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
Weill Cornell Medicine
JOAN AND SANFORD I. WEILL
MEDICAL COLLEGE AND
GRADUATE SCHOOL OF
MEDICAL SCIENCES
OF CORNELL UNIVERSITY
1300
Weill Cornell Medical College
Weill Cornell Graduate School
of Medical Sciences
SANDRA AND EDWARD MEYER
RESEARCH AND EDUCATION BUILDING

Weill Cornell Medicine

Columbia University Medical Center

NewYork-Presbyterian

Dean Bob Harrington, MD

Provost of Medical Affairs

Stephen and Suzanne Weiss Dean of WCM

- Provides updates and info through various events, email messages and WCM Central
- Read Dr. Harrington's latest message on: https://weill.cornell.edu/our-story/deans-messages

Our Collaborative Neighborhood

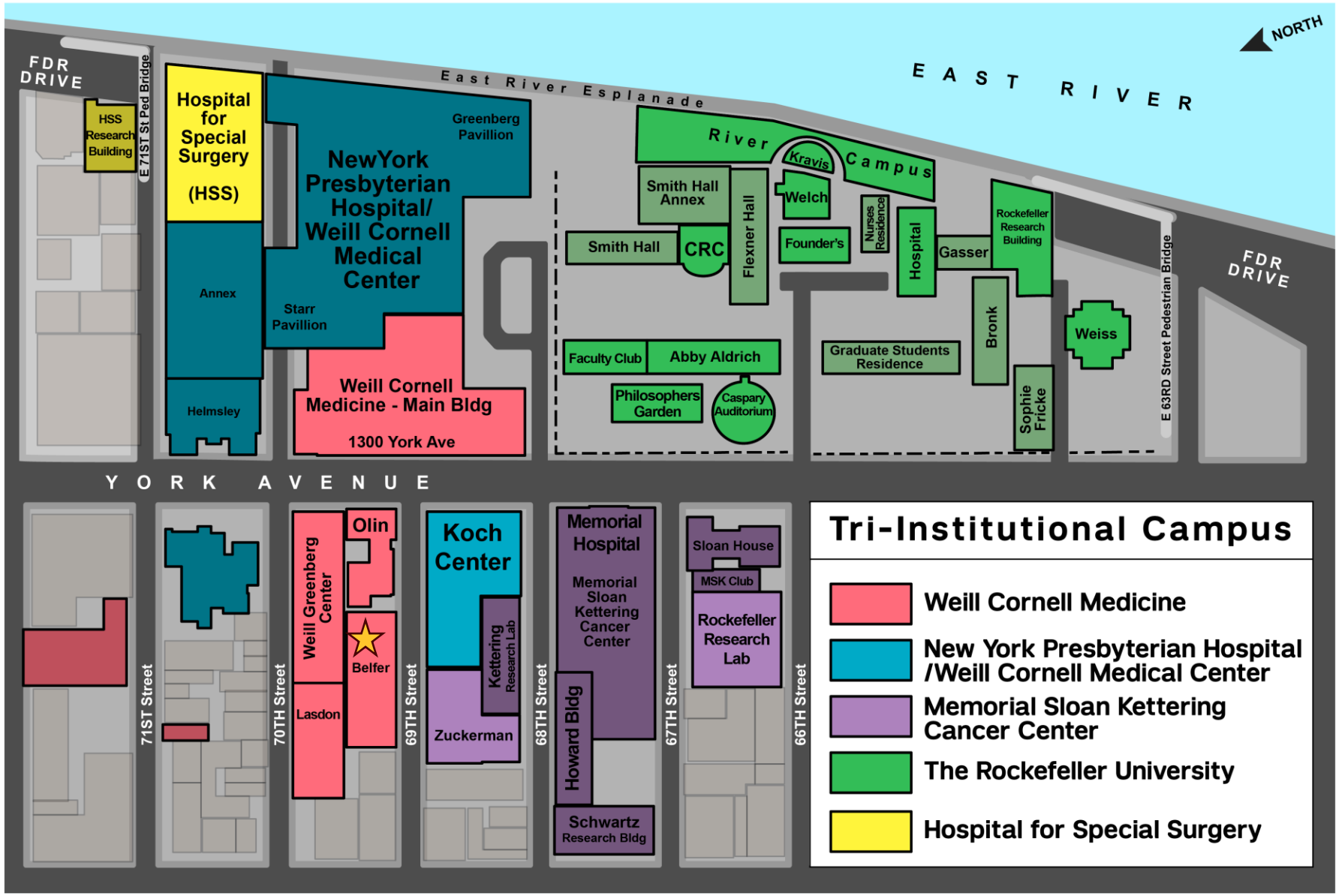
Weill Cornell Research Neighborhood

Is the

Tri-Institutional Neighborhood

HSS

SCIENTIA · PRO · BONO · HUMANI · GENERIS
The Rockefeller University
1901


NORTH
EAST RIVER
FDR DRIVE
East River Esplanade
E 71ST St Ped Bridge
HSS Research Building
Hospital for Special Surgery (HSS)
Annex
Helmsley
NewYork Presbyterian Hospital/ Weill Cornell Medical Center
Greenberg Pavillion
Starr Pavillion
Weill Cornell Medicine - Main Bldg
1300 York Ave
River Campus
Kravis
Smith Hall Annex
Welch
Flexner Hall
Smith Hall
CRC
Founder's
Nurses Residence
Hospital
Gasser
Rockefeller Research Building
Faculty Club
Abby Aldrich
Philosophers Garden
Caspary Auditorium
Graduate Students Residence
Bronk
Weiss
Sophie Fricke
E 63RD Street Pedestrian Bridge
FDR DRIVE
YORK AVENUE
71ST Street
70TH Street
Weill Greenberg Center
Olin
Belfer
Lasdon
69TH Street
Koch Center
Kettering Research Lab
Zuckerman
68TH Street
Memorial Hospital
Memorial Sloan Kettering Cancer Center
Howard Bldg
Schwartz Research Bldg
67TH Street
Sloan House
MSK Club
Rockefeller Research Lab
66TH Street
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

Software &

Hardware Installations

Tagged Devices

WCM App Store

Duo Mobile

Web VPN

Network Access

Network Security

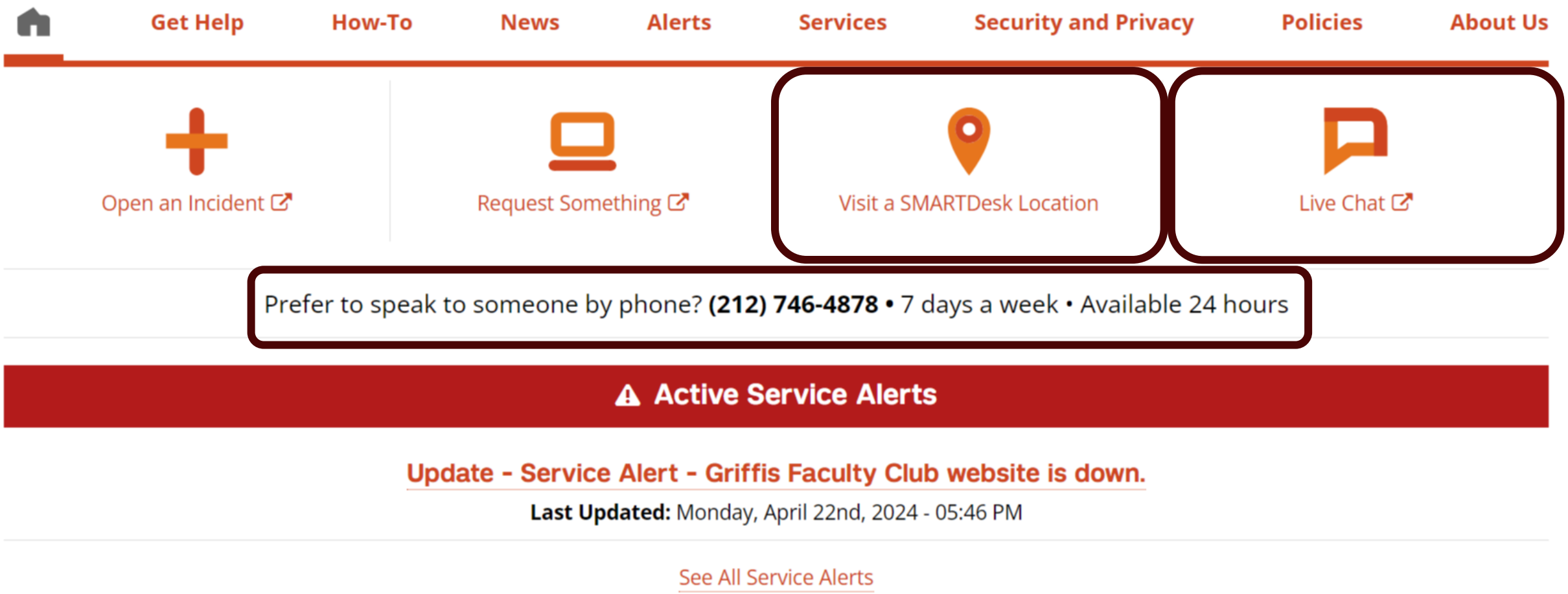
Training & Technical Support

Video Conferencing

Discounted hardware

& software purchasing

Information Technologies & Services



ITS is Located at the 1300 York Library Entrance

Make an Appointment

Connect to WCM Outside WCM Campus

Box

Cloud storage service at WCM

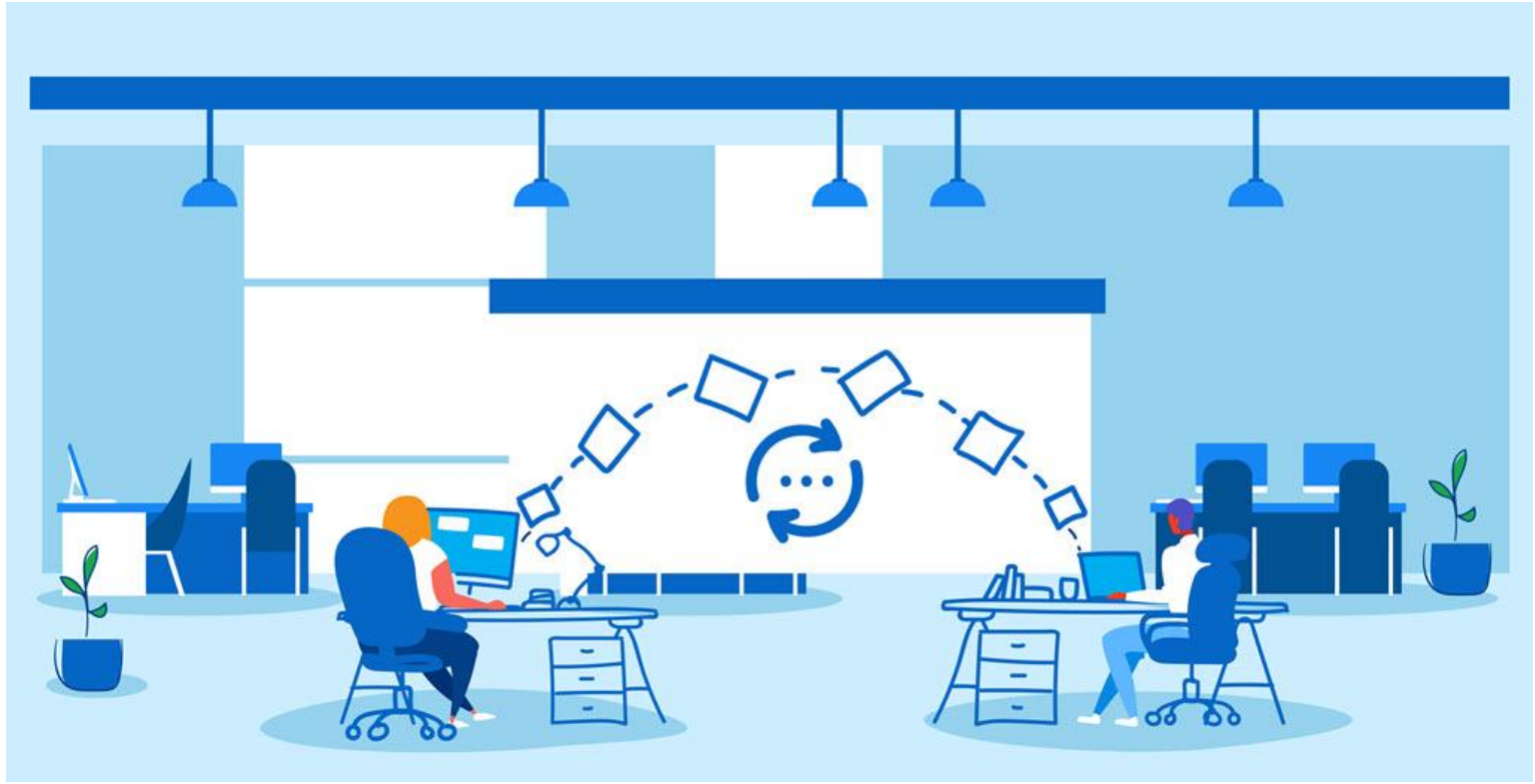
Share your files (or not) with your WCM colleagues.

[Instructions et al.]

OneDrive

Cloud storage service at WCM

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



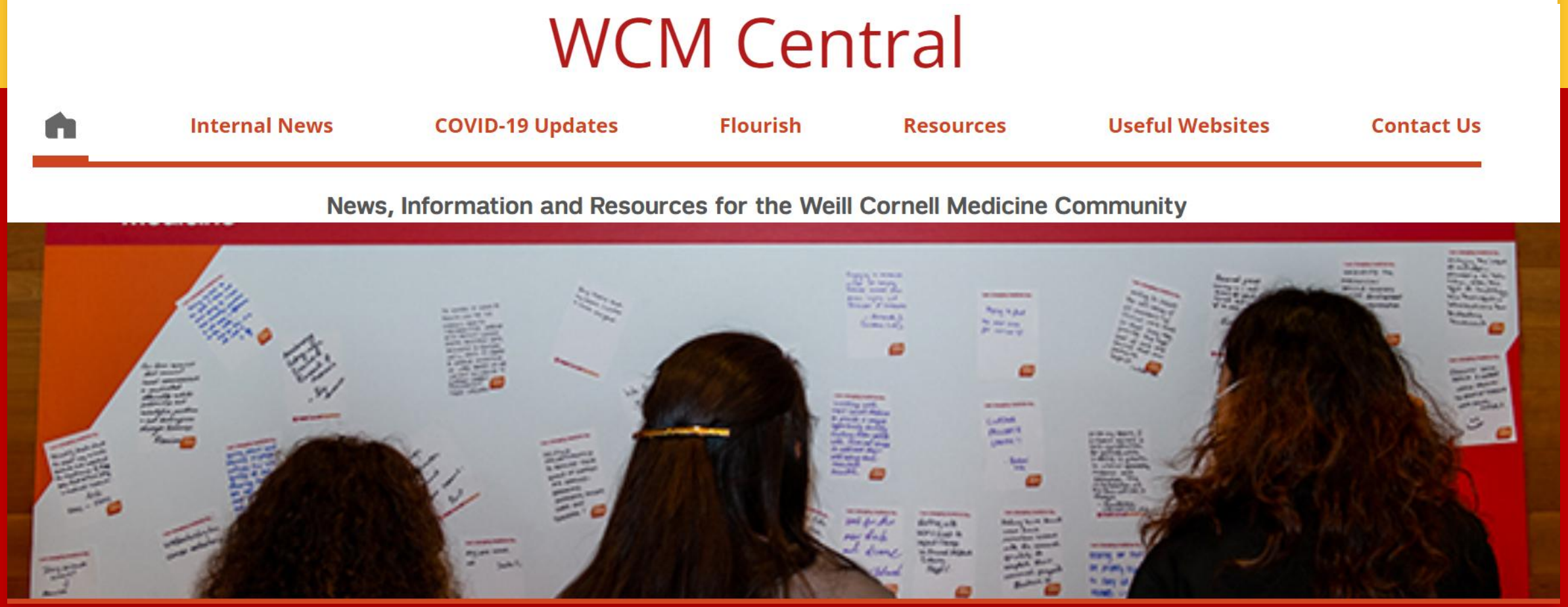
OneDrive

One stop shop for your data

Access files from any device

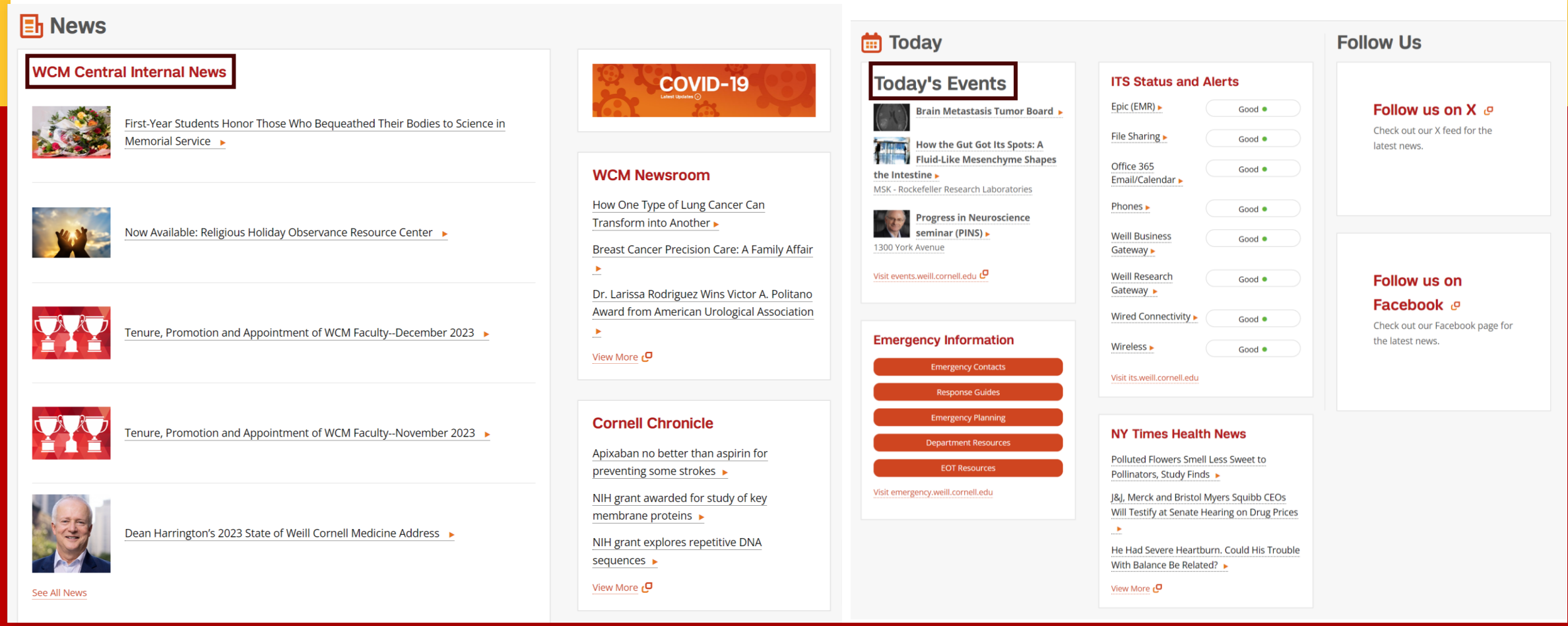
Must be tagged

Details



WCM Central Intranet

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



WCM Central Intranet

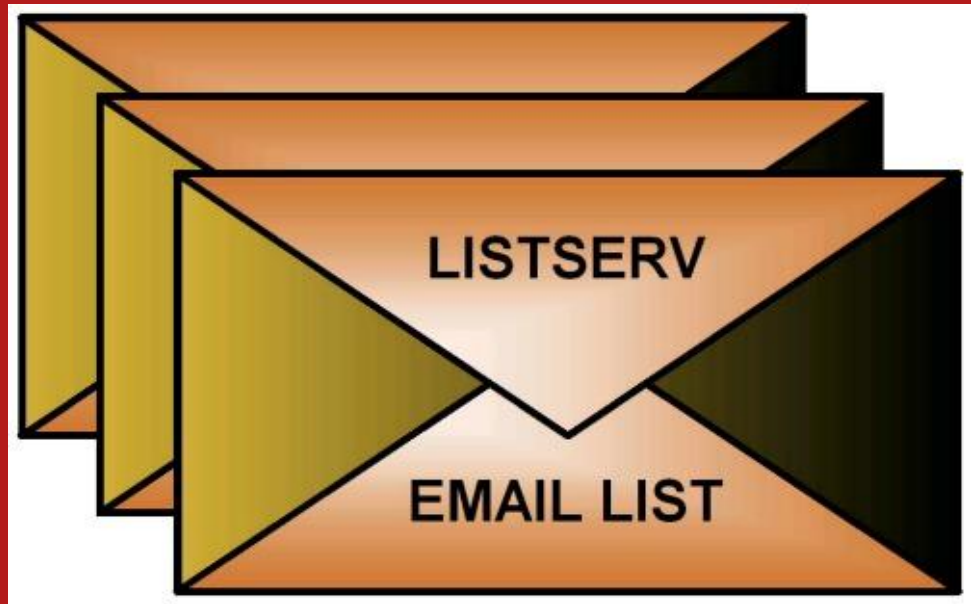
Provides internal news, useful websites and resources, access to specific departments and the WCM directory.

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



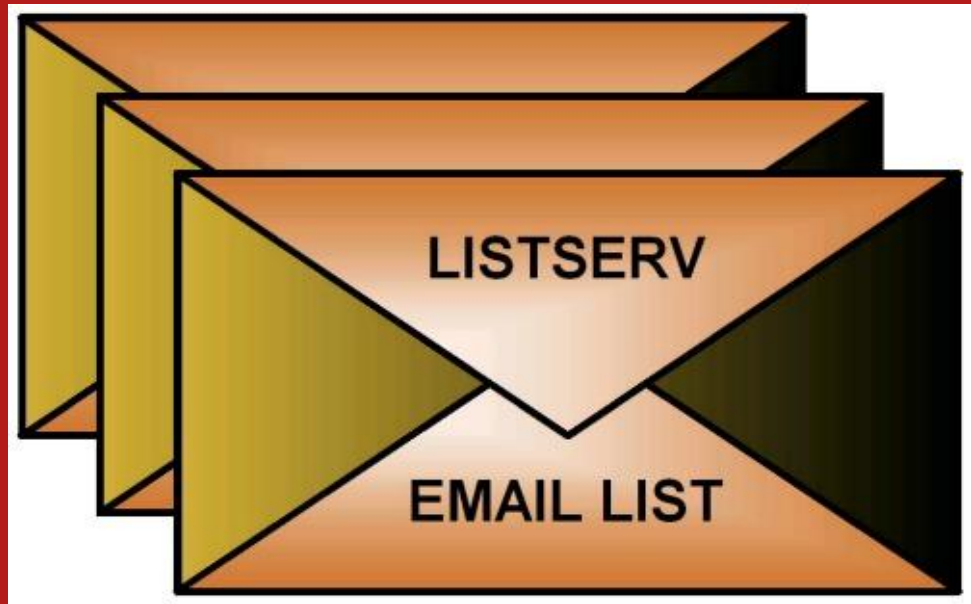
Postdoc Listservs

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.

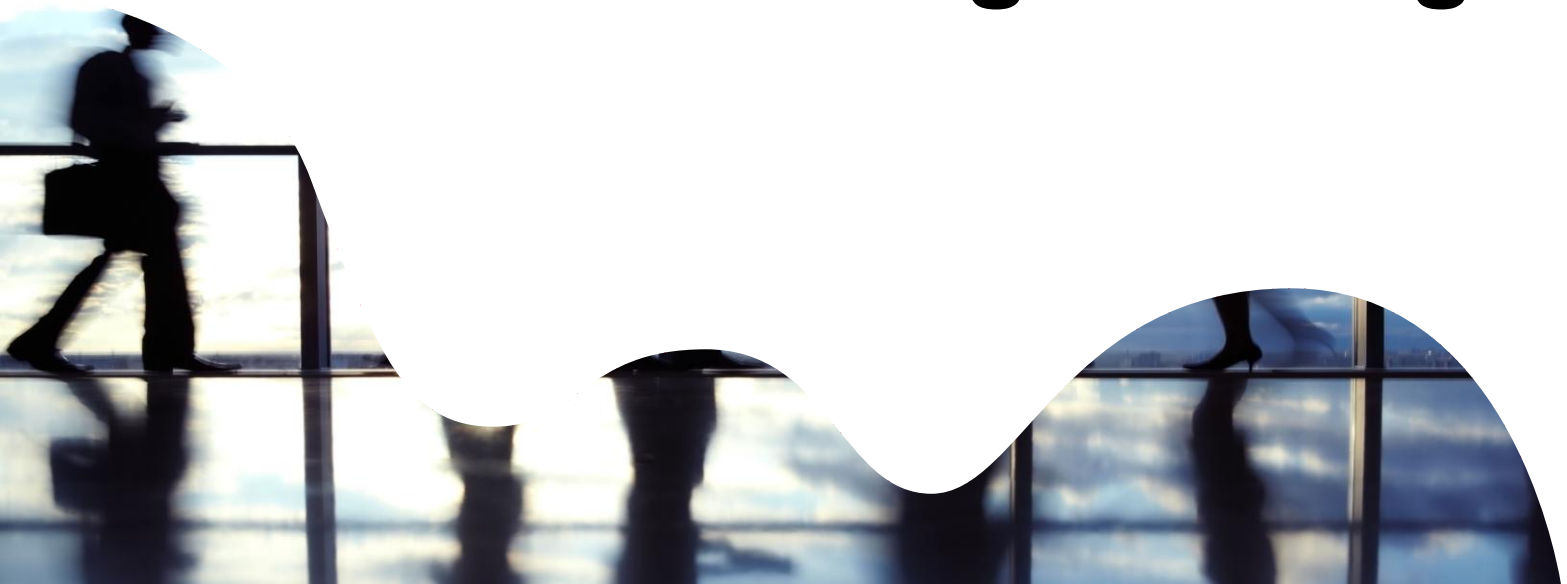
List archives: Web archives • RSS feed

To subscribe: Send a blank email to WCMC-COMMUNITY-subscribe-request@LISTSERV.MED.CORNELL.EDU

To unsubscribe: Send a blank email to WCMC-COMMUNITY-unsubscribe-request@LISTSERV.MED.CORNELL.EDU

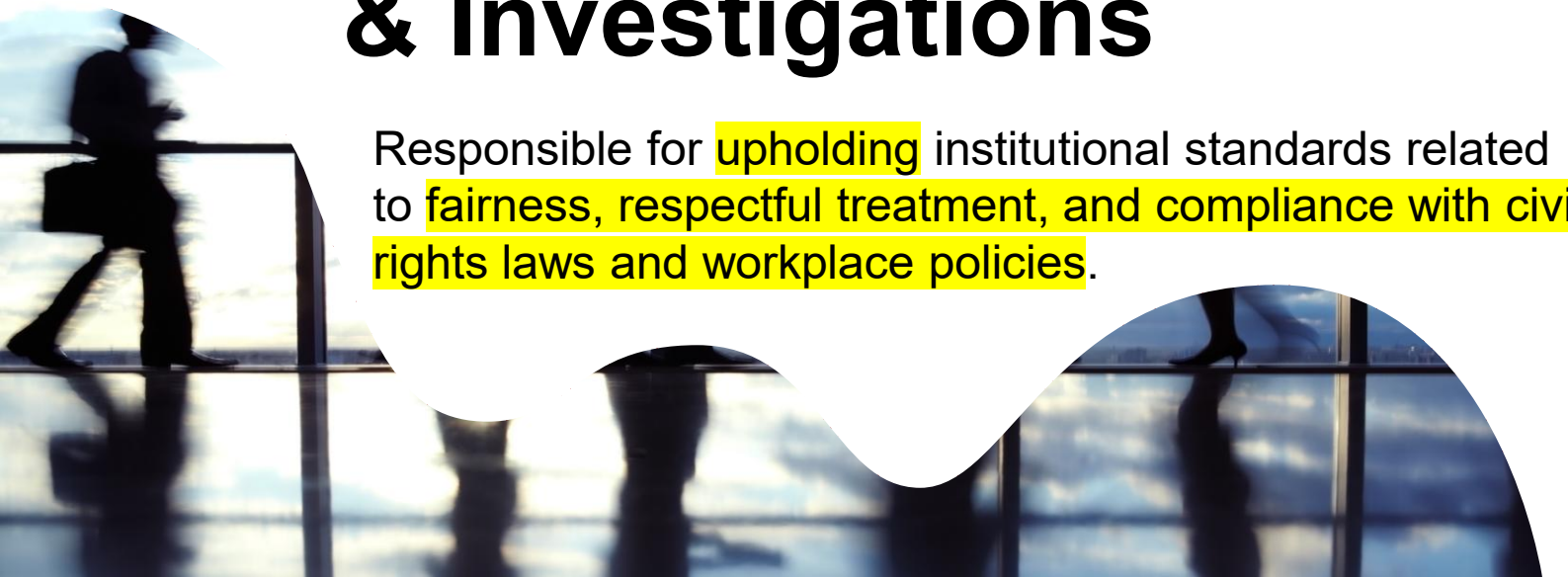
To send to the list: Subscribers may email WCMC-COMMUNITY@med.cornell.edu. Messages must be confirmed by the sender before they will be delivered to the community.

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
Shaunesha Crawford Title IX Coordinator	shc4038@med.cornell.edu Phone: (917) 623-4280

Training/Learning List

Office of Civil Rights & Investigations

Maintaining a Harassment-Free Workplace
https://hr.weill.cornell.edu

Office of Civil Rights & Investigations

Unconscious Bias Training
https://equity.weill.cornell.edu

Environment Health & Safety

https://ehs.weill.cornell.edu/

Compliance & Privacy Office

HIPAA Training
https://compliance.weill.cornell.edu

Conflict of Interest

https://wrg.weill.cornell.edu
Need help, see tutorial

How do you Access WCM Training?

Through Weill Business Gateway

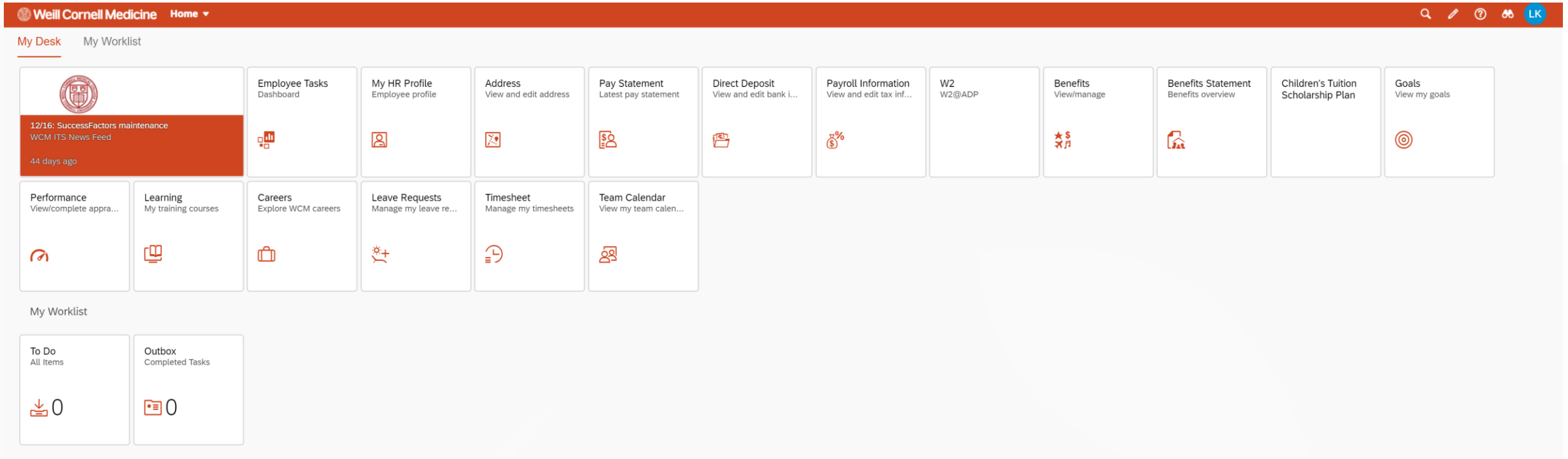
https://wbg.med.cornell.edu

How do you Access WCM Benefits?

Through Weill Business Gateway

https://wbg.med.cornell.edu

My Desk on the Weil Business Gateway

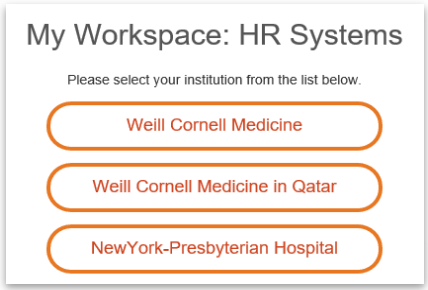


Go to:

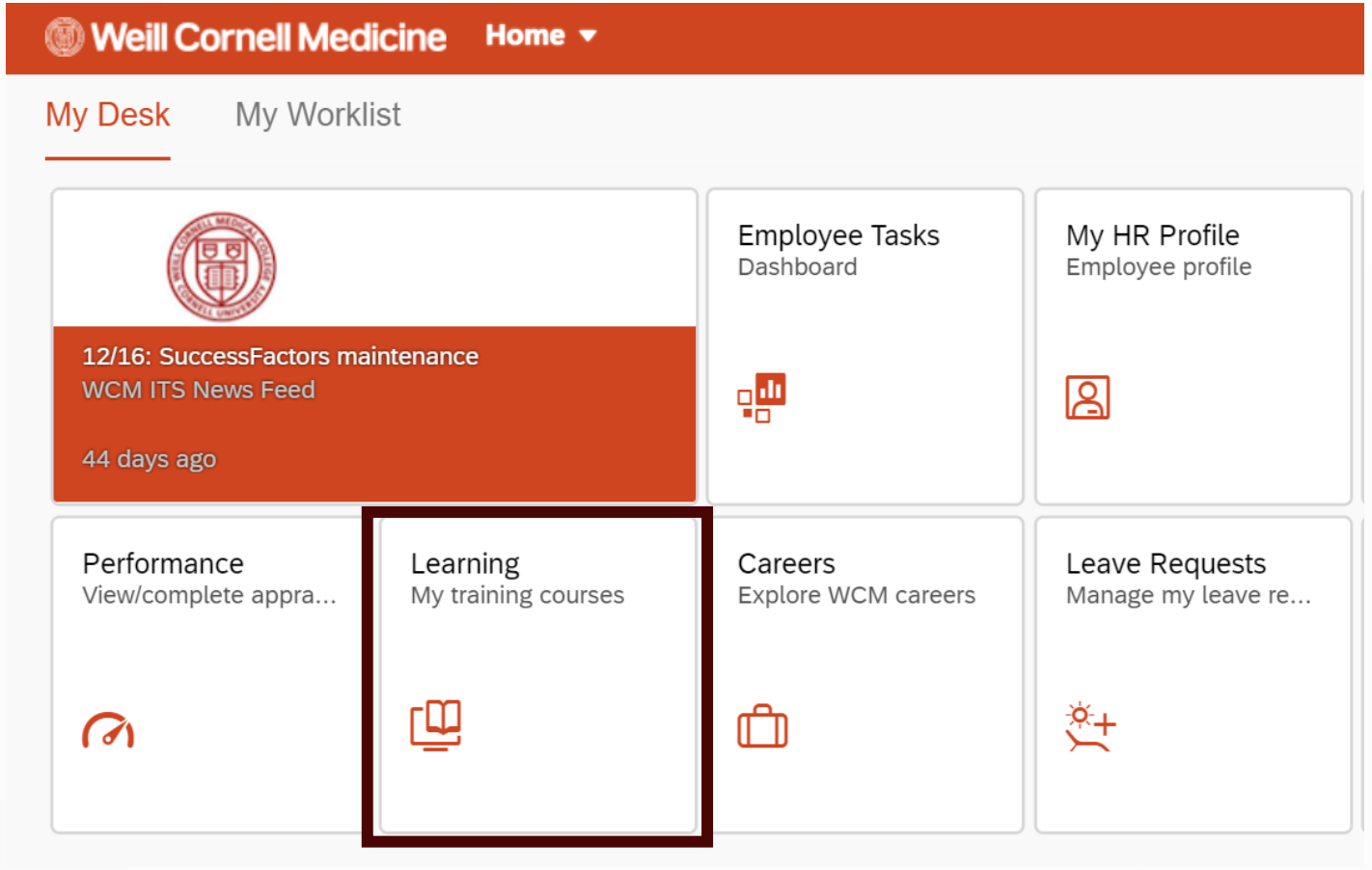
https://wbg.med.cornell.edu

Enter your CWID & password

Select: WCM

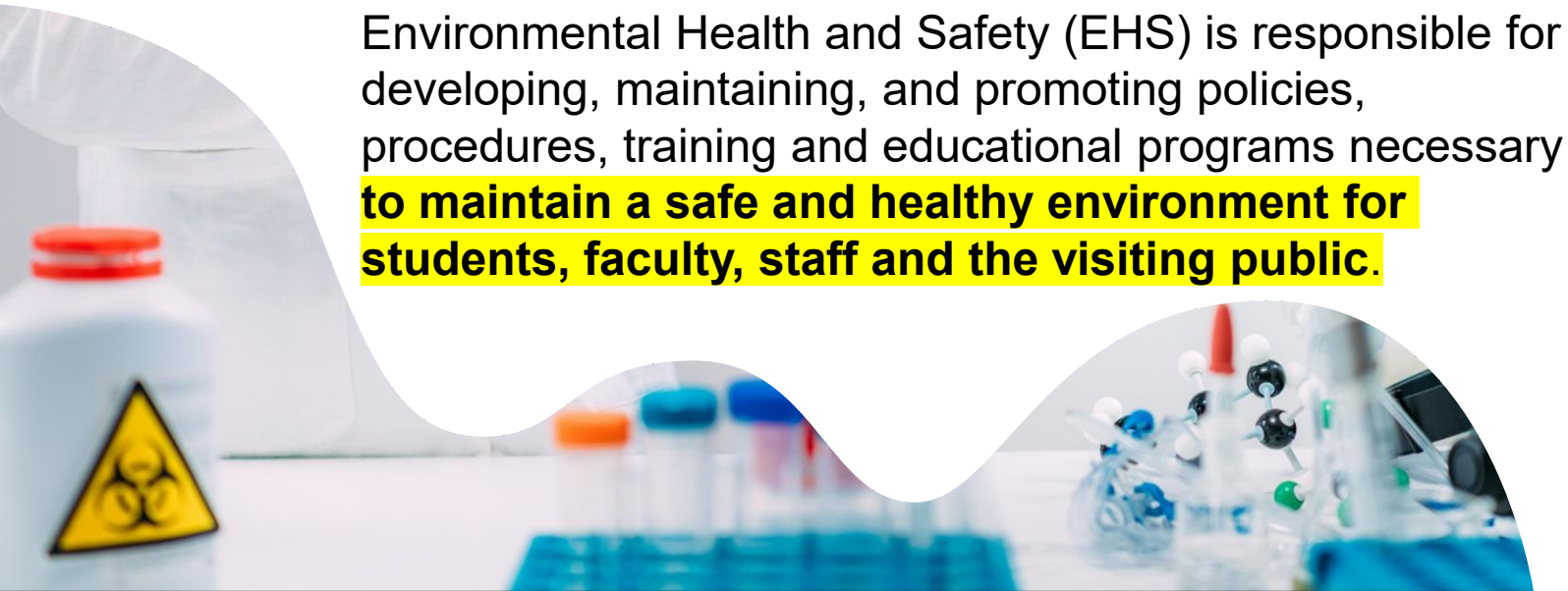


My Desk on the Weil Business Gateway



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**.

Environmental Health & Safety

Training Programs

CORNELL UNIVERSITY Joan and Sanford I. Weill Medical College

ENVIRONMENTAL HEALTH AND SAFETY

Certificate of Training

INFORMATION ONLY

This is to certify that

John Doe

attended the training course entitled

Lab Biological Safety and Disposal

on Thursday, January 01, 2004

in accordance with

OSHA 1910.1030 - Bloodborne Pathogens Standard

presented by

Weill Medical College of Cornell University

Environmental Health and Safety

1300 York Avenue, Box 354, New York, NY 10021

212-746-6201 • ehs@med.cornell.edu • http://www.med.cornell.edu/ehs

Trainer: Erik Talley

1/12/2005

Date

Certificate Number: 2355

Contact:

Chris Saganich

chs2018@med.cornell.edu

Core Safety Trainings

- Laboratory Safety
- Clinical & General Safety

Specialized Trainings

- Radiation Safety
- FDNY Laboratory Certificate of Fitness
- Biological Material & Dry Ice Shipper Training

Reporting:

Injury & Exposure

Unsafe Work Conditions

Injury & Exposure

Workforce Health and Safety

520 East 70th Street
Starr Pavilion,
9th Floor – Room 919
NewYork-Presbyterian

Phone: 646-697-9470

Hours of Operation:
7:30 AM – 4:00 PM,
Monday through Friday.

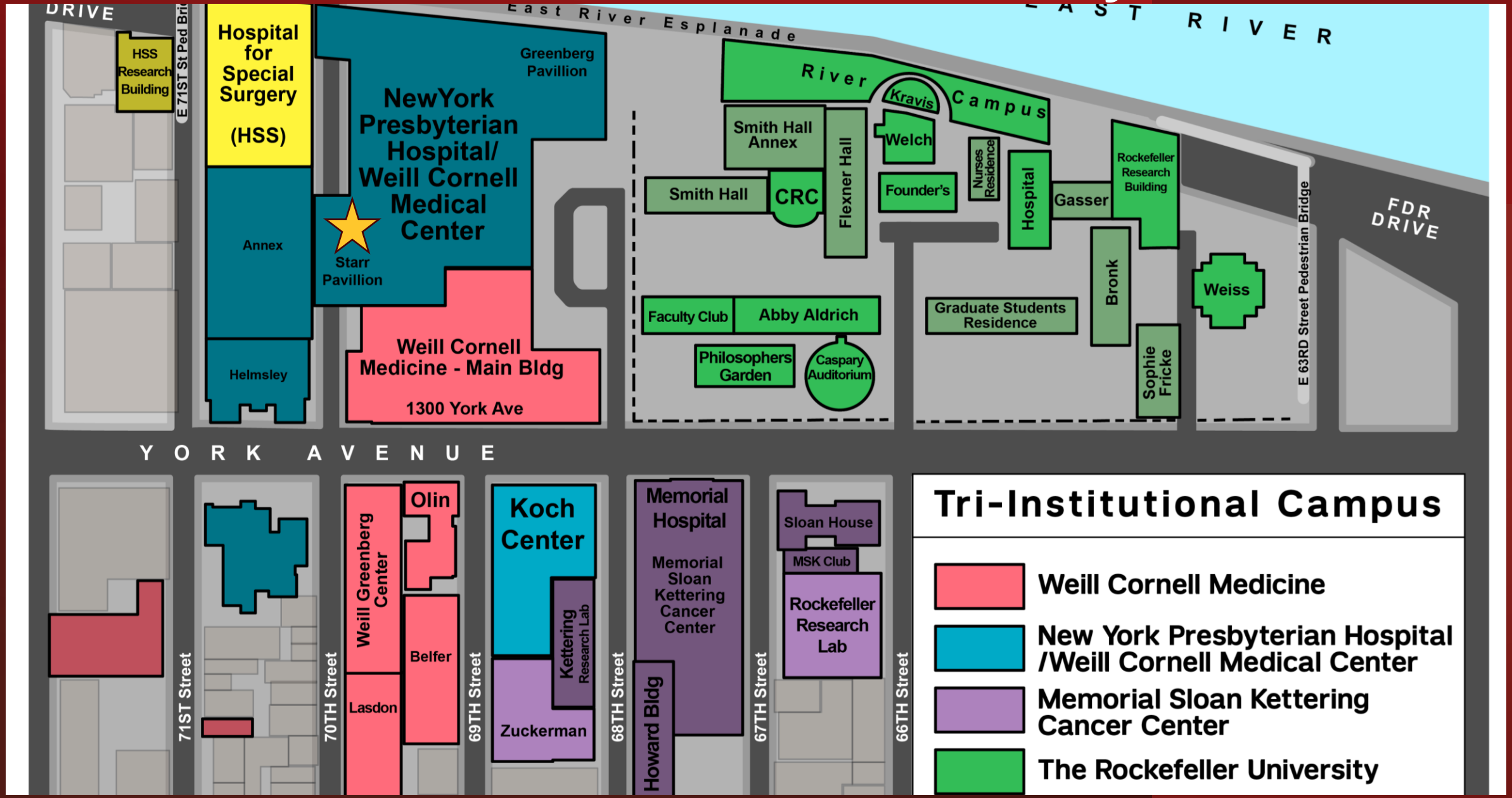
- Off-hours go to NYP Emergency Department - 525 East 68th Street (212) 746-5026
- NYP EMS Ambulance service (212) 472 - 2222

Unsafe Work Conditions

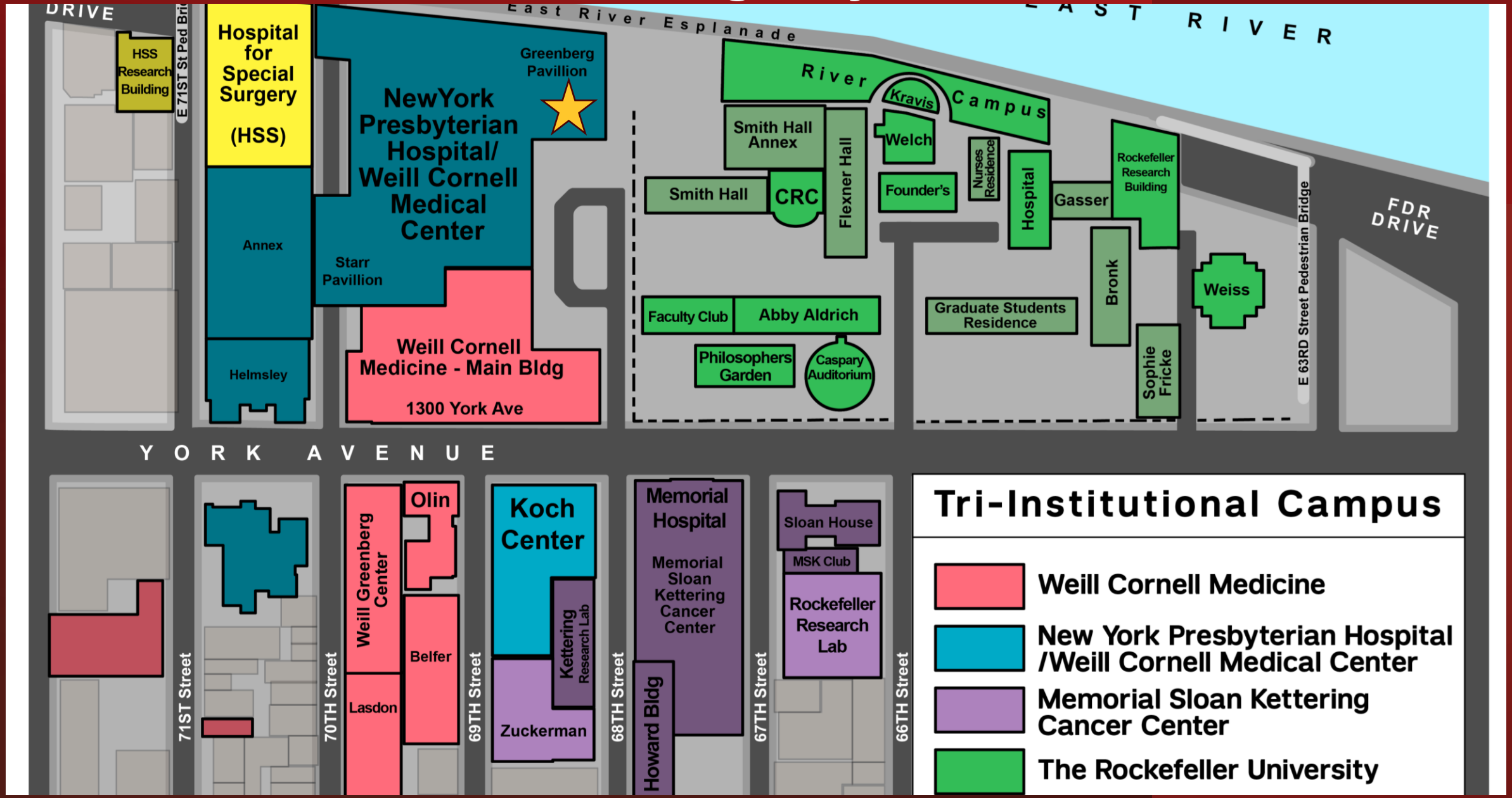
If you observe an unsafe work condition at WCM you should report it by:

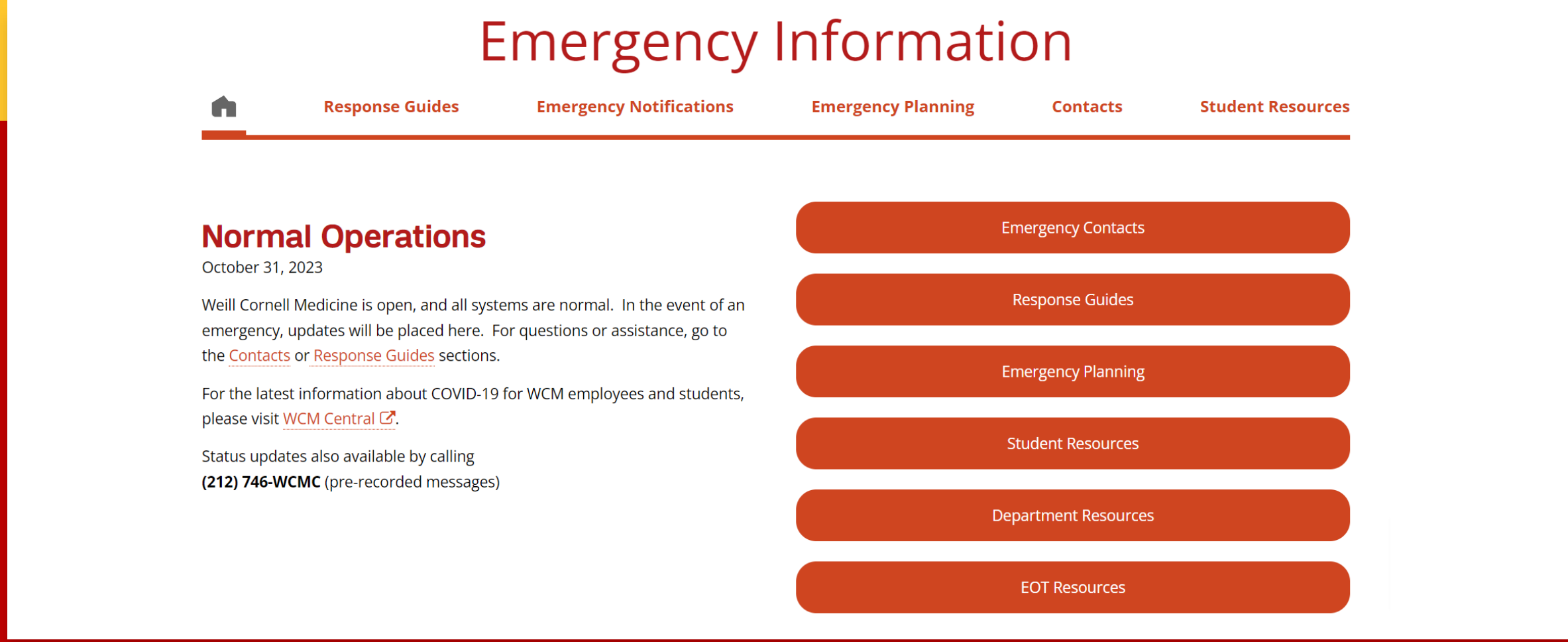
- Notify your Supervisor.
- Report the issue anonymously using the Cornell Hotline (212) 746 - 0911
- Contact Environmental Health and Safety
  www.weill.cornell.edu/ehs
  ehs@med.cornell.edu
  (646) 962 - 7233

Workforce Health and Safety



NYP Emergency Room





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

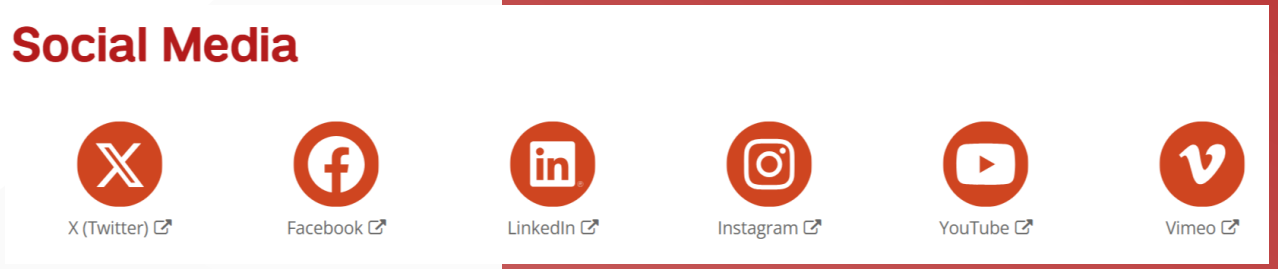
WCMC Emerg Info

WCM Newsroom

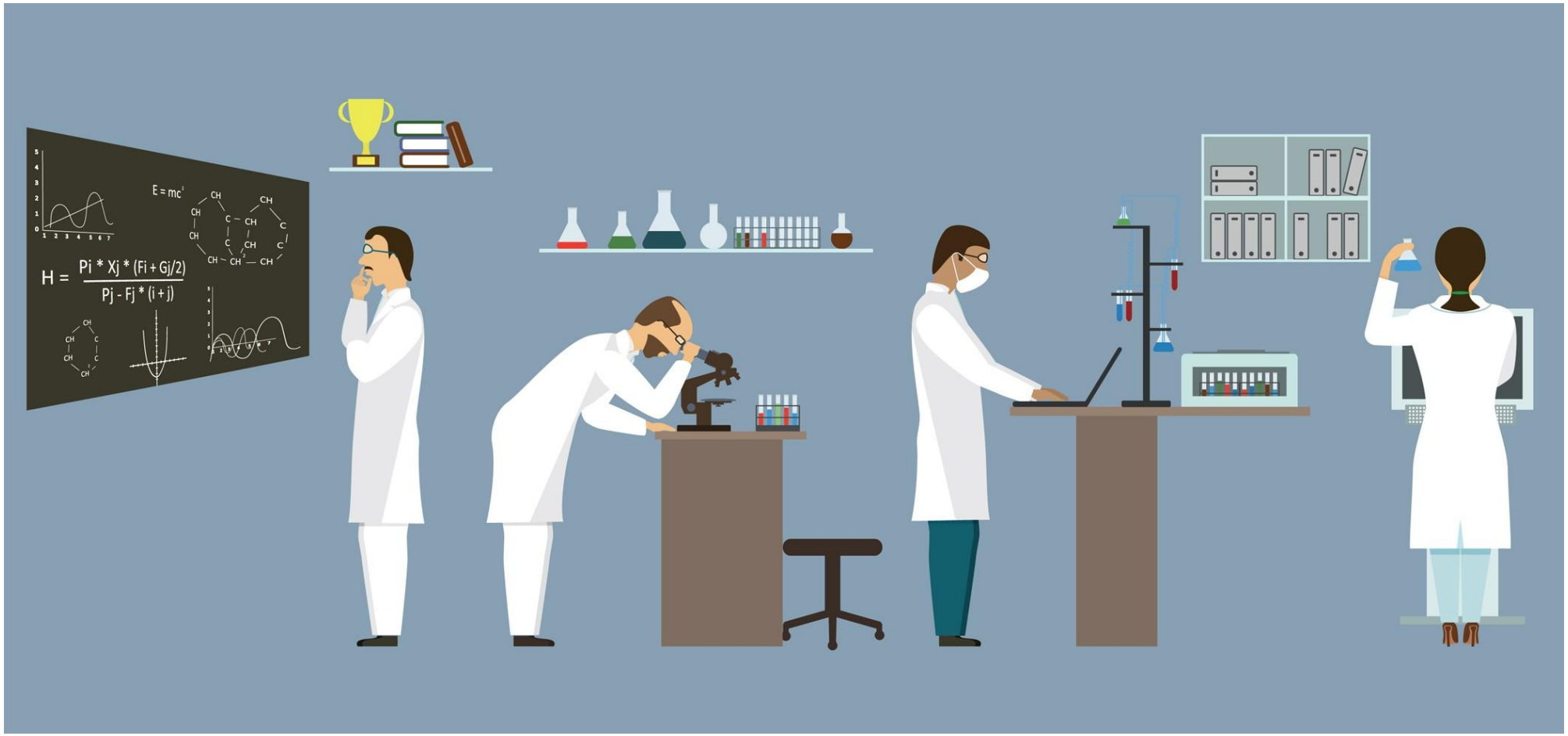
The Weill Cornell Medicine Newsroom highlights the many and varied ways that our institution, physicians, scientists, educators and staff strive to improve health in New York and around the world.

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” .



Postdoc Stuff



Cores at WCM

Weill Cornell Medicine
Core Laboratories Center

SHARED RESEARCH INFRASTRUCTURE

DISCOVERY, CONNECTED.

18 SPECIALIZED RESEARCH RESOURCES

Advanced technologies, expert teams and shared infrastructure - connected to move research from question to discovery.

Find the right resource

Start with the scientific question. Engage the resource early to align sample requirements, study design, technology, timeline and downstream analysis.

01 Applied Bioinformatics Core
DATA & ANALYSIS

02 Genomics Resources Core Facility
OMICS

03 Epigenomics Core
OMICS

04 Microbiome Core
OMICS

05 Proteomics & Metabolomics Core
OMICS

06 High Performance Computing Core
DATA & INFRASTRUCTURE

07 Flow Cytometry Core
CELLS & FUNCTION

08 Human Therapeutic Organoid Core
CELLS & MODELS

09 Citigroup Biomedical Imaging Center
IMAGING

10 Metabolic Phenotyping Core
IN VIVO MODELS

11 Optical Microscopy Core
IMAGING

12 Electron Microscopy & Histology Core
IMAGING & HISTOLOGY

13 Neuroanatomy Electron Microscopy Core
IMAGING & NEUROANATOMY

14 Cryogenic Electron Microscopy Core
STRUCTURAL BIOLOGY

15 Molecular Biophysics Core
STRUCTURAL BIOLOGY

16 Institutional Biorepository Core
BIOSPECIMENS

17 Chemical Purification Core
CHEMISTRY

18 New York Structural Biology Center (NYSBC)
STRUCTURAL BIOLOGY | WCM MEMBER RESOURCE

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
Parental Leave	Mom: 6 - 8 wks birth & 12 wks in 1st year Dad: 12 wks in 1st 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 19th 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

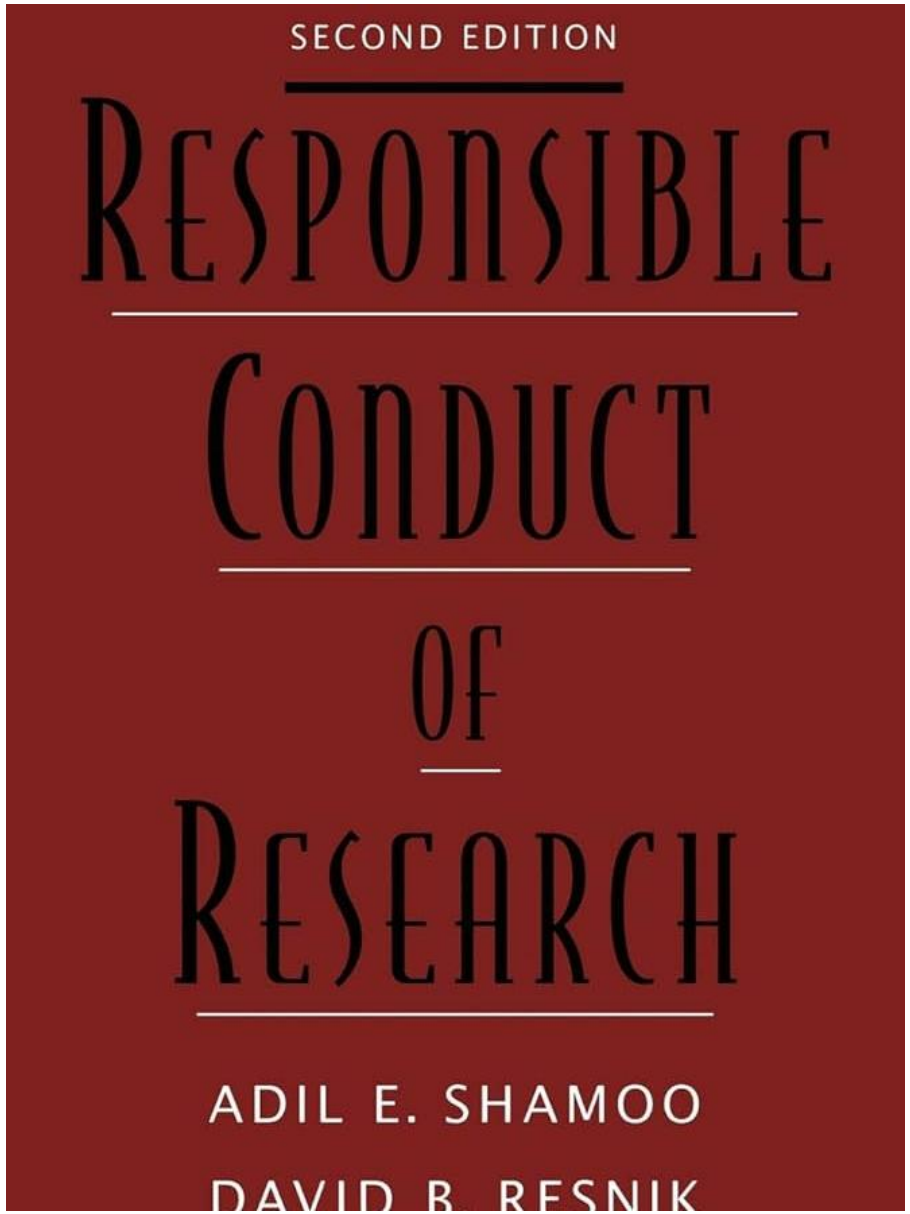
Immigration Options for Non-Faculty Academic Appointments

- 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)

Immigration Contacts

	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 Febbraro 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

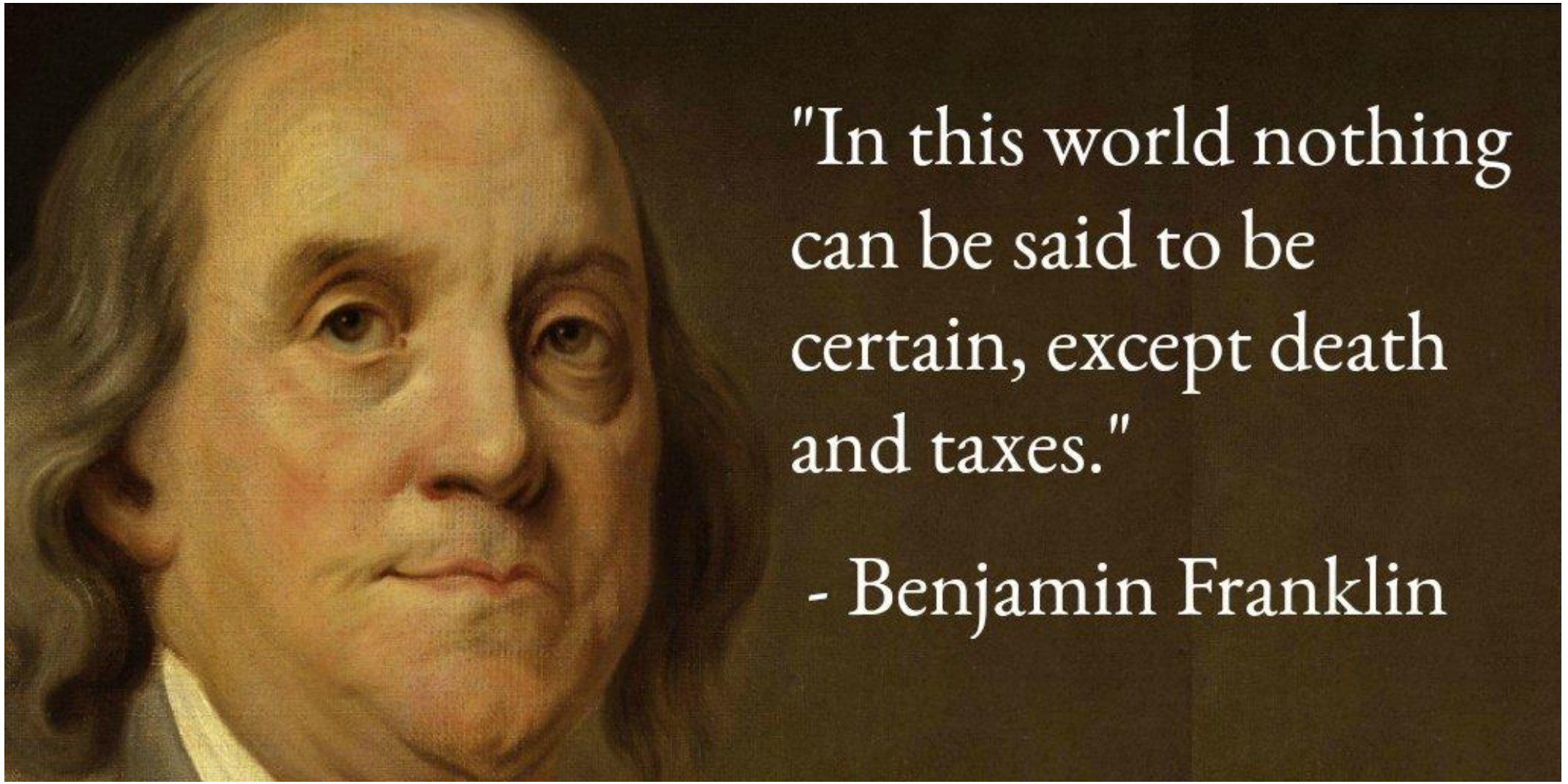
Responsible Conduct of Research Course – Every 4 Years



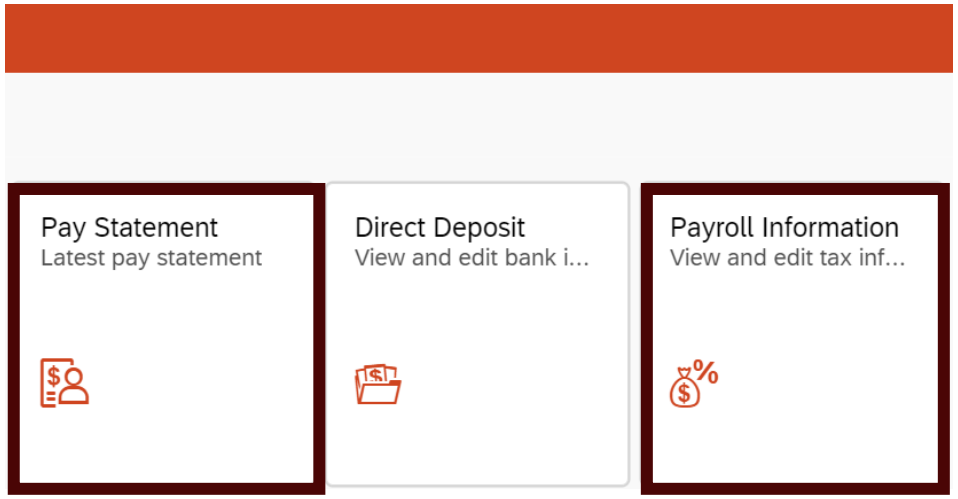
2026 Responsible Conduct of Research (RCR) Course Spring Semester

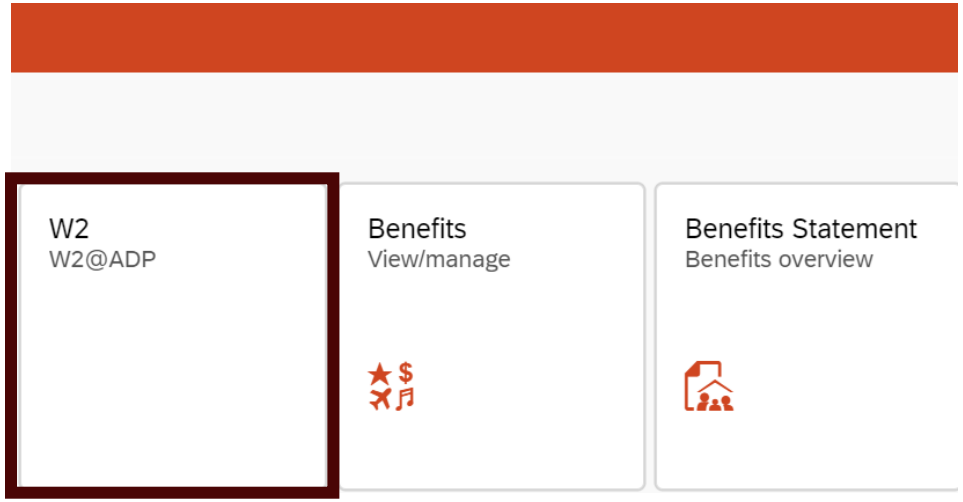
Date	Time	Session	Format	Location
Friday, February 13, 2026	11:30 a.m. - 1:30 p.m.	*Introduction to RCR	Virtual	Zoom
Monday, February 23, 2026	3 - 5 p.m.	Small Group Case Study Discussion	In-person	Zuckerman Research Center (ZRC) Rockefeller Research Lab (RRL) *(rooms assignments will be sent via email)*
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

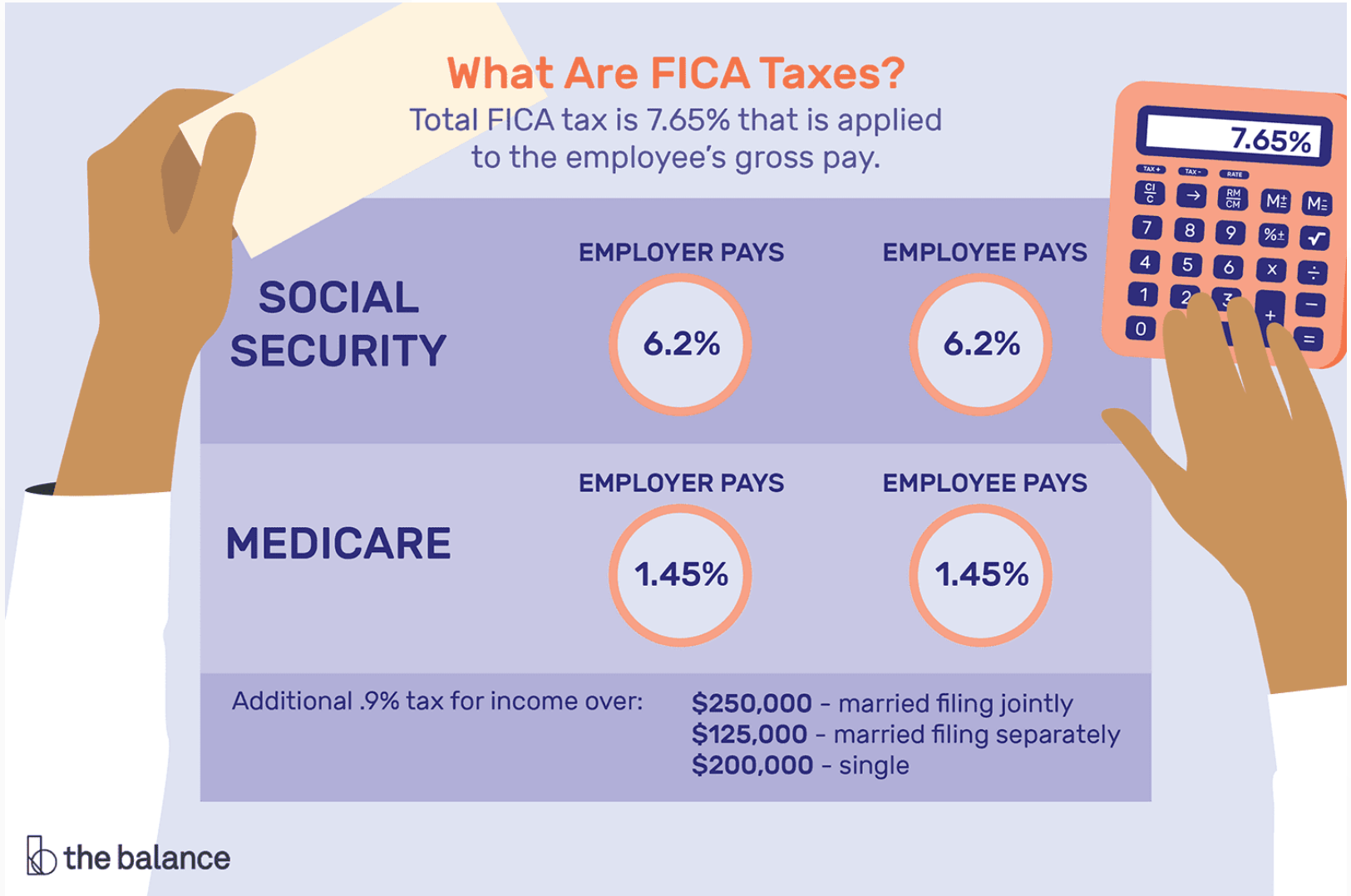

"In this world nothing
can be said to be
certain, except death
and taxes."
- Benjamin Franklin

Money Matters on the WBG



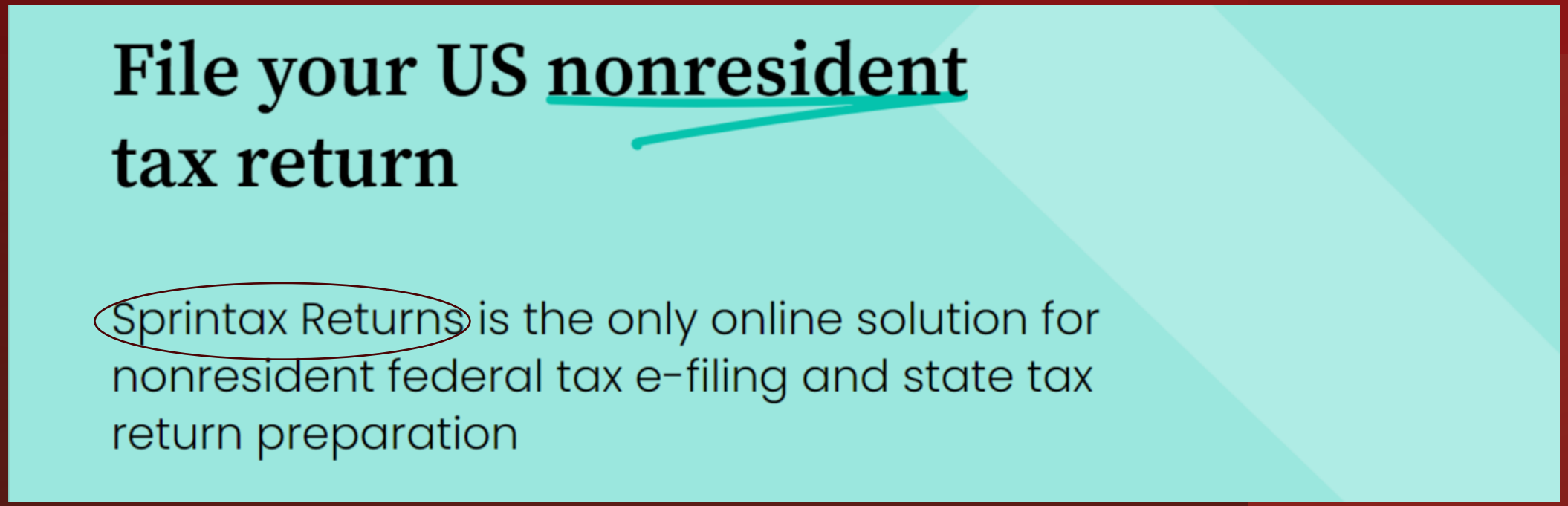


Social Security & Medicare Taxes (FICA) (J1 & F1 Visa Holders)



[IRS Info]

Taxes after your 1st Calendar Year



- 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.

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

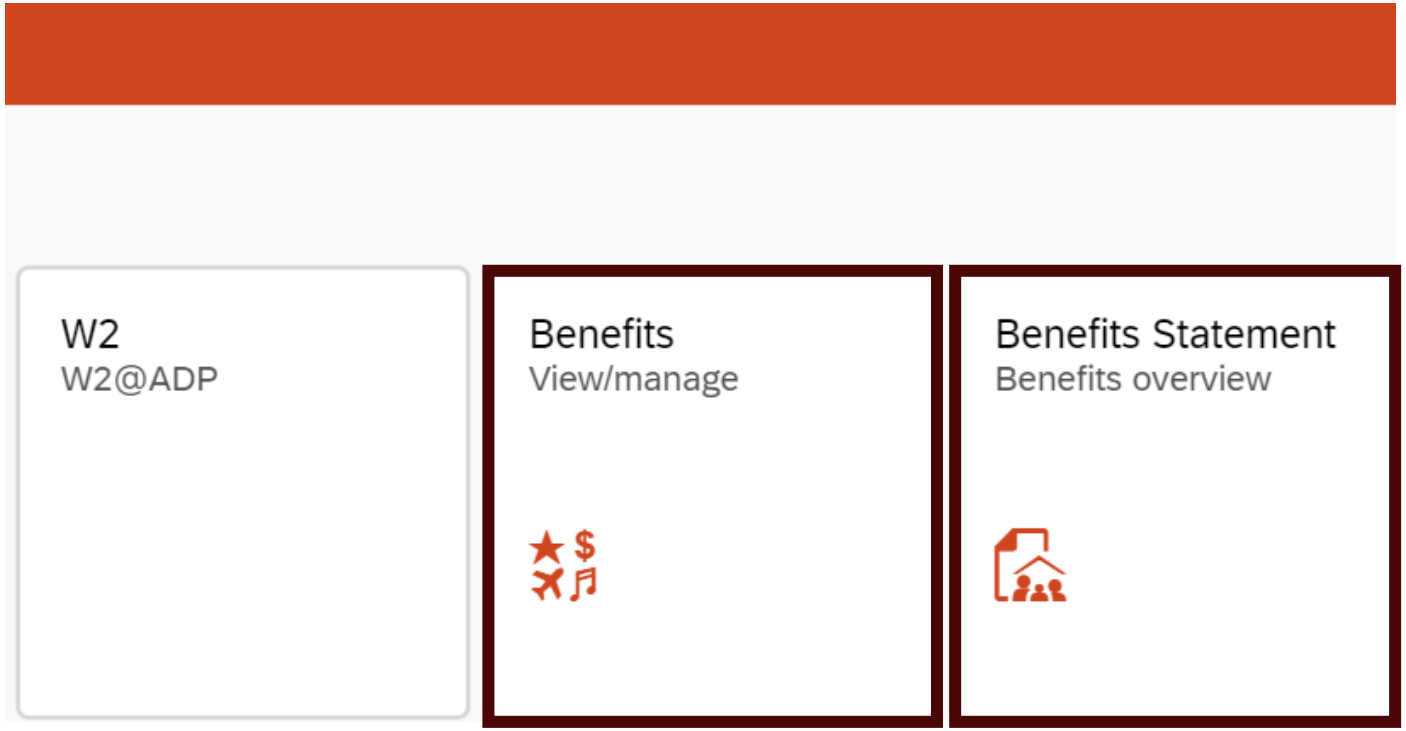
Benefits Guide 2026

Weill Cornell Medicine

Yearly Open Enrollment

Benefits Guide 2026

Benefits on the Weill Business Gateway



How to Find Your Benefits

What Are Your Benefits?

WCM

Medical

Dental

Vision

WCM/Voluntary

Life Insurance

Accidental Death & Dismemberment

Long Term Disability

Retirement (Vol)

Voluntary

Insurance:

Auto

Home & Renters

Legal

Pet

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

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: In Network	Out of Network[1]	Participant responsibility: In Network	Out of Network[1]	Participant responsibility: In Network	Out of Network[1]
Deductible Individual Family	$500 $1,000[2]	$750 $1,500[2]	New $250 New $500	$1,500 $3,000[2]	$1,700 $3,400[3]	$1,700 $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 - Inperson 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 maximum[6]	$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
&
Managed Care

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

	PPO	Managed Care
Medical	**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 - Inperson stay/Outpatient surgery	15% after deductible	Any applicable copays[4] in-stay/out-surgery: deductible applies
Out-of-pocket maximum[6]	$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 Family	$500 $1,000[2]	$750 $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 - Aetna network provider	$20 copay $35 copay	30% after deductible
Specialist office visit - Weill Cornell Medicine provider - Aetna network provider	$25 copay $45 copay	30% after deductible
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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 maximum[6]	$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

NYP Portal

Connect
Ver en español
Weill Cornell Medicine
NewYork-Presbyterian
COLUMBIA
Thanks for using Connect.
You have been logged out.
Connect Username
Password
Forgot login information?
Log in
Log in with passkey
Columbia, NewYork-Presbyterian, and Weill Cornell Medicine are leading the way to provide extraordinary care for our patients by integrating our electronic medical records.
Need help?
Sign up
Need more info?
Get information in various languages
Learn More Here
Pay Online?
Haga clic aquí para obtener información en español
Cliquez ici pour des informations en français
Щелкните здесь, чтобы получить информацию на русском языке
انقر هنا للحصول على المعلومات باللغة العربية
한국어로 된 정보를 보시려면 여기를 클릭하세요
按一下此處以取得中文資訊
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FAQs
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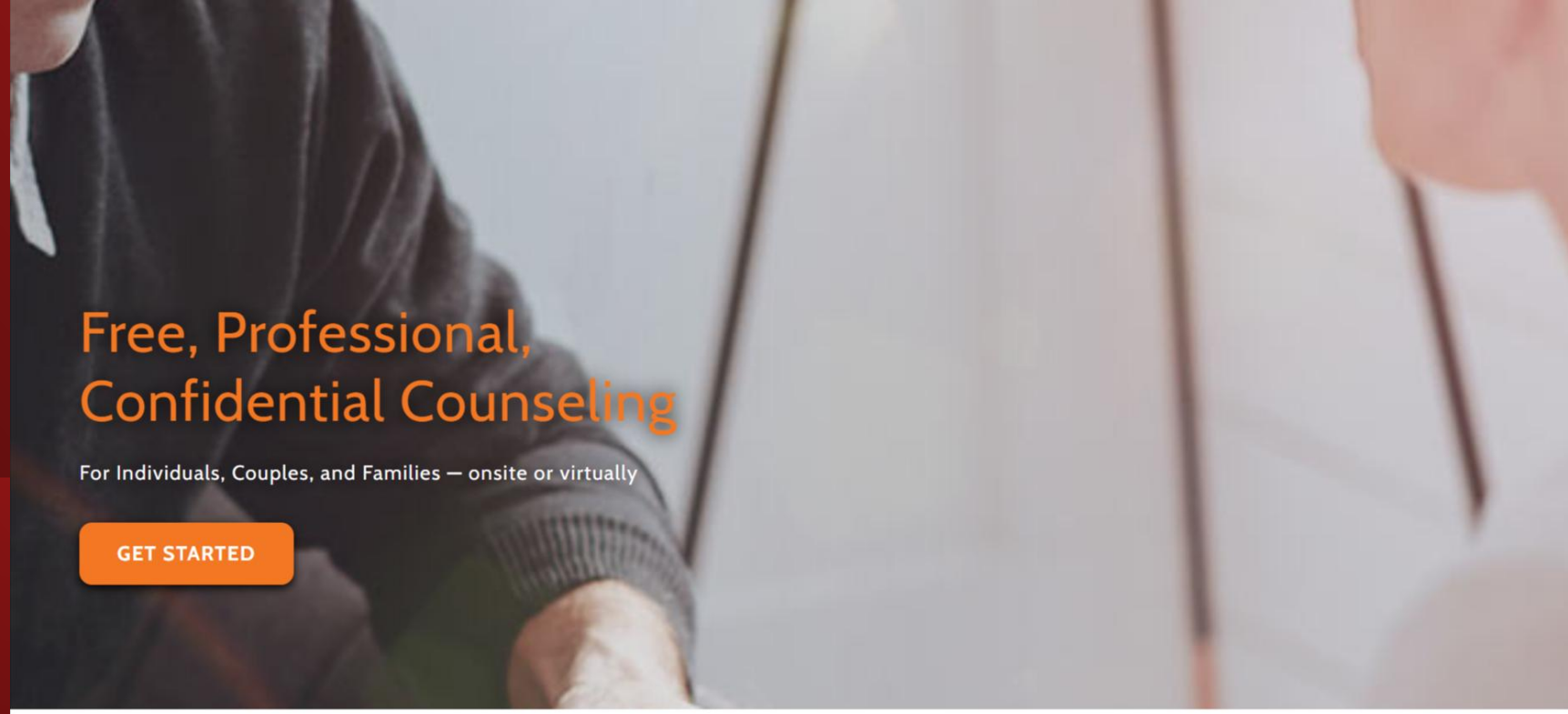
Employment Assistance Program Consortium



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.

Parents

Mom
6- 8 weeks (birth)
12 weeks (1st year)

Dad
12 weeks (1st Year)

Quiet, Lactation Lounges and Wellness Rooms

Designed to meet the needs of nursing mothers and employees who need a quiet place to rest due to a medical condition

Locations

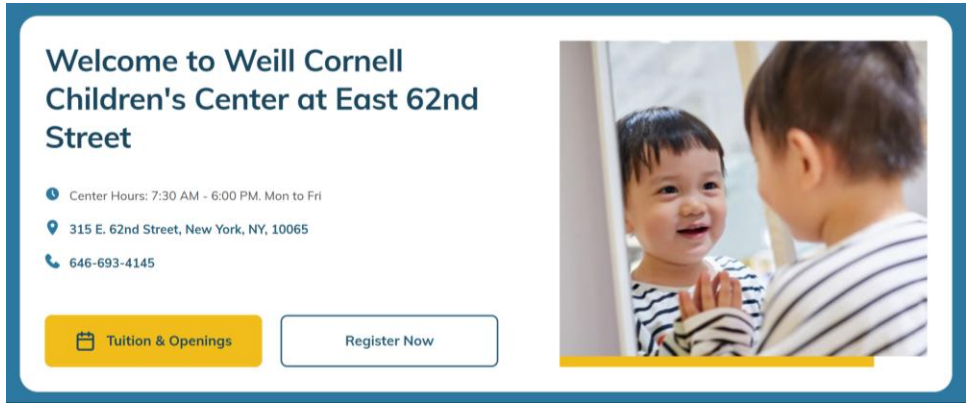
- Belfer Research Building: Room 206
- Weill Greenberg Building: Room 0016A (Subbasement)
- 425 E. 61St Street: Room 313
- Olin Hall: Room 319
- 575 Lexington

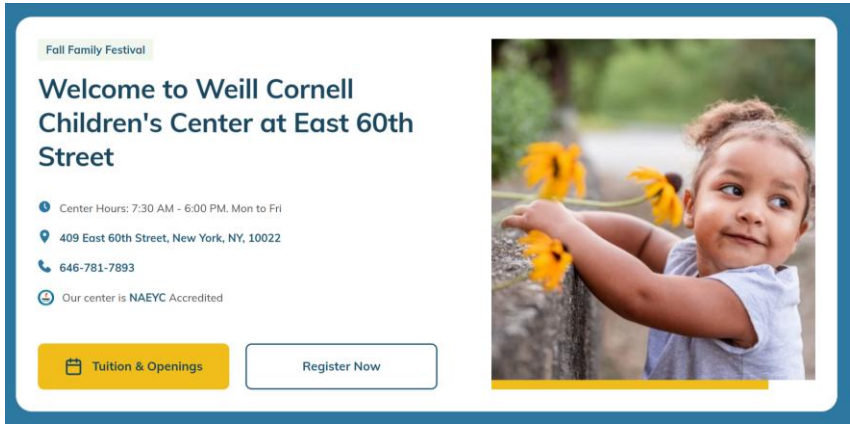
Learn more about Wellness Rooms

hr.weill.cornell.edu/policies/165-lactation-accommodation

Childcare

Bright Horizons®



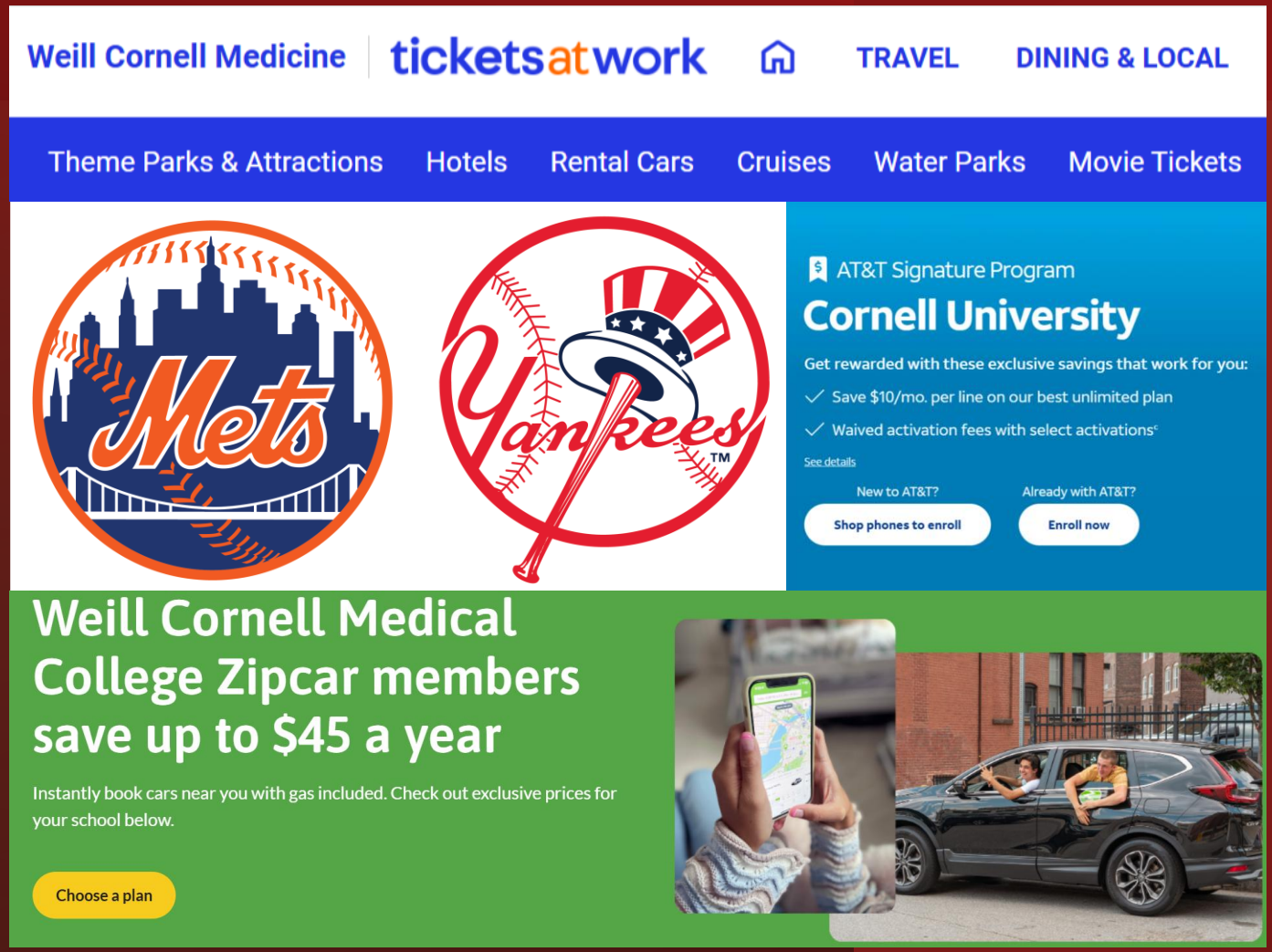


Bright Horizons®

Back-up Child, Adult & Elder Care

Discounts

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

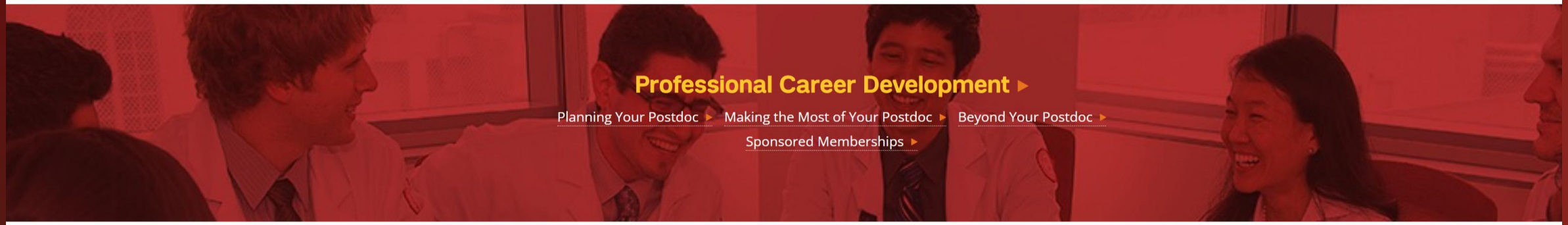


Citi Bike Membership Discount

	Single Ride	Day Pass	Citi Bike
	$4.99 for 30 mins	$25/day	$239/year $119.50
	Get the app →	Get a day pass →	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

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 ▸

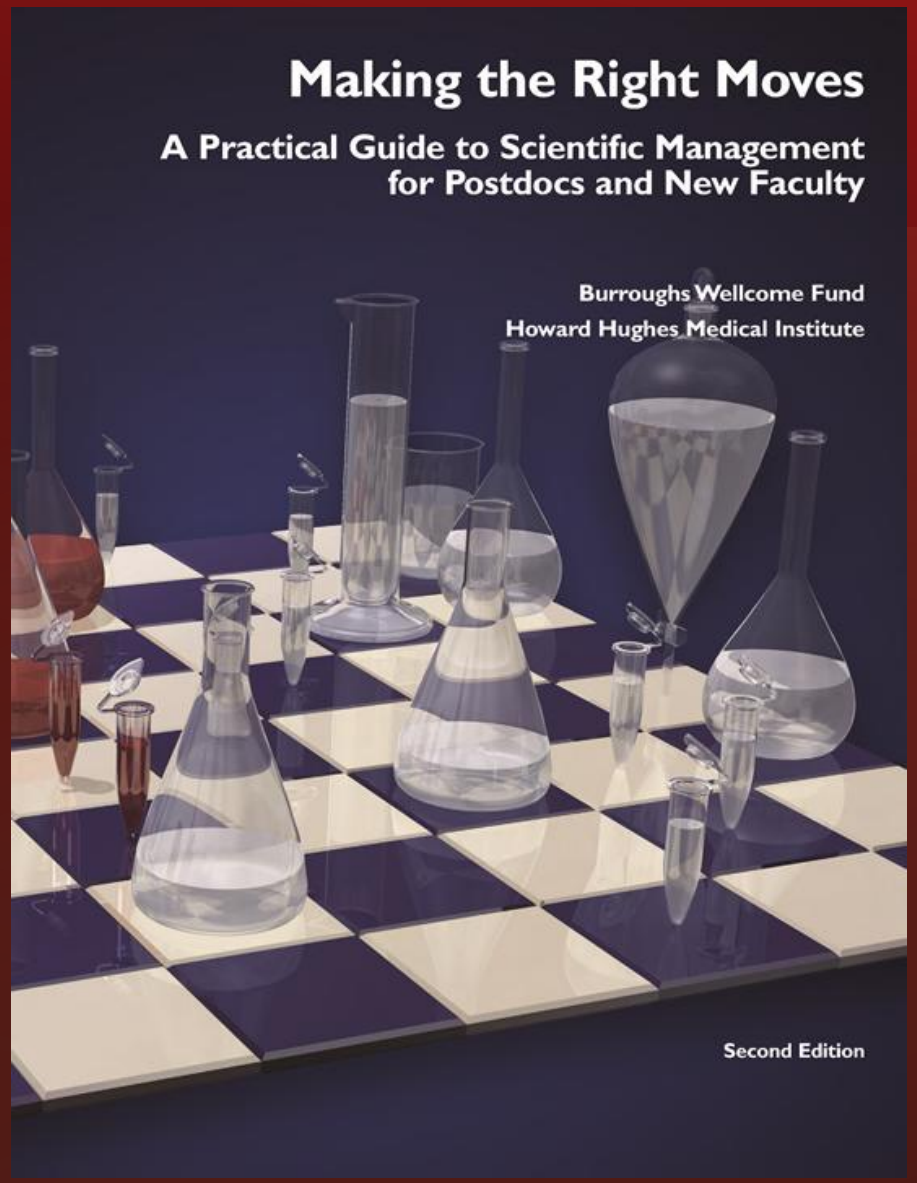
Funding ▸

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 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)

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.

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.

Memorial Sloan Kettering Cancer Center
Weill Cornell Medicine
The Rockefeller University 1901

Memberships

Thanks for your attention & participation!

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