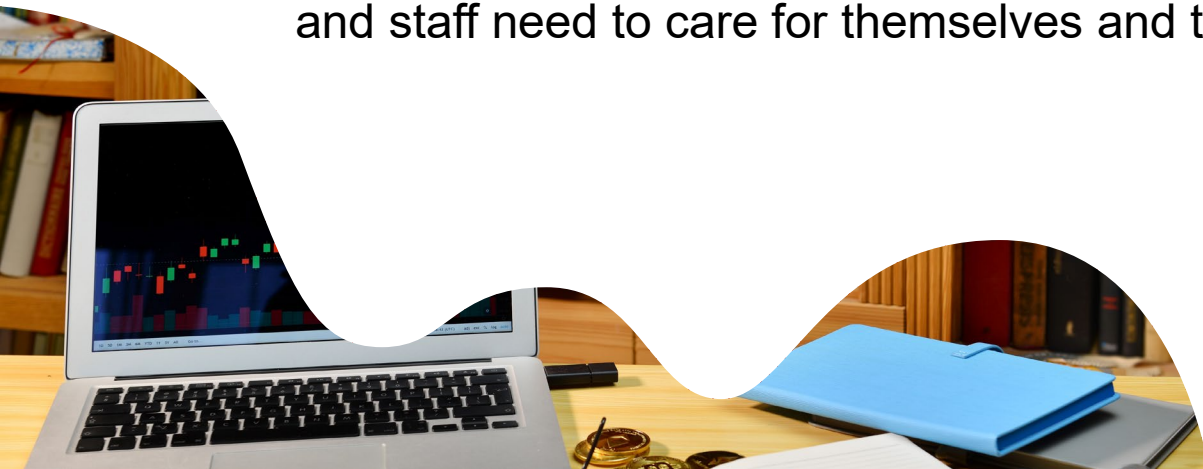
Sprintax Returns is the only online solution for nonresident federal tax e-filing and state tax return preparation

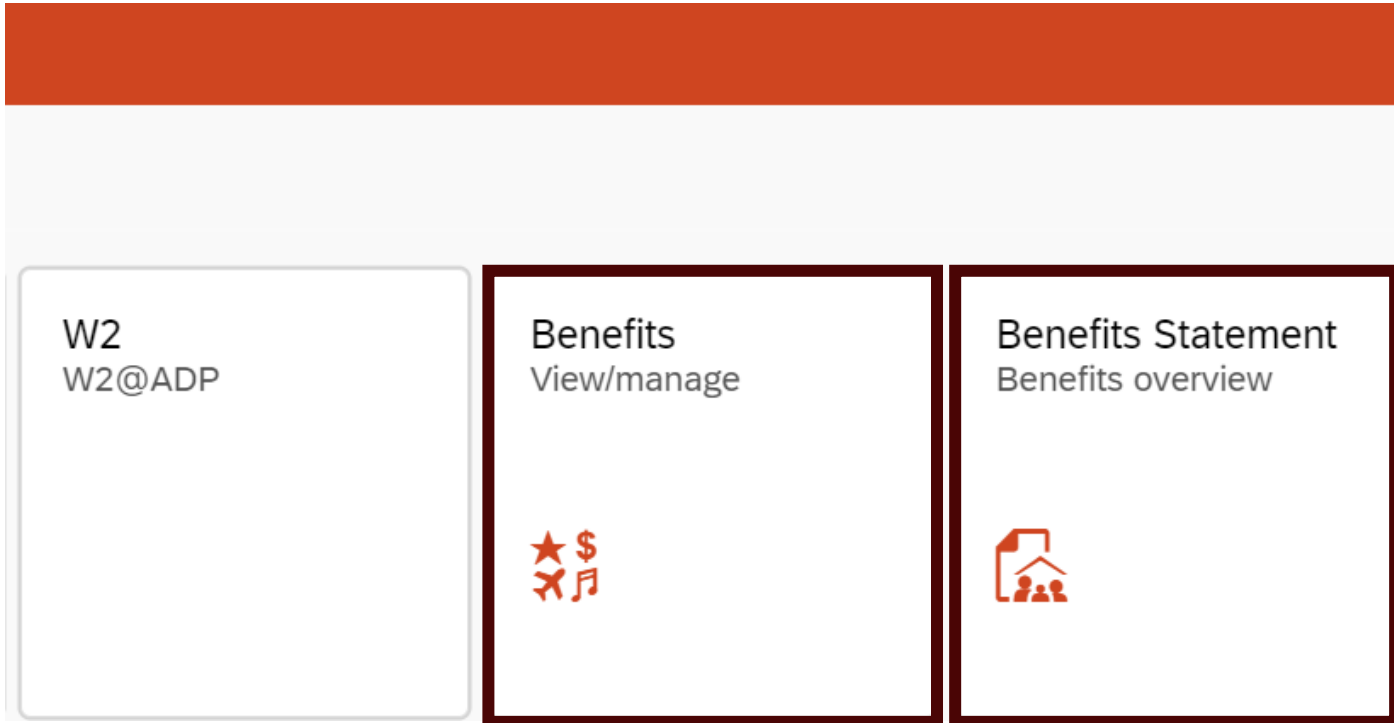
- **File as a ‘Non-resident Alien’**
- **WCM Immigration Dept. provides software access**



WCM Benefits

We are committed to providing the resources our faculty and staff need to care for themselves and their families.





How to Find Your Benefits



Weill Cornell Medicine



Benefits Guide

2026

Benefits Questions



Questions about benefits or enrollment?

Contact the HR Solution Center

- **Online:** <http://hrsc.weill.cornell.edu> (CWID required)
- **Email:** hrsc@med.cornell.edu
- **Phone:** 646-962-9247

[Benefits Guide](#)



Weill Cornell Medicine



Benefits Guide

2026





Weill Cornell Medicine

Yearly Open Enrollment



Weill Cornell Medicine
Human Resources

2024 Benefits Open Enrollment
October 30 - November 10, 2023



Benefits Guide

2026

Medical Plans



3 Medical Plans at WCM

Weill PPO Plan

Aetna Choice POS II and **all Weill Cornell Medicine Physicians**

Managed Care Plan

Aetna Choice POS II

Health Savings Plan

Aetna Choice POS II

How Do I Choose A Medical Plan?

- **Review the plan features carefully**
- **Think about the health care needs you and your family will have in the year ahead**
- **Check if your doctor is part of the Aetna Choice POS II network and/or a Weill Cornell Medicine Physician**
- **Consider your total costs — including how much you'll need to pay through copays, deductibles, and coinsurance — not just your costs per paycheck**

Find a Doctor at Weill Cornell Medicine




Weill Cornell Medicine

Find a Doctor

Search by Specialty, Condition or Doctor



PROVIDING WORLD-CLASS CARE WITH  **NewYork-Presbyterian**

3 Medical Plans at WCM

	Weill PPO Plan		Managed Care Plan		Health Savings Plan	
Provider Network	Aetna Choice POS II and all Weill Cornell Medicine Physicians		Aetna Choice POS II		Aetna Choice POS II	
Medical	Participant responsibility:		Participant responsibility:		Participant responsibility:	
	In Network	Out of Network ¹	In Network	Out of Network ¹	In Network	Out of Network ¹
Deductible						
Individual	\$500	\$750	New \$250	\$1,500	\$1,700	\$1,700
Family	\$1,000 ²	\$1,500 ²	New \$500	\$3,000 ²	\$3,400 ³	\$3,400 ³
Coinsurance	15% after deductible	30% after deductible	0%	30% after deductible	15% after deductible	30% after deductible
Preventive care services	No charge	30% after deductible	No charge	30% after deductible	No charge	30% after deductible
Primary care office visit - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$35 copay	30% after deductible	\$20 copay ⁴ \$35 copay	30% after deductible	15% after deductible ⁴ 15% after deductible	30% after deductible
Specialist office visit - Weill Cornell Medicine provider - Aetna network provider	\$25 copay \$45 copay	30% after deductible	\$25 copay ⁴ \$45 copay	30% after deductible	15% after deductible ⁴ 15% after deductible	30% after deductible
Mental health office visit	\$20 copay	30% after deductible	\$20 copay	30% after deductible	15% after deductible	30% after deductible
Urgent care facility visit	15% after deductible	30% after deductible	\$40 copay	30% after deductible	15% after deductible	30% after deductible
Outpatient surgery	15% after deductible	30% after deductible	\$200 copay after deductible	30% after deductible	15% after deductible	30% after deductible
Emergency room visit	15% after deductible	15% after deductible	\$200 copay	\$200 copay after deductible	15% after deductible	15% after deductible
Hospital stay	15% after deductible	30% after deductible	\$350 copay after deductible	30% after deductible	15% after deductible	30% after deductible
Bariatric surgery	15% after deductible	30% after deductible	Any applicable copays ⁴ after deductible	30% after deductible	15% after deductible ⁴	30% after deductible
Fertility services	15% after deductible ⁵	30% after deductible ⁵	Not covered	Not covered	Not covered	Not covered
Gender-affirming care - In-person stay/Outpatient surgery	15% after deductible	30% after deductible	Any applicable copays ⁴ in-stay/out-surgery: deductible applies	30% after deductible	15% after deductible	30% after deductible
Out-of-pocket maximum⁶	\$3,500 Individual \$7,000 Family	\$5,500 Individual \$11,000 Family	\$3,000 Individual \$6,000 Family	\$4,500 Individual \$9,000 Family	\$3,500 Individual \$7,000 Family	\$6,400 Individual \$12,800 Family
Prescription Drugs^{7 8}						
Tier 1: Generic 30-day in-store 90-day by mail or at CVS Pharmacy® store		\$10 \$20		\$10 \$20		\$10 after deductible \$20 after deductible
Tier 2: Preferred brand-name 30-day in-store 90-day by mail or at CVS Pharmacy store		\$40 \$80		\$40 \$80		\$40 after deductible \$80 after deductible
Tier 3: Non-preferred brand-name 30-day in-store 90-day by mail or at CVS Pharmacy store		\$60 \$120		\$60 \$120		\$60 after deductible \$120 after deductible

Deductible

Deductible

The amount you need to pay out of pocket every calendar year before the plan begins making payments for certain services.

Deductible – \$500 (\$250 Managed Care)

**Weill PPO Plan
&
Managed Care**

CoPay

Copay

A fixed dollar amount you pay for certain in-network medical services or prescriptions.

Specialist office visit

- Weill Cornell Provider - \$25 copay

Weill PPO Plan

Coinsurance

Coinsurance

Your share of the costs of a covered service, calculated as a percent (for example, 15%) of the cost for the service.

Coinsurance – 15% after deductible

Weill PPO Plan

Definitions

Out-of-Pocket Maximum

The most you could pay out of pocket for covered expenses during a calendar year. Once you meet the out-of-pocket maximum, the plan will pay 100% for covered expenses for the rest of the year.

**Out-of-pocket maximum
\$3500 PPO, \$3000 MC**

**Weill PPO Plan
&
Managed Care**

PPO Vs Managed Care Plans

Medical	PPO	Managed Care
	In Network	In Network
Deductible Individual Family	\$500 \$1,000 ²	New \$250 New \$500
Coinsurance	15% after deductible	0%
Preventive care services	No charge	No charge
Primary care office visit - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$35 copay	\$20 copay ⁴ \$35 copay
Specialist office visit - Weill Cornell Medicine provider - Aetna network provider	\$25 copay \$45 copay	\$25 copay ⁴ \$45 copay
Mental health office visit	\$20 copay	\$20 copay
Urgent care facility visit	15% after deductible	\$40 copay
Outpatient surgery	15% after deductible	\$200 copay after deductible
Emergency room visit	15% after deductible	\$200 copay
Hospital stay	15% after deductible	\$350 copay after deductible
Bariatric surgery	15% after deductible	Any applicable copays ⁴ after deductible
Fertility services	15% after deductible ⁵	Not covered
Gender-affirming care - In-person stay/Outpatient surgery	15% after deductible	Any applicable copays ⁴ in-stay/out-surgery: deductible applies
Out-of-pocket maximum⁶	\$3,500 Individual \$7,000 Family	\$3,000 Individual \$6,000 Family

In & Out of Network

	Weill PPO Plan	
Provider Network	Aetna Choice POS II and all Weill Cornell Medicine Physicians	
Medical	Participant responsibility:	
	In Network	Out of Network ¹
Deductible		
Individual	\$500	\$750
Family	\$1,000 ²	\$1,500 ²
Coinsurance	15% after deductible	30% after deductible
Preventive care services	No charge	30% after deductible
Primary care office visit		
- Weill Cornell Medicine provider	\$20 copay	30% after deductible
- Aetna network provider	\$35 copay	
Specialist office visit		
- Weill Cornell Medicine provider	\$25 copay	30% after deductible
- Aetna network provider	\$45 copay	
Mental health office visit	\$20 copay	30% after deductible
Urgent care facility visit	15% after deductible	30% after deductible
Outpatient surgery	15% after deductible	30% after deductible
Emergency room visit	15% after deductible	15% after deductible
Hospital stay	15% after deductible	30% after deductible
Bariatric surgery	15% after deductible	30% after deductible
Fertility services	15% after deductible ⁵	30% after deductible ⁵
Gender-affirming care		
- Inperson stay/Outpatient surgery	15% after deductible	30% after deductible
Out-of-pocket maximum⁶	\$3,500 Individual \$7,000 Family	\$5,500 Individual \$11,000 Family

Cost

Medical Plan Contributions Per Paycheck for 2026

Your medical plan contributions are based on the level of coverage you select and your annual compensation. The following table shows your pre-tax contributions for medical plan coverage per bi-weekly paycheck in 2026.

Weill PPO Plan					
If your salary falls into this range:	Less than \$50,000	\$50,000 – \$99,999	\$100,000 – \$149,999	\$150,000 – \$249,999	\$250,000 or more
Employee Only	\$65	\$80	\$110	\$136	\$156
Employee + Child(ren)	\$124	\$152	\$209	\$259	\$297
Employee + Spouse/ Domestic Partner*	\$143	\$176	\$243	\$300	\$344
Employee + Family	\$202	\$249	\$342	\$423	\$484
Managed Care Plan					
If your salary falls into this range:	Less than \$50,000	\$50,000 – \$99,999	\$100,000 – \$149,999	\$150,000 – \$249,999	\$250,000 or more
Employee Only	\$60	\$75	\$101	\$127	\$142
Employee + Child(ren)	\$114	\$142	\$191	\$241	\$270
Employee + Spouse/ Domestic Partner*	\$132	\$165	\$222	\$279	\$313
Employee + Family	\$186	\$232	\$312	\$393	\$441
Health Savings Plan					
If your salary falls into this range:	Less than \$50,000	\$50,000 – \$99,999	\$100,000 – \$149,999	\$150,000 – \$249,999	\$250,000 or more
Employee Only	\$40	\$55	\$69	\$84	\$95
Employee + Child(ren)	\$76	\$104	\$131	\$160	\$181
Employee + Spouse/ Domestic Partner*	\$88	\$121	\$152	\$185	\$210
Employee + Family	\$124	\$170	\$214	\$261	\$295

Employment Assistance Program Consortium

Free, Professional, Confidential Counseling

For Individuals, Couples, and Families — onsite or virtually

GET STARTED




About the EAPC



The EAPC is staffed by licensed clinical social workers and consulting psychiatrists. We offer individual, couples and family counseling, and referrals for longer-term and specialized treatment and community-based services.

Discounts

- Entertainment
- Wireless Carriers
- Health & Fitness
- Travel
- Technology
- Retail/Shopping
- Child Care

Weill Cornell Medicine | ticketsatwork  TRAVEL DINING & LOCAL

Theme Parks & Attractions Hotels Rental Cars Cruises Water Parks Movie Tickets



AT&T Signature Program
Cornell University

Get rewarded with these exclusive savings that work for you:

- ✓ Save \$10/mo. per line on our best unlimited plan
- ✓ Waived activation fees with select activations*


[See details](#)

New to AT&T? [Shop phones to enroll](#) | Already with AT&T? [Enroll now](#)

Weill Cornell Medical College Zipcar members save up to \$45 a year

Instantly book cars near you with gas included. Check out exclusive prices for your school below.

[Choose a plan](#)



Citi Bike Membership Discount



	Single Ride \$4.99 for 30 mins Get the app →	Day Pass \$25/day Get a day pass →	Citi Bike \$239/year \$119.50 Join →
Bike unlocks	\$4.99	free	free
Ebike prices*	\$0.41/min	\$0.41/min	\$0.27/min
Ride times	30 min	30 min	45 min



Weill Cornell Medicine

Postdoctoral Affairs

[About Us](#)[For Admin & Faculty](#)[News & Events](#)[Postdoc Association](#)[WCM & NYC](#)[Opportunities](#)[Policies](#)

Postdoctoral Trainees are the future of Biomedical Research. Our mission at Weill Cornell Medicine is to help our 400+ trainees achieve their career goals.

Professional Career Development ▶

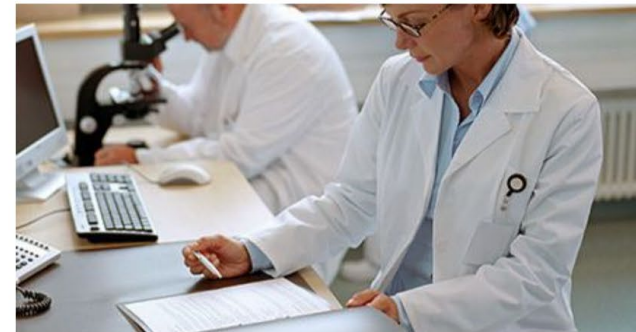
[Planning Your Postdoc ▶](#) [Making the Most of Your Postdoc ▶](#) [Beyond Your Postdoc ▶](#)

[Sponsored Memberships ▶](#)



Funding ▶

Find a wide array of funding opportunities, including grants for international postdocs.



Research and Tools ▶

Need assistance? We have tools for grant editing, administrative support and more.

Postdoc Research Day

September 17th



POSTDOC
RESEARCH
DAY 2023



September 21

1.00 - 2.00pm - Keynote Address

Uris Auditorium, 1300 York Av

“Transforming Academic Drug Discovery:
From Concept to an On Demand,
Non-hormonal Male Contraceptive”

Peter T Meinke, Ph.D.

Sanders Director & CEO at the Tri-Institutional
Therapeutics Discovery Institute (TDI)
Assistant Professor, Pharmacology, at Weill Cornell Medicine



2.15 - 3.15pm - Panel Discussion

Belfer Building, Room 204

“Postdoc now..... What next?”

Brian Pickering, Ph.D. CEO & Co-founder Chimerna Therapeutics
Kevin Kensler, Sc.D. Assistant Professor of Population Health Sciences
Les Krushel, Ph.D. Manager, Office of Postdoctoral Affair
Mike Notaras, Ph.D. Biotech Investor - Public Equities & Venture Capital

3.30 - 5.00pm - Oral Presentations

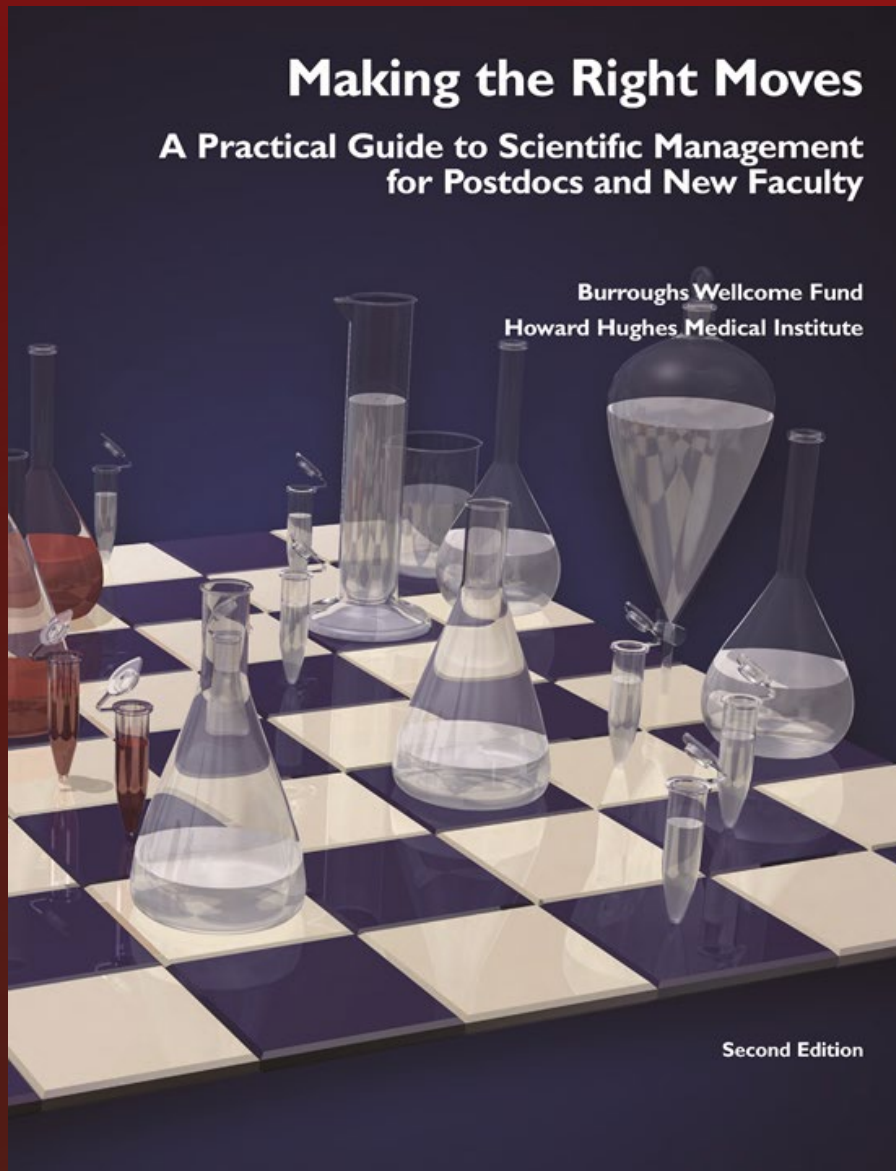
Belfer Building, Room 204

5.15 - 7.30pm - Poster Presentation &
Reception

Belfer Building, Room 302



Postdoc Office Offerings



Save the Dates!

2026 Tri-Institutional Career Symposium

Tuesday, March 10

Designing Dynamic Global Careers as an International Scholar

1:00 – 2:30 p.m. Workshop
2:30 – 3:00 p.m. Q&A

Memorial Sloan Kettering Cancer Center
Zuckerman Research Center Auditorium
417 East 68th Street

Building a career as an international postdoc or PhD student involves unique challenges that can limit your vision of what's possible. This workshop by Dr. Sonali Majumdar, based on insights from her book *Thriving As An International Scientist*, will help you reframe limitations into possibilities and design dynamic paths for fulfilling careers. You'll discover creative frameworks, confidence-building tools, and practical strategies for long-term success in diverse careers—within and beyond the United States.



Sonali Majumdar, PhD
Assistant Dean for Professional
Development, Princeton
University Graduate School
Author, *Thriving as an
International Scientist*
(University of California Press,
October 2025)

During the weeks of March 16 and March 30, we strongly encourage you to meet with your Career Office and schedule a coaching session to review your CV, discuss career interests, and develop a plan for expanding your network of professionals.

Tuesday, March 24

Networking Event with Company Representatives

5:00 – 7:00 p.m.

Weill Cornell Medicine
Belfer Research Building, Room 302
413 East 69th Street

20-25 companies will each have their own booth, covering a variety of career paths available to postdocs and grad students in the biomedical sciences: pharma, biotech, consulting, finance, tech transfer and patent law, medical communications, non-profit, and more.

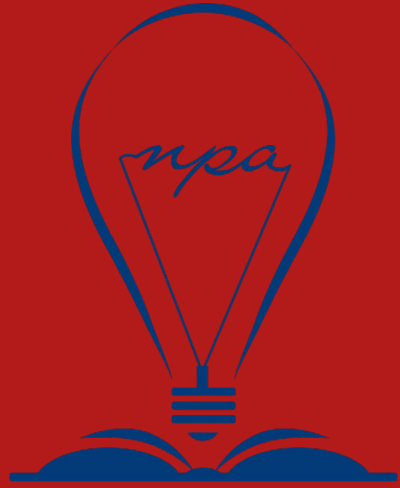
The informal networking event provides postdocs and grad students in the biomedical sciences with information on a range of career opportunities, as well as a network of professionals to help them prepare for these career options.



Memorial Sloan Kettering
Cancer Center



Memberships



— NATIONAL —
POSTDOCTORAL
— ASSOCIATION —



**The New York
Academy of Sciences**



Thanks for your attention & participation!

Les Krushel – Manager, Office of Postdoctoral Affairs
A-139 @1300 York Ave
lek2014@med.cornell.edu