Welcome!

Postdoc Orientation

Les Krushel, PhD
Manager, Office of Postdoc Affairs
A-139 1300 York Ave
lekt2014@med.cornell.edu
Welcome!

Postdoc Orientation

Note – many of the pictures in the presentation link to additional information
Our Collaborative Neighborhood
Weill Cornell Research Neighborhood

Is the Tri-Institutional Neighborhood

HSS

The Rockefeller University
1901

Science for the benefit of humanity
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

Visit a SMARTDesk Location

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

Installing VPN
- Non-tagged laptop or Tagged laptop
- Apple or Android
Box
Cloud storage service at WCM

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

Instructions et al.
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

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.
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
**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](#).

<table>
<thead>
<tr>
<th>List Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>WCMC-ALL</td>
<td>+</td>
</tr>
<tr>
<td>WCMC-COMMUNITY</td>
<td>+</td>
</tr>
<tr>
<td>WCMC-GRANTOPPS</td>
<td>+</td>
</tr>
<tr>
<td>WCMC-NEWS</td>
<td>+</td>
</tr>
<tr>
<td>ITS-USERS</td>
<td>+</td>
</tr>
<tr>
<td>HR-UPDATES</td>
<td>+</td>
</tr>
</tbody>
</table>
Additional Listservs at Weill Cornell

WCMC-COMMUNITY

List type: Opt-In

List content: Items from WCMC 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.
Office of Institutional Equity

The Office of Institutional Equity develops, coordinates, and operationalizes institutional programs and initiatives designed to advance equity at Weill Cornell Medicine.
Office of Institutional Equity
Jamal Lopez, Senior Director

Unconscious Bias Training

• The department works closely with the Office of Diversity & Inclusion, Office of Faculty, Human Resources, University Counsel, and the Cornell Center for Health Equity.

• This cohort is responsible for all investigations into claims of discrimination & harassment and helps develop and coordinate institutional programs designed to advance equity, inclusion, respect, and trust at Weill Cornell Medicine.
Maintaining a Harassment-Free Workplace

WCM has a zero-tolerance policy for sexual harassment

• 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.

Brittney Blakeney
Investigator & Title IX Coordinator
(646) 962-9796
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”.

Read more about our social media policy: https://news.weill.cornell.edu/social-media
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

Core Safety Trainings
- Laboratory Safety
- Clinical & General Safety

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

Contact:
Chris Saganich
chs2018@med.cornell.edu
Environmental Health & Safety

Training Programs

Certificate of Training

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
135 West 31st St., New York, NY 10001
(212) 357-3000

Chris Taba
Trainer

Date: 1/31/2004

Contact:
Chris Saganich
chs2018@med.cornell.edu

Emergency Numbers

NYP Emergency Medical Services
(646) 472-2222

NYP Security (212) 746-0911

Environmental Health & Safety
(646) 962-7233

Workforce Health & Safety (212) 746-4370
**Laboratory Waste Disposal Guide**

### Biological Hazardous

**Red Bag**

- **Solid (e.g., plastic, etc.), non-sharps, non-chemical waste and debris contaminated with biological materials. Double bag when bagging saturated material.**

- **Autoclave**
  - Must be placed into College-approved outer RMW red bags after autoclaving and prior to removal from the laboratory by WCMC Housekeeping.

### Chemical Waste

**Sharps**

- Any glass, metal or plastic instruments or items that have the potential to cut or abrade skin (e.g., blood vials < 100mL, broken or unbroken glassware).
  - Sharps request link to salute

**Sharps**

- Sharps contaminated with hazardous chemicals must be placed inside a rigid container & labeled with the hazardous waste label listing all chemical constituents.

**Liquid/Solid**

- All chemical wastes (unless EHS-approved for drain disposal) and empty containers of acutely-toxic chemicals must be placed into compatible and sealable containers; labeled with a Hazardous Waste label including a listing of all chemical constituents; and stored in secondary containment.

**Autoclave**

- Must be placed into College-approved outer RMW red bags after autoclaving and prior to removal from the laboratory by WCMC Housekeeping.

### Municipal Waste

**Empty Bottles**

- Empty non-acutely toxic chemical bottles must be triple rinsed and boxed prior to trash disposal.

### Electrical Waste

**Electronics equipment containing circuit boards (e.g., computers, fax machines, printers) must be recycled. Review details on Surplus Electronics Recycling.**

Lab equipment that has been used with hazardous materials must be **decontaminated** before it can be discarded, moved repaired or recycled. Submit Equipment Decontamination Form to EHS.

Submit work order to WCMC Engineering and Maintenance (212-746-8888) to have them collected.

### Universal Waste

**Drain Disposal**

- Only EHS-approved non-hazardous liquid chemicals may be drain disposed.

**Empty Bottles**

- Empty non-acutely toxic chemical bottles must be triple rinsed and boxed prior to trash disposal.

**Universal Waste**

- Containers and packages must be labeled with words “Universal Waste Lamps” and stored in a satellite accumulation area. If lamps are broken, container must be labeled “Hazardous Waste” with words “Sharps – Broken Lamps.”

Review details on Light Bulb Disposal.

Submit a Chemical request form via Salute to EHS for collection and disposal.

---

**Reference:** [Waste Disposal Procedures](#)
Injury & Exposure

If exposure to blood or other potentially infectious materials by sharps, mucous membrane splashes, or broken skin:

- Immediately flood the exposed area with water and clean any wound with soap and water or skin disinfectant if available.
- 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
Emergency Information

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)

WCM Emergency Notification
212-746-9262.

• Emergencies could be a wide range of issues that impacts the college including large scale events such as a 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. This system works for all students, faculty and staff. Information in the system is updated through the online directory.
Normal Operations
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Postdoc Stuff
## Postdoc Calendar

### Postdoc Timeline

<table>
<thead>
<tr>
<th>Event</th>
<th>Timeframe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appointment Letter</td>
<td></td>
</tr>
<tr>
<td>Onboarding</td>
<td></td>
</tr>
<tr>
<td>Orientation</td>
<td></td>
</tr>
<tr>
<td>Probationary review</td>
<td>3 Months</td>
</tr>
<tr>
<td>Annual appraisal</td>
<td>9 Months</td>
</tr>
<tr>
<td>Visa renewal</td>
<td>9 Months</td>
</tr>
<tr>
<td>Yearly renewal of term appointment (contract)</td>
<td>12 Months</td>
</tr>
<tr>
<td>Departure date if not reappointed</td>
<td>12 Months</td>
</tr>
</tbody>
</table>

Appointment and Promotion of Non-Faculty - [Academic Handbook](#)
## Postdoc Calendar

<table>
<thead>
<tr>
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</tr>
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<tr>
<td><strong>Yearly renewal of term appointment (contract)</strong></td>
</tr>
<tr>
<td>Departure date if not reappointed</td>
</tr>
</tbody>
</table>

You can leave at anytime

Appointment and Promotion of Non-Faculty - [Academic Handbook](https://example.com)
Multiple Year Visas

- WCM can offer multi-year (up to 3 years) visas
  - Reappointment remains at 1 year

- PI must provide Immigration a funding confirmation statement for the visa period

- PI not required to reappoint a postdoc with a multiyear visa

- Contact the Immigration Department and your Departmental Administrator
### Immigration Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Department</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immigration Office</td>
<td>Office</td>
<td>WCMC</td>
<td>+1 646 962 3622</td>
<td></td>
</tr>
<tr>
<td>Jennifer Bomar</td>
<td>Employee</td>
<td>WCMC</td>
<td>+1 646 962 2407</td>
<td><a href="mailto:jeb4013@med.cornell.edu">jeb4013@med.cornell.edu</a></td>
</tr>
<tr>
<td>Jordan Febbraro</td>
<td>Employee</td>
<td>WCMC</td>
<td></td>
<td><a href="mailto:jof4010@med.cornell.edu">jof4010@med.cornell.edu</a></td>
</tr>
<tr>
<td>Jeanie C Huang</td>
<td>Employee</td>
<td>WCMC, CU</td>
<td>+1 646 962 3623</td>
<td><a href="mailto:jch2003@med.cornell.edu">jch2003@med.cornell.edu</a></td>
</tr>
<tr>
<td>Courtland Witherup</td>
<td>Employee</td>
<td>WCMC</td>
<td></td>
<td><a href="mailto:ccw4002@med.cornell.edu">ccw4002@med.cornell.edu</a></td>
</tr>
</tbody>
</table>
## Paid Time-Off

### Postdoctoral Associates

<table>
<thead>
<tr>
<th></th>
<th>1 2/3rd day/month</th>
<th>20 days/year</th>
<th>Carry Over – 30 days max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacation</td>
<td>1 2/3rd day/month</td>
<td>20 days/year</td>
<td>Carry Over – 30 days max</td>
</tr>
<tr>
<td>Maternity Leave</td>
<td>8 Weeks after birth</td>
<td>Additional 8 weeks in first year</td>
<td></td>
</tr>
<tr>
<td>Paternity Leave</td>
<td>8 Weeks in first year</td>
<td>20 days/year</td>
<td>Carry Over – 30 days max</td>
</tr>
</tbody>
</table>
WCM observes the following holidays:

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date/Day observed</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Year's Day</td>
<td>January 1st or day observed</td>
</tr>
<tr>
<td>Martin Luther King's Day</td>
<td>Third Monday in January</td>
</tr>
<tr>
<td>President's Day</td>
<td>Third Monday in February</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>Last Monday in May</td>
</tr>
<tr>
<td>Juneteenth</td>
<td>June 18th or day observed</td>
</tr>
<tr>
<td>Independence Day</td>
<td>July 4th or day observed</td>
</tr>
<tr>
<td>Labor Day</td>
<td>First Monday in September</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Fourth Thursday in November</td>
</tr>
<tr>
<td>Friday after Thanksgiving</td>
<td>Fourth Friday in November</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>December 25th or day observed</td>
</tr>
</tbody>
</table>
## 2024 Responsible Conduct of Research (RCR) Course

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Session</th>
<th>Format</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, January 24</td>
<td>10 a.m. to 12 p.m.</td>
<td>Introduction to RCR</td>
<td>Virtual</td>
<td>Zoom</td>
</tr>
<tr>
<td>Tuesday, February 13</td>
<td>3 p.m. to 5 p.m.</td>
<td>Small Group Case Studies Discussion</td>
<td>In-person</td>
<td>MSK at Zuckerman (ZRC) &amp; Rockefeller Research Laboratories (RRL) (rooms to be assigned)</td>
</tr>
<tr>
<td>Tuesday, February 27</td>
<td>10 a.m. to 12 p.m.</td>
<td>Workshop: Reproducibility, Replication, Rigor and Transparency in Scientific Research</td>
<td>In-person</td>
<td>MSK at ZRC Auditorium</td>
</tr>
<tr>
<td>Wednesday, March 20</td>
<td>3 p.m. to 5 p.m.</td>
<td>RCR Topic Panel Discussion</td>
<td>In-person</td>
<td>MSK at RRL-120 Auditorium</td>
</tr>
</tbody>
</table>
File your US nonresident tax return

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

- **Federal** from $51.95
- **State** from $44.95
- **Amended Returns** from $79.95

Get Started
WCM Benefits

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

2024
To view your current benefit elections, log onto the Weill Business Gateway (WBG) and select the Benefits Statement tile.
Yearly Open Enrollment

Open Enrollment: Oct. 30 - Nov. 10, 2023

2024 Benefits Open Enrollment is now closed. All plan updates will be effective January 1, 2024.

- View new benefits and updates for 2024.
- Read the 2024 WCM Benefits Guide.

Benefits Resources
Additional resources from our benefits vendors and WCM departments.

Information Sessions:
If you have questions regarding WCM benefits plans, please listen to the recorded information sessions below:

- Aetna Medical
- Cigna Dental
- EyeMed Vision
- Hartford Life Insurance
- Health Care Flexible Spending and Health Savings Accounts
- Health Equity Commuter Benefit Presentation
Yearly Open Enrollment

Plan updates are effective on January 1
Critical Benefits

Medical

Dental

Vision
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
## 3 Medical Plans at WCM

<table>
<thead>
<tr>
<th>Provider Network</th>
<th>Aetna Choice POS II and all Well Cornell Medicine Physicians</th>
<th>Aetna Choice POS II</th>
<th>Aetna Choice POS II</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medical</strong></td>
<td><strong>In Network</strong></td>
<td><strong>Participant responsibility</strong></td>
<td><strong>Out of Network</strong></td>
</tr>
<tr>
<td><strong>Deductible</strong></td>
<td>Individual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In Network</td>
<td></td>
<td>$300</td>
<td>$600$\textsuperscript{1}</td>
</tr>
<tr>
<td>Out of Network</td>
<td>$750</td>
<td>$1,500$\textsuperscript{1}</td>
<td></td>
</tr>
<tr>
<td><strong>Coinsurance</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Preventive care services</strong></td>
<td>No charge</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Primary care office visit</strong></td>
<td>- Well Cornell Medicine provider</td>
<td>$15 copay</td>
<td>$30 copay</td>
</tr>
<tr>
<td>- Aetna network provider</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Specialist office visit</strong></td>
<td>- Well Cornell Medicine provider</td>
<td>$20 copay</td>
<td>$40 copay</td>
</tr>
<tr>
<td>- Aetna network provider</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mental health office visit</strong></td>
<td></td>
<td>$15 copay</td>
<td>30% after deductible</td>
</tr>
<tr>
<td><strong>Urgent care facility visit</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Outpatient surgery</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Emergency room visit</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Hospital stay</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Bariatric surgery</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Fertility services</strong></td>
<td>10% after deductible$\textsuperscript{1}</td>
<td>30% after deductible$\textsuperscript{1}</td>
<td></td>
</tr>
<tr>
<td><strong>Gender-affirming care</strong></td>
<td>10% after deductible</td>
<td>30% after deductible</td>
<td></td>
</tr>
<tr>
<td><strong>Out-of-pocket maximum$\textsuperscript{1}</strong></td>
<td>$2,500 Individual</td>
<td>$3,000 Individual</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$5,000 Family</td>
<td>$5,000 Family</td>
<td></td>
</tr>
<tr>
<td><strong>Prescription Drugs$\textsuperscript{1,4}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 1: Generic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30-day in store</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90-day by mail or at CVS Pharmacy$\textsuperscript{2}</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$10</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$20</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Tier 2: Preferred brand-name</td>
<td></td>
<td></td>
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<tr>
<td>30-day in store</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90-day by mail or at CVS Pharmacy store</td>
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<tr>
<td>$35</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>$70</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tier 3: Non-preferred brand-name</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30-day in store</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90-day by mail or at CVS Pharmacy store</td>
<td></td>
<td></td>
<td></td>
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<td>$50</td>
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<td></td>
</tr>
<tr>
<td>$100</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Find a Doctor at New York Presbyterian
Definitions

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

Copay

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

Your share of the costs of a covered service, calculated as a percent (for example, 10%) of the cost for the service.
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.
# Medical Plans at WCM

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</tr>
<tr>
<td>Deductible</td>
<td></td>
<td>$300</td>
</tr>
<tr>
<td>Individual</td>
<td></td>
<td>$600</td>
</tr>
<tr>
<td>Family</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coinsurance</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Preventive care</td>
<td>No charge</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Primary care office visit</td>
<td>- Weill Cornell Medicine provider - Aetna network provider</td>
<td>$15 copay</td>
</tr>
<tr>
<td>Specialist office visit</td>
<td>- Weill Cornell Medicine provider - Aetna network provider</td>
<td>$20 copay</td>
</tr>
<tr>
<td>Mental health office visit</td>
<td></td>
<td>$15 copay</td>
</tr>
<tr>
<td>Urgent care facility visit</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Outpatient surgery</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Emergency room visit</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Hospital stay</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Bariatric surgery</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Fertility services</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Gender-affirming care</td>
<td>10% after deductible</td>
<td>30% after deductible</td>
</tr>
<tr>
<td>Out-of-pocket maximum</td>
<td>$2,500 Individual</td>
<td>$3,000 Individual</td>
</tr>
<tr>
<td></td>
<td>$5,000 Family</td>
<td>$6,000 Family</td>
</tr>
<tr>
<td>Prescription Drugs</td>
<td>Tier 1: Generic 30-day in store 90-day by mail or at CVS Pharmacy</td>
<td>$10</td>
</tr>
<tr>
<td></td>
<td>Tier 2: Preferred brand-name 30-day in store 90-day by mail or at CVS Pharmacy</td>
<td>$35</td>
</tr>
<tr>
<td></td>
<td>Tier 3: Non-preferred brand-name 30-day in store 90-day by mail or at CVS Pharmacy</td>
<td>$50</td>
</tr>
</tbody>
</table>
## Cost

### Weill PPO Plan

<table>
<thead>
<tr>
<th>If your salary falls into this range:</th>
<th>Less than $50,000</th>
<th>$50,000 – $99,999</th>
<th>$100,000 – $149,999</th>
<th>$150,000 – $249,999</th>
<th>$250,000 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Only</td>
<td>$60</td>
<td>$73</td>
<td>$99</td>
<td>$121</td>
<td>$138</td>
</tr>
<tr>
<td>Employee + Child(ren)</td>
<td>$103</td>
<td>$130</td>
<td>$172</td>
<td>$213</td>
<td>$239</td>
</tr>
<tr>
<td>Employee + Spouse/Domestic Partner*</td>
<td>$123</td>
<td>$156</td>
<td>$207</td>
<td>$256</td>
<td>$288</td>
</tr>
<tr>
<td>Employee + Family</td>
<td>$177</td>
<td>$223</td>
<td>$293</td>
<td>$364</td>
<td>$411</td>
</tr>
</tbody>
</table>

### Managed Care Plan

<table>
<thead>
<tr>
<th>If your salary falls into this range:</th>
<th>Less than $50,000</th>
<th>$50,000 – $99,999</th>
<th>$100,000 – $149,999</th>
<th>$150,000 – $249,999</th>
<th>$250,000 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Only</td>
<td>$55</td>
<td>$68</td>
<td>$90</td>
<td>$113</td>
<td>$125</td>
</tr>
<tr>
<td>Employee + Child(ren)</td>
<td>$97</td>
<td>$118</td>
<td>$158</td>
<td>$195</td>
<td>$221</td>
</tr>
<tr>
<td>Employee + Spouse/Domestic Partner*</td>
<td>$114</td>
<td>$143</td>
<td>$188</td>
<td>$236</td>
<td>$263</td>
</tr>
<tr>
<td>Employee + Family</td>
<td>$165</td>
<td>$206</td>
<td>$270</td>
<td>$338</td>
<td>$375</td>
</tr>
</tbody>
</table>

### Health Savings Plan

<table>
<thead>
<tr>
<th>If your salary falls into this range:</th>
<th>Less than $50,000</th>
<th>$50,000 – $99,999</th>
<th>$100,000 – $149,999</th>
<th>$150,000 – $249,999</th>
<th>$250,000 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Only</td>
<td>$37</td>
<td>$50</td>
<td>$62</td>
<td>$75</td>
<td>$84</td>
</tr>
<tr>
<td>Employee + Child(ren)</td>
<td>$70</td>
<td>$94</td>
<td>$118</td>
<td>$142</td>
<td>$161</td>
</tr>
<tr>
<td>Employee + Spouse/Domestic Partner*</td>
<td>$77</td>
<td>$104</td>
<td>$132</td>
<td>$159</td>
<td>$177</td>
</tr>
<tr>
<td>Employee + Family</td>
<td>$111</td>
<td>$148</td>
<td>$187</td>
<td>$226</td>
<td>$252</td>
</tr>
</tbody>
</table>
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
# Citi Bike Membership Discount

![Citi Bike](https://via.placeholder.com/150)

## Single Ride
- $4.49 for 30 mins
- Get the app →

## Day Pass
- $19/day
- Get a day pass →

## Citi Bike
- $205/year
- Join →
- **$102.50**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Single Ride</th>
<th>Day Pass</th>
<th>Citi Bike</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike unlocks</td>
<td>$4.49</td>
<td>free</td>
<td>free</td>
</tr>
<tr>
<td>Ebike prices*</td>
<td>$0.26/min</td>
<td>$0.26/min</td>
<td>$0.17/min</td>
</tr>
<tr>
<td>Ride times</td>
<td>30 min</td>
<td>30 min</td>
<td>45 min</td>
</tr>
</tbody>
</table>
PDA Co-Presidents

SHUBHA BEVKAL SUBRAMANYASWAMY

VALERIE VINETTE
PDA Committees

- Mental Health & Wellbeing
- Social
- Outreach

- Advocacy
- Anti-discrimination
- Career Development
Game night!

Pizza will be provided by OPA but BYOB!

Location:
465 Main Street
Community Room

6:30pm
February 15

ESCAPE THE LAB

NOVEMBER 29 ROCKEDU LAB
10:00 AM - 5:00 PM

THE SUSTAINABLE ESCAPE ROOM EXPERIENCE

RESERVE NOW YOUR 45 MINUTE SPOT
Postdoc Research Day

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 Ohlerna Therapeutics
Kevin Kensler, Sc.D. - Assistant Professor of Population Health Sciences
Les Krushel, Ph.D. - Manager, Office of Postdoctoral Affairs
Mike Notaras, Ph.D. - Biotech/Investor - Public Equity & Venture Capital

3.30 - 5.00pm - Oral Presentations
Belfer Building, Room 204

5.15 - 7.30pm - Poster Presentation & Reception
Belfer Building, Room 302
PDA Meetings
2nd Friday of every month
2:00 pm – 3:30 pm
1300 York Ave, Room C-405
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.
Postdoctoral Policies

Postdoctoral appointments afford recent Ph.D. (and equivalent advanced degree) recipients a period in which to extend their education and professional training. The opportunity to carry out postdoctoral studies in a research environment such as provided at Weill Cornell Medicine can significantly broaden an individual's expertise, provide a period of more independent scholarship, and help define future career paths. The breadth of the academic community, together with the physical resources in the libraries and laboratories, make Weill Cornell Medicine a particularly rich environment for postdoctoral training. In addition to deriving individual benefits, postdoctoral appointees make important contributions to the research mission of Weill Cornell Medicine.

Policy Updates
Making the Right Moves
A Practical Guide to Scientific Management for Postdocs and New Faculty

Burroughs Welcome Fund
Howard Hughes Medical Institute

Second Edition

2023 Tri-Institutional Career Symposium

Wednesday, June 14
2:30 – 6:30 p.m.

Thursday, June 15
5:00 – 7:00 p.m.

This two-day event provides graduate students and postdocs from MSK, Rockefeller University, and Weill Cornell with information on the range of career opportunities available to researchers and students in the biomedical sciences, along with a network of professionals to help prepare for these choices.

WEDNESDAY, JUNE 14
Zuckerman Research Center Auditorium

3:30 – 3:45 p.m.
Seminar

Launching Your Successful Job Search
Aubrey DeCarlo
Assistant Director, Career & Professional Development, Weill Cornell Medicine

Miriam Miller
Associate Director, Career Development & Engagement, Weill Cornell Medicine

3:45 – 4:45 p.m.
Keynote Address/Workshop

Job Offer Negotiation: Skill-Building for Impact
Mary Snowden-Lorenze
Founder, Coach, and Talent Consultant
My Career Priority

4:45 – 5:00 p.m.

Break

Panel Discussion and Networking with Professionals

Exploring Diverse Careers in Pharma and Biotech
Featuring a broad spectrum of industry careers: research team leader, BSL, and medical affairs, medical and scientific communications, business development, and program management:

- Artesia
- Bristol Myers Squibb
- Regeneron
- Genova
- OncoDNA
- Valneva Therapeutics

THURSDAY, JUNE 15
Rockefeller Research Labs Rooms 104 & 116

5:00 – 7:00 p.m.

Networking with Company Representatives
Featuring 20+ companies covering careers in pharma, biotech, tech, management consulting, finance, tech transfer and patent law, scientific/medical communications and marketing, and non-profit:

Bouvier Biologics, Boston Consulting Group, Bristol Myers Squibb, CellVizio, Cincinnati Children’s Hospital, CloudeView Healthcare Partners, Elition Health, Everis Health & Tech, Healthcare Advisory Group, JPD Health Group, Kramer Lebus, Loria Oncology, Merck, New York Stem Cell Foundation, Northwest Health, Novartis, Pflex, Regeneron, Schrodinger, Temple Labs, and more!
Thanks for your attention & participation!

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