

# Welcome!

## Postdoc Orientation

Les Krushel, PhD

Manager, Office of Postdoc Affairs

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[lek2014@med.cornell.edu](mailto:lek2014@med.cornell.edu)



**Weill Cornell  
Medicine**

# Welcome!

## Postdoc Orientation

“Welcome to Weill Cornell Medicine Orientation Presentation”



**Weill Cornell  
Medicine**





NO STANDING  
Anytime

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

HEAR  
CENT



The image is a collage of medical-related elements. At the top, there is a close-up of an ECG strip on a grid, showing several heart rate traces. A large, vibrant red heart is placed over the right side of the ECG. Below the heart, the text "Our Collaborative Neighborhood" is written in a bold, black, sans-serif font. In the bottom left corner, there is a white pill and a test tube with a red cap. The test tube has a label that includes the word "TEST" and a CE mark. The background is a mix of these elements, with a white pill and a test tube also visible in the bottom left corner.

# Our Collaborative Neighborhood

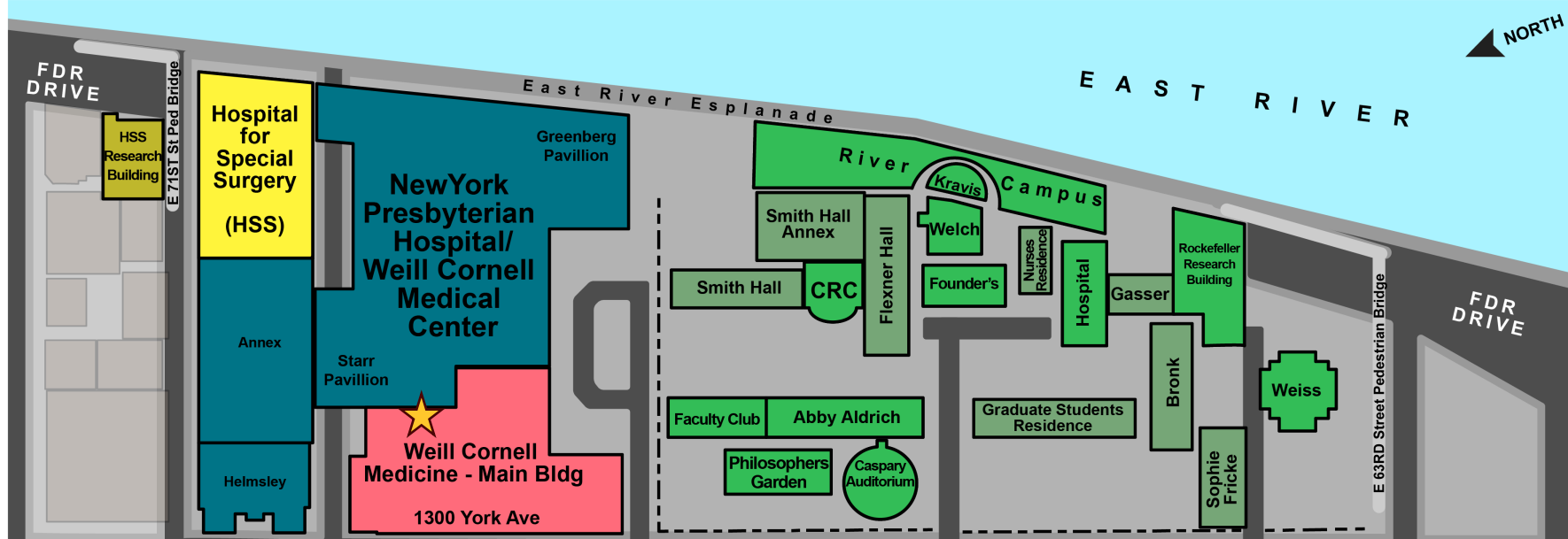


**Weill Cornell  
Research  
Neighborhood**

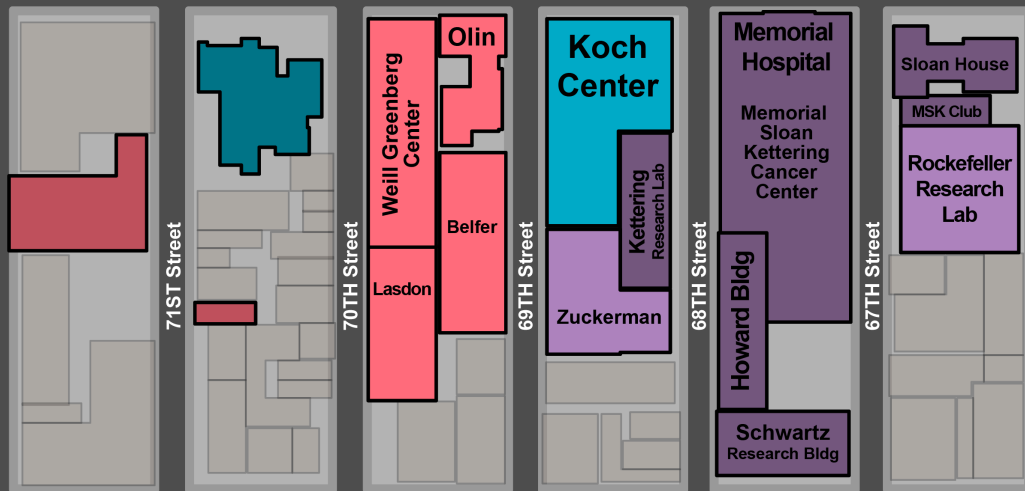
**Is the**

**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

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



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](#)

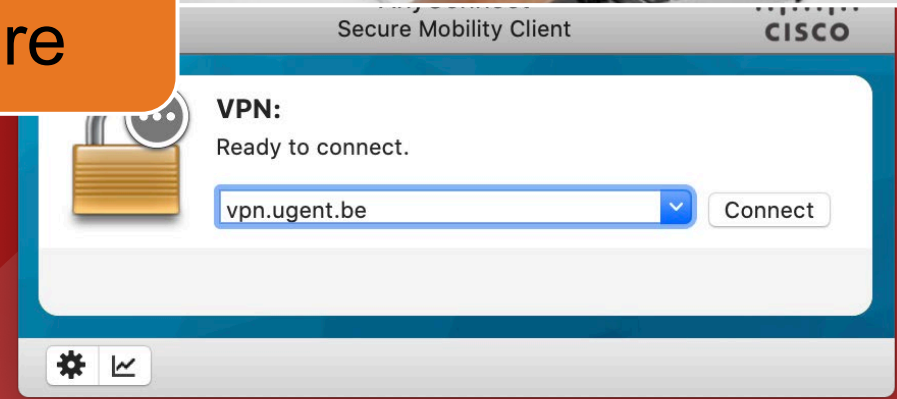
**ITS is Located at the 1300 York Library Entrance**  
Make an [Appointment](#)



# Connect to WCM Outside WCM Campus



Work  
Anywhere



## 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



[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.

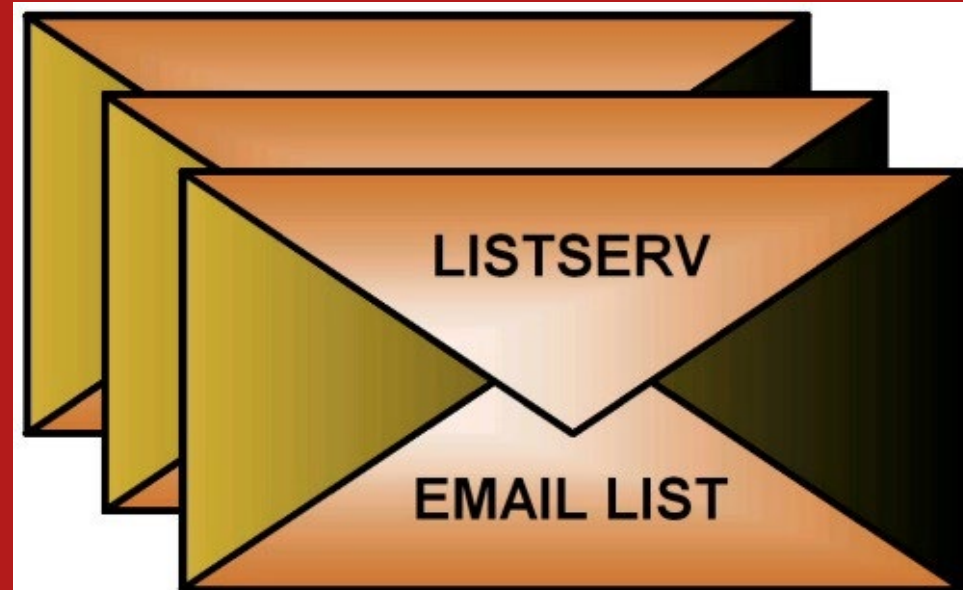


# Postdoc Listservs

Postdoc Association listserv [pda@med.cornell.edu](mailto: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](mailto:postdocaffairs@med.cornell.edu) to be placed on this mailing list.

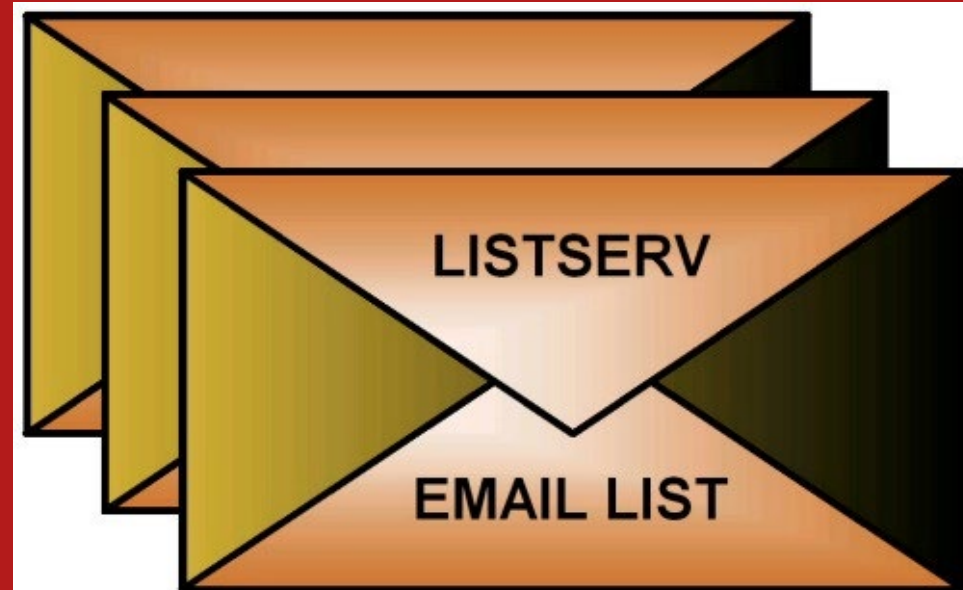


# Postdoc Listservs

Office of Postdoc Affairs listserv

[postdoclist@med.cornell.edu](mailto:postdoclist@med.cornell.edu)

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





# 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)

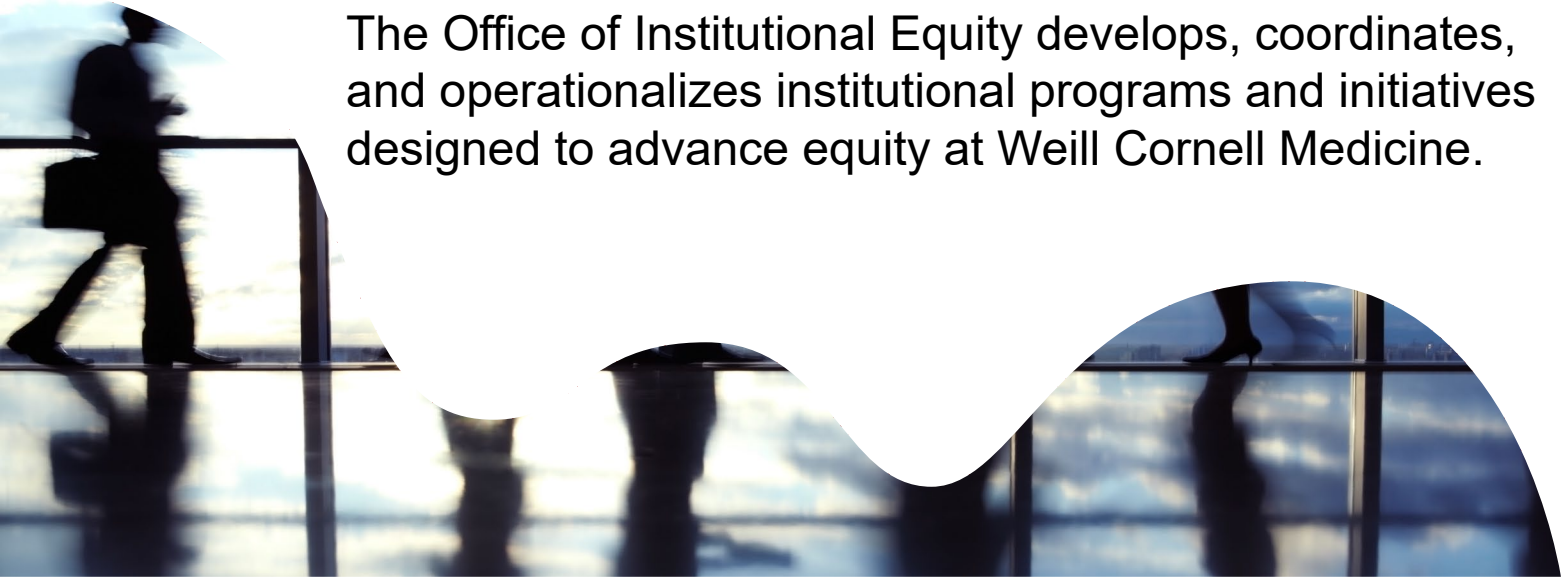
*To unsubscribe:* [Send a blank email to WCMC-COMMUNITY-unsubscribe-request@LISTSERV.MED.CORNELL.EDU](mailto:WCMC-COMMUNITY-unsubscribe-request@LISTSERV.MED.CORNELL.EDU)

*To send to the list:* Subscribers may email [WCMC-COMMUNITY@med.cornell.edu](mailto: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.

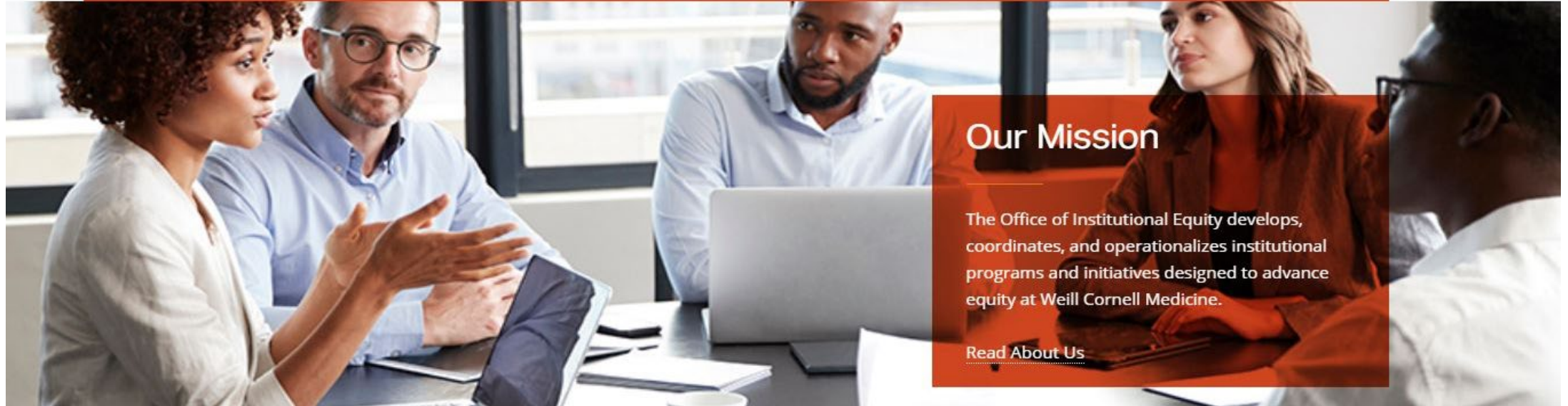






# Weill Cornell Medicine

## Office of Institutional Equity

[About Us](#)[Reporting](#)[Accommodations](#)[Training & Education](#)[Staff Equity & Belonging](#)[News & Events](#)

### Our Mission

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

[Read About Us](#)

## 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.

## Maintaining a Harassment-Free Workplace Training

**Report & Contact**

[Report an Incident](#)

[Complaint Form](#)

[Contact](#)

[Learn more](#)

[Brittney Blakeney](#)

Investigator & Title IX Coordinator

(646) 962-9796



**Weill Cornell Medicine**



# WCM Newsroom

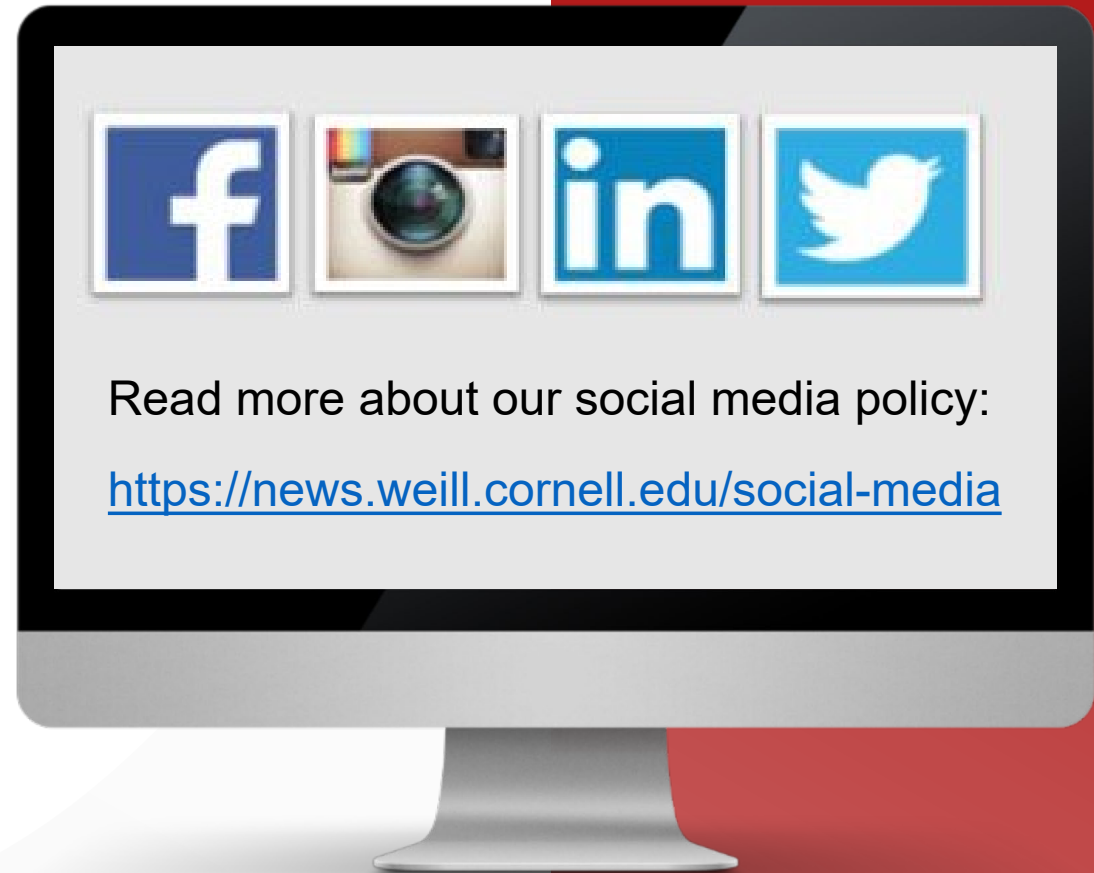
The Weill Cornell Medicine Newsroom highlights the many and varied ways that our institution, physicians, scientists, educators and staff strive to improve health in New York and around the world.



# Social Media

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- 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” .





# 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



### Contact:

Chris Saganich

[chs2018@med.cornell.edu](mailto: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](#)



# Environmental Health & Safety

## Training Programs



### Contact:

Chris Saganich

[chs2018@med.cornell.edu](mailto: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		Chemical Waste		Municipal Waste	Electrical Waste
<p><b>Red Bag</b></p> <p>(Plastic)</p> <p><b>Solid (e.g., plastic, etc.), non-sharps, non-chemical waste</b> and debris contaminated with biological materials. Double bag when bagging saturated material.</p> <p><b>Autoclave</b></p> <p>Must be placed into College-approved outer RMW red bags <a href="#">after autoclaving</a> and prior to removal from the laboratory by WCMC Housekeeping.</p>	<p><b>Sharps</b></p> <p>Any glass, metal or plastic instruments or items that have the <b>potential to cut or abrade skin</b> (e.g., blood vials &lt; 100mL, broken or unbroken glassware).</p> <p><a href="#">Sharps request link to salute</a></p>	<p><b>Sharps</b></p> <p>Sharps contaminated with hazardous chemicals must be placed inside a rigid container &amp; labeled with the hazardous waste label listing all chemical constituents.</p> <p>Additional <a href="#">Hazardous Waste labels</a> and <a href="#">Chemical Waste Satellite Accumulation Area</a> signs can also be requested.</p>	<p><b>Liquid/Solid</b></p> <p>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.</p>	<p><b>Municipal Waste</b></p> <p>Standard lab articles (e.g., gloves, pads) contaminated with <b>non-biological and non-hazardous chemicals</b> may be disposed via regular trash/reuse.</p> <p><b>Empty Bottles</b></p> <p>Empty <b>non-acutely toxic</b> chemical bottles must be triple rinsed and boxed prior to trash disposal.</p> <p><b>Drain Disposal</b></p> <p>Only EHS-approved non-hazardous liquid chemicals may be <a href="#">drain disposed</a>.</p>	<p><b>Electrical Waste</b></p> <p>Electronics equipment containing circuit boards (e.g., computers, fax machines, printers) must be recycled. Review details on <a href="#">Surplus Electronics Recycling</a>.</p> <p>Lab equipment that has been used with hazardous materials must be <b>decontaminated</b> before it can be discarded, moved repaired or recycled. Submit <a href="#">Equipment Decontamination Form</a> to EHS.</p> <p><a href="#">Submit work order</a> to WCMC Engineering and Maintenance (212-746-8888) to have them collected.</p> <p><b>Universal Waste</b></p> <p>Containers and packages must be labeled with words "Universal Waste Lamps" and stored in a satellite accumulation area. If <b>lamps are broken</b>, container must be labeled "Hazardous Waste" with words "Sharps – Broken Lamps."</p> <p>Review details on <a href="#">Light Bulb Disposal</a>.</p> <p>Submit a <a href="#">Chemical request form</a> via Salute to EHS for collection and disposal.</p>

# Reporting:

## Injury & Exposure

## Unsafe Work Conditions

### 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 68<sup>th</sup> Street (212) 746-5026
- NYP EMS Ambulance service (212) 472 - 2222

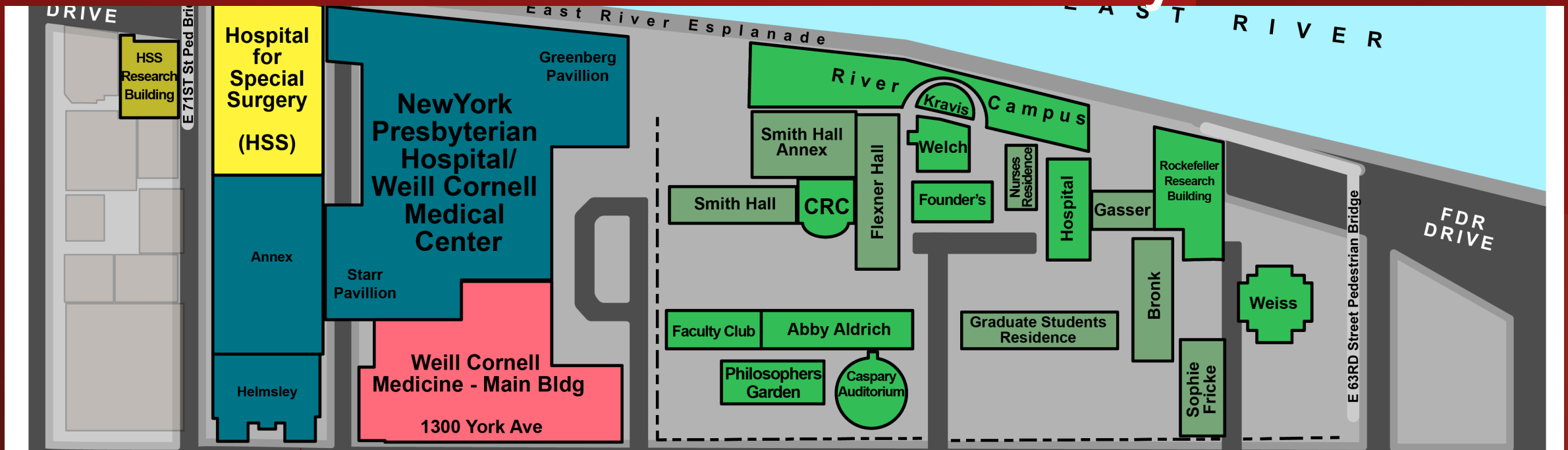
### Unsafe Work Conditions

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

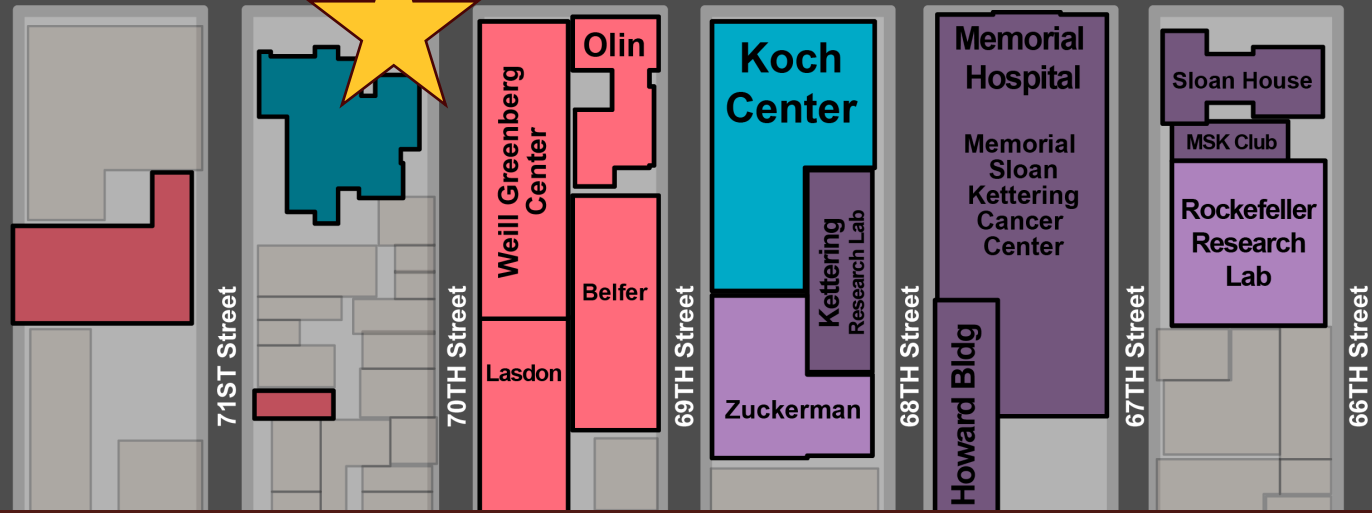
- Notify your Supervisor.
- Report the issue anonymously using the Cornell Hotline (212) 746 - 0911
- Contact Environmental Health and Safety  
[www.weill.cornell.edu/ehs](http://www.weill.cornell.edu/ehs)  
[ehs@med.cornell.edu](mailto:ehs@med.cornell.edu)  
(646) 962 - 7233



# 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

# 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 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.

# Emergency Information



[Response Guides](#)

[Emergency Notifications](#)

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[Contacts](#)

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[Student Resources](#)

[Department Resources](#)

[EOT Resources](#)

**WCM Emergency**  
**Notification**

212-746-9262.

**Weill Cornell Alert**

**Update Emergency Info**





# Postdoc Stuff



# Postdoc Calendar

Postdoc Timeline	
Appointment Letter	
Onboarding	
Orientation	
Probationary review	3 Months
<b>Annual appraisal</b>	<b>9 Months</b>
<b>Visa renewal</b>	<b>9 Months</b>
Yearly renewal of term appointment (contract)	12 Months
Departure date if not reappointed	12 Months

# Postdoc Calendar

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<b>Yearly renewal of term appointment (contract)</b>	<b>12 Months</b>
Departure date if not reappointed	12 Months

You can leave at anytime

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



# 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



**J-1 VISA**  
EXCHANGE VISITOR PROGRAM

# Directory Search

Search People, Departments & Services

	<b>Immigration Office</b>	Office	WCMC	<a href="tel:+16469623622">+1 646 962 3622</a>	
	<b>Jennifer Bomar</b> Senior Immigration Associate	Employee	WCMC	<a href="tel:+16469622407">+1 646 962 2407</a>	<a href="mailto:jeb4013@med.cornell.edu">jeb4013@med.cornell.edu</a>
	<b>Jordan Febbraro</b> Senior Immigration Associate	Employee	WCMC		<a href="mailto:jof4010@med.cornell.edu">jof4010@med.cornell.edu</a>
	<b>Jeanie C Huang</b> Senior Immigration Associate	Employee	WCMC, CU	<a href="tel:+16469623623">+1 646 962 3623</a>	<a href="mailto:jch2003@med.cornell.edu">jch2003@med.cornell.edu</a>
	<b>Courtland Witherup</b> Senior Immigration Associate	Employee	WCMC		<a href="mailto:ccw4002@med.cornell.edu">ccw4002@med.cornell.edu</a>

# Immigration Contacts

# Paid Time-Off

## Postdoctoral Associates

<b>Vacation</b>	<b>1 2/3<sup>rd</sup> day/month</b>	<b>20 days/year</b>	<b>Carry Over – 30 days max</b>
<b>Maternity Leave</b>	<b>8 Weeks after birth</b>	<b>Additional 8 weeks in first year</b>	
<b>Paternity Leave</b>	<b>8 Weeks in first year</b>		

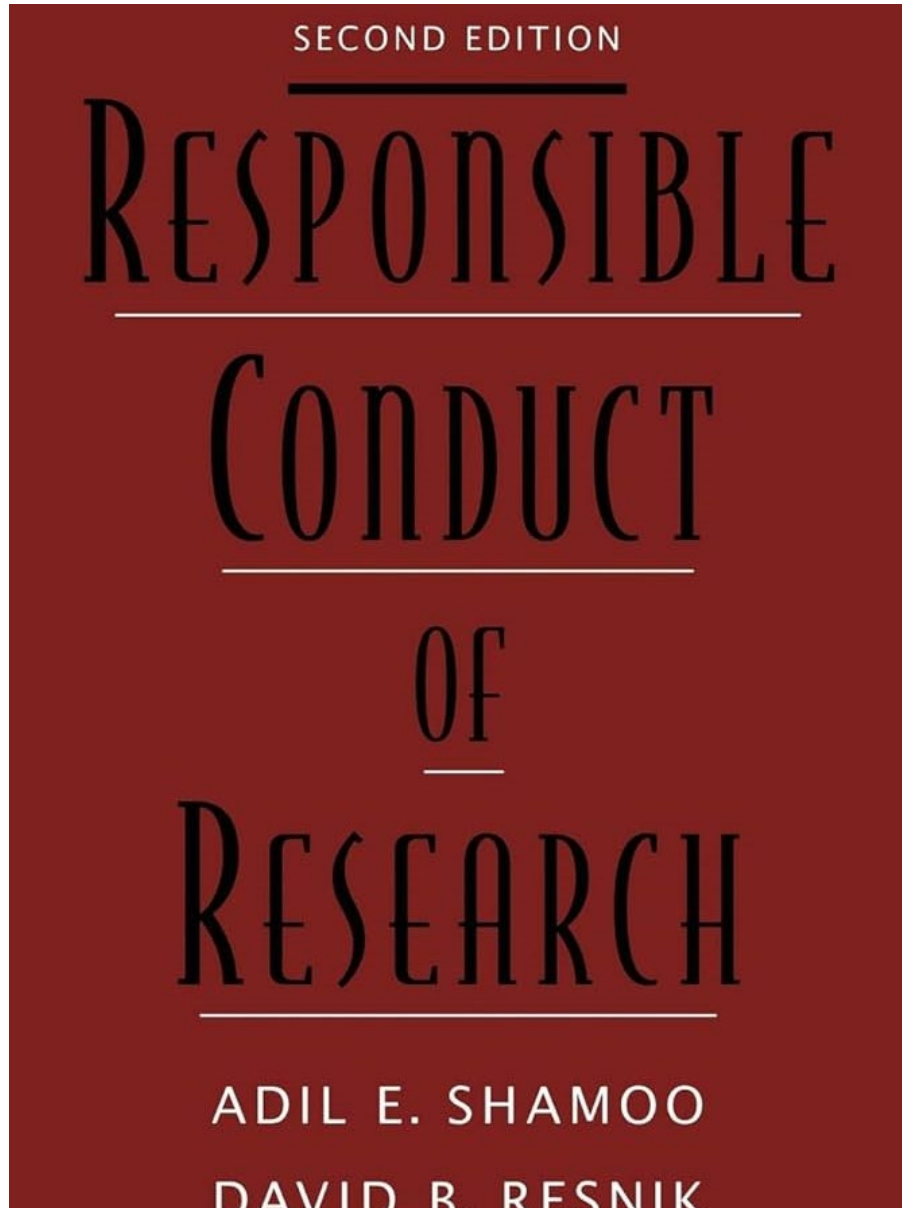


# Holidays

WCM observes the following holidays:

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 <sup>th</sup> 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

# Responsible Conduct of Research Course – Every 4 Years



## 2024 Responsible Conduct of Research (RCR) Course

Date	Time	Session	Format	Location
Wednesday, January 24	10 a.m. to 12 p.m.	Introduction to RCR	Virtual	Zoom
Tuesday, February 13	3 p.m. – 5 p.m.	Small Group Case Studies Discussion	In-person	MSK at Zuckerman (ZRC) & Rockefeller Research Laboratories (RRL) (rooms to be assigned)
Tuesday, February 27	10 a.m. to 12 p.m.	Workshop: Reproducibility, Replication, Rigor and Transparency in Scientific Research	In-person	MSK at ZRC Auditorium
Wednesday, March 20	3 p.m. – 5 p.m.	RCR Topic Panel Discussion	In-person	MSK at RRL-120 Auditorium

# Taxes after your 1<sup>st</sup> 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

**Federal** from \$51.95 | **State** from \$44.95 | **Amended Returns** from \$79.95

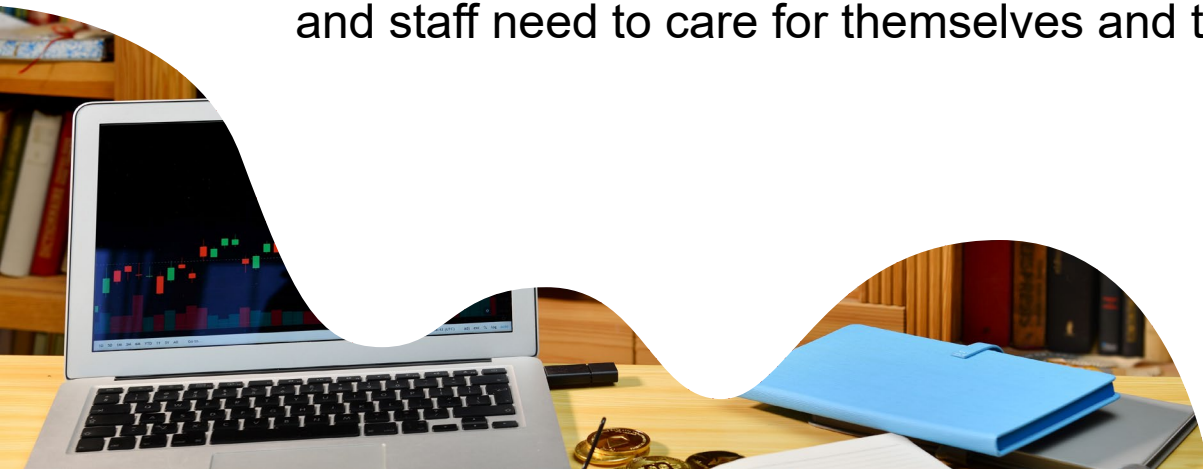
Get Started





# WCM Benefits

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





**Benefits Guide**

**2024**



## 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](mailto:hrsc@med.cornell.edu)
- **Phone:** 646-962-9247

**[Benefits Guide](#)**





Benefits Guide

2024



# Yearly Open Enrollment



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

	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 <sup>1</sup>	In Network	Out of Network <sup>1</sup>	In Network	Out of Network <sup>1</sup>
<b>Deductible</b> Individual Family	\$300 \$600 <sup>2</sup>	\$750 \$1,500 <sup>2</sup>	\$0 \$0	\$1,500 \$3,000 <sup>2</sup>	\$1,600 \$3,200 <sup>3</sup>	\$1,600 \$3,200 <sup>3</sup>
<b>Coinsurance</b>	10% after deductible	30% after deductible	0%	30% after deductible	10% after deductible	30% after deductible
<b>Preventive care services</b>	No charge	30% after deductible	No charge	30% after deductible	No charge	30% after deductible
<b>Primary care office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$15 copay \$30 copay	30% after deductible	\$15 copay <sup>4</sup> \$30 copay	30% after deductible	10% after deductible <sup>4</sup> 10% after deductible	30% after deductible
<b>Specialist office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$40 copay	30% after deductible	\$20 copay <sup>4</sup> \$40 copay	30% after deductible	10% after deductible <sup>4</sup> 10% after deductible	30% after deductible
<b>Mental health office visit</b>	\$15 copay	30% after deductible	\$15 copay	30% after deductible	10% after deductible	30% after deductible
<b>Urgent care facility visit</b>	10% after deductible	30% after deductible	\$35 copay	30% after deductible	10% after deductible	30% after deductible
<b>Outpatient surgery</b>	10% after deductible	30% after deductible	\$150 copay	30% after deductible	10% after deductible	30% after deductible
<b>Emergency room visit</b>	10% after deductible	10% after deductible	\$150 copay	\$150 copay	10% after deductible	10% after deductible
<b>Hospital stay</b>	10% after deductible	30% after deductible	\$300 copay	30% after deductible	10% after deductible	30% after deductible
<b>Bariatric surgery</b>	10% after deductible	30% after deductible	Any applicable copays <sup>4</sup>	30% after deductible	10% after deductible <sup>4</sup>	30% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>	30% after deductible <sup>5</sup>	Not covered	Not covered	Not covered	Not covered
<b>Gender-affirming care</b>	10% after deductible	30% after deductible	Any applicable copays <sup>4</sup>	30% after deductible	10% after deductible	30% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family	\$3,000 Individual \$6,000 Family	\$2,500 Individual \$5,000 Family	\$4,500 Individual \$9,000 Family	\$3,000 Individual \$6,000 Family	\$3,000 Individual \$6,000 Family
<b>Prescription Drugs<sup>7 8</sup></b>						
<b>Tier 1: Generic</b> 30-day in store 90-day by mail or at CVS Pharmacy <sup>®</sup> store		\$10 \$20		\$10 \$20		\$10 after deductible \$20 after deductible
<b>Tier 2: Preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store		\$35 \$70		\$35 \$70		\$35 after deductible \$70 after deductible
<b>Tier 3: Non-preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store		\$50 \$100		\$50 \$100		\$50 after deductible \$100 after deductible

# Find a Doctor at New York Presbyterian

## Find a Doctor

**Find a Doctor.** Search our doctors and make an appointment today.

Search by Specialty, Condition or Doctor



**Providers of world-class care at NewYork-Presbyterian**

# Definitions

## Deductible

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

	Weill Participar
Provider Network	Aetna Choice POS II and all
Medical	In Network
<b>Deductible</b> Individual Family	\$300 \$600 <sup>2</sup>
<b>Coinsurance</b>	10% after deductible
<b>Preventive care services</b>	No charge
<b>Primary care office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$15 copay \$30 copay
<b>Specialist office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$40 copay
<b>Mental health office visit</b>	\$15 copay
<b>Urgent care facility visit</b>	10% after deductible
<b>Outpatient surgery</b>	10% after deductible
<b>Emergency room visit</b>	10% after deductible
<b>Hospital stay</b>	10% after deductible
<b>Bariatric surgery</b>	10% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>
<b>Gender-affirming care</b>	10% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family
<b>Prescription Drugs<sup>7 8</sup></b>	
<b>Tier 1: Generic</b> 30-day in store 90-day by mail or at CVS Pharmacy® store	
<b>Tier 2: Preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	
<b>Tier 3: Non-preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	

# Definitions

## Copay

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

	Weill Cornell Medicine Participating Providers
Provider Network	Aetna Choice POS II and all Participating Providers
Medical	In Network
<b>Deductible</b> Individual Family	\$300 \$600 <sup>2</sup>
<b>Coinsurance</b>	10% after deductible
<b>Preventive care services</b>	No charge
<b>Primary care office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$15 copay \$30 copay
<b>Specialist office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$40 copay
<b>Mental health office visit</b>	\$15 copay
<b>Urgent care facility visit</b>	10% after deductible
<b>Outpatient surgery</b>	10% after deductible
<b>Emergency room visit</b>	10% after deductible
<b>Hospital stay</b>	10% after deductible
<b>Bariatric surgery</b>	10% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>
<b>Gender-affirming care</b>	10% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family
<b>Prescription Drugs<sup>7 8</sup></b>	
<b>Tier 1: Generic</b> 30-day in store 90-day by mail or at CVS Pharmacy® store	
<b>Tier 2: Preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	
<b>Tier 3: Non-preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	



# Definitions

## Coinsurance

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

	Weill Cornell Medicine Participating Providers
<b>Provider Network</b>	Aetna Choice POS II and all Participating Providers
<b>Medical</b>	<b>In Network</b>
<b>Deductible</b>	
Individual	\$300
Family	\$600 <sup>2</sup>
<b>Coinsurance</b>	10% after deductible
<b>Preventive care services</b>	No charge
<b>Primary care office visit</b>	
- Weill Cornell Medicine provider	\$15 copay
- Aetna network provider	\$30 copay
<b>Specialist office visit</b>	
- Weill Cornell Medicine provider	\$20 copay
- Aetna network provider	\$40 copay
<b>Mental health office visit</b>	\$15 copay
<b>Urgent care facility visit</b>	10% after deductible
<b>Outpatient surgery</b>	10% after deductible
<b>Emergency room visit</b>	10% after deductible
<b>Hospital stay</b>	10% after deductible
<b>Bariatric surgery</b>	10% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>
<b>Gender-affirming care</b>	10% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family
<b>Prescription Drugs<sup>7 8</sup></b>	
<b>Tier 1: Generic</b>	
30-day in store	
90-day by mail or at CVS Pharmacy® store	
<b>Tier 2: Preferred brand-name</b>	
30-day in store	
90-day by mail or at CVS Pharmacy store	
<b>Tier 3: Non-preferred brand-name</b>	
30-day in store	
90-day by mail or at CVS Pharmacy store	

# 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.

	Weill Cornell Medicine
Provider Network	Aetna Choice POS II and all Participating
Medical	In Network
<b>Deductible</b> Individual Family	\$300 \$600 <sup>2</sup>
<b>Coinsurance</b>	10% after deductible
<b>Preventive care services</b>	No charge
<b>Primary care office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$15 copay \$30 copay
<b>Specialist office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$40 copay
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<b>Urgent care facility visit</b>	10% after deductible
<b>Outpatient surgery</b>	10% after deductible
<b>Emergency room visit</b>	10% after deductible
<b>Hospital stay</b>	10% after deductible
<b>Bariatric surgery</b>	10% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>
<b>Gender-affirming care</b>	10% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family
<b>Prescription Drugs<sup>7 8</sup></b>	
<b>Tier 1: Generic</b> 30-day in store 90-day by mail or at CVS Pharmacy® store	
<b>Tier 2: Preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	
<b>Tier 3: Non-preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store	

# Medical Plans at WCM

	Weill PPO Plan		Managed Care Plan	
Provider Network	Aetna Choice POS II and all Weill Cornell Medicine Physicians		Aetna Choice POS II	
Medical	Participant responsibility:		Participant responsibility:	
	In Network	Out of Network <sup>1</sup>	In Network	Out of Network <sup>1</sup>
<b>Deductible</b> Individual Family	\$300 \$600 <sup>2</sup>	\$750 \$1,500 <sup>2</sup>	\$0 \$0	\$1,500 \$3,000 <sup>2</sup>
<b>Coinsurance</b>	10% after deductible	30% after deductible	0%	30% after deductible
<b>Preventive care services</b>	No charge	30% after deductible	No charge	30% after deductible
<b>Primary care office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$15 copay \$30 copay	30% after deductible	\$15 copay <sup>4</sup> \$30 copay	30% after deductible
<b>Specialist office visit</b> - Weill Cornell Medicine provider - Aetna network provider	\$20 copay \$40 copay	30% after deductible	\$20 copay <sup>4</sup> \$40 copay	30% after deductible
<b>Mental health office visit</b>	\$15 copay	30% after deductible	\$15 copay	30% after deductible
<b>Urgent care facility visit</b>	10% after deductible	30% after deductible	\$35 copay	30% after deductible
<b>Outpatient surgery</b>	10% after deductible	30% after deductible	\$150 copay	30% after deductible
<b>Emergency room visit</b>	10% after deductible	10% after deductible	\$150 copay	\$150 copay
<b>Hospital stay</b>	10% after deductible	30% after deductible	\$300 copay	30% after deductible
<b>Bariatric surgery</b>	10% after deductible	30% after deductible	Any applicable copays <sup>4</sup>	30% after deductible
<b>Fertility services</b>	10% after deductible <sup>5</sup>	30% after deductible <sup>5</sup>	Not covered	Not covered
<b>Gender-affirming care</b>	10% after deductible	30% after deductible	Any applicable copays <sup>4</sup>	30% after deductible
<b>Out-of-pocket maximum<sup>6</sup></b>	\$2,500 Individual \$5,000 Family	\$3,000 Individual \$6,000 Family	\$2,500 Individual \$5,000 Family	\$4,500 Individual \$9,000 Family
<b>Prescription Drugs<sup>7,8</sup></b>				
<b>Tier 1: Generic</b> 30-day in store 90-day by mail or at CVS Pharmacy <sup>®</sup> store		\$10 \$20		\$10 \$20
<b>Tier 2: Preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store		\$35 \$70		\$35 \$70
<b>Tier 3: Non-preferred brand-name</b> 30-day in store 90-day by mail or at CVS Pharmacy store		\$50 \$100		\$50 \$100

# Cost

<b>Weill PPO Plan</b>					
<b>If your salary falls into this range:</b>	<b>Less than \$50,000</b>	<b>\$50,000 – \$99,999</b>	<b>\$100,000 – \$149,999</b>	<b>\$150,000 – \$249,999</b>	<b>\$250,000 or more</b>
Employee Only	\$60	\$73	\$99	\$121	\$138
Employee + Child(ren)	\$103	\$130	\$172	\$213	\$239
Employee + Spouse/ Domestic Partner*	\$123	\$156	\$207	\$256	\$288
Employee + Family	\$177	\$223	\$293	\$364	\$411
<b>Managed Care Plan</b>					
<b>If your salary falls into this range:</b>	<b>Less than \$50,000</b>	<b>\$50,000 – \$99,999</b>	<b>\$100,000 – \$149,999</b>	<b>\$150,000 – \$249,999</b>	<b>\$250,000 or more</b>
Employee Only	\$55	\$68	\$90	\$113	\$125
Employee + Child(ren)	\$97	\$118	\$158	\$195	\$221
Employee + Spouse/ Domestic Partner*	\$114	\$143	\$188	\$236	\$263
Employee + Family	\$165	\$206	\$270	\$338	\$375
<b>Health Savings Plan</b>					
<b>If your salary falls into this range:</b>	<b>Less than \$50,000</b>	<b>\$50,000 – \$99,999</b>	<b>\$100,000 – \$149,999</b>	<b>\$150,000 – \$249,999</b>	<b>\$250,000 or more</b>
Employee Only	\$37	\$50	\$62	\$75	\$84
Employee + Child(ren)	\$70	\$94	\$118	\$142	\$161
Employee + Spouse/ Domestic Partner*	\$77	\$104	\$132	\$159	\$177
Employee + Family	\$111	\$148	\$187	\$226	\$252



# Employment Assistance Program Consortium

## Free, Professional, Confidential Counseling

For Individuals, Couples, and Families — onsite or virtually

GET STARTED





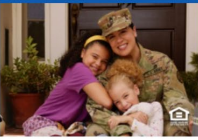

## About the EAPC

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

FEATURED DEALS

 <b>1-800-flowers®</b> 20% OFF VALENTINES DAY EXPIRES: FEBRUARY 14	 <b>INTUIT turboTax</b> 20% OFF EXPIRES: APRIL 15	 <b>CHASE</b> \$1,000 CREDIT AT CLOSING LIMITED TIME ONLY	 <b>Booking.com</b> 15% OFF HOTELS LIMITED TIME ONLY
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AT&T Signature Program

## Cornell University

Get rewarded with these exclusive savings that work for you:

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Req's AT&T Unlimited Premium® PL plan. Req's proof of eligibility. Credit(s) within 2 bill cycles. \$10/mo. per phone line discount applies to accounts with 5 lines or less. Add'l charges & restr's apply. [See details](#)

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# Citi Bike Membership Discount



	<b>Single Ride</b> \$4.49 for 30 mins <a href="#">Get the app →</a>	<b>Day Pass</b> \$19/day <a href="#">Get a day pass →</a>	<b>Citi Bike</b> \$205/year <b>\$102.50</b> <a href="#">Join →</a>
<b>Bike unlocks</b>	\$4.49	free	free
<b>Ebike prices*</b>	\$0.26/min	\$0.26/min	\$0.17/min
<b>Ride times</b>	30 min	30 min	45 min



# Weill Cornell Postdoctoral Association





# PDA Co-Presidents



**SHUBHA BEVKAL  
SUBRAMANYASWAMY**



**VALERIE VINETTE**

# PDA Committees

**Mental Health  
& Wellbeing**



**Social**



**Outreach**



**Advocacy**



**Anti-discrimination**



**Career  
Development**





**6:30pm  
February 15**



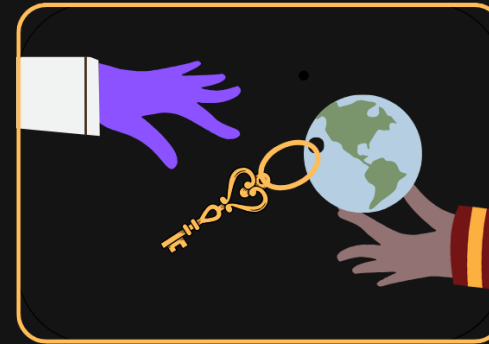
# Game night!

**Pizza will be provided by  
OPA but BYOB!**

**Location:  
465 Main Street  
Community Room**



# ESCAPE THE LAB



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

**RESERVE NOW YOUR  
45 MINUTE SPOT**

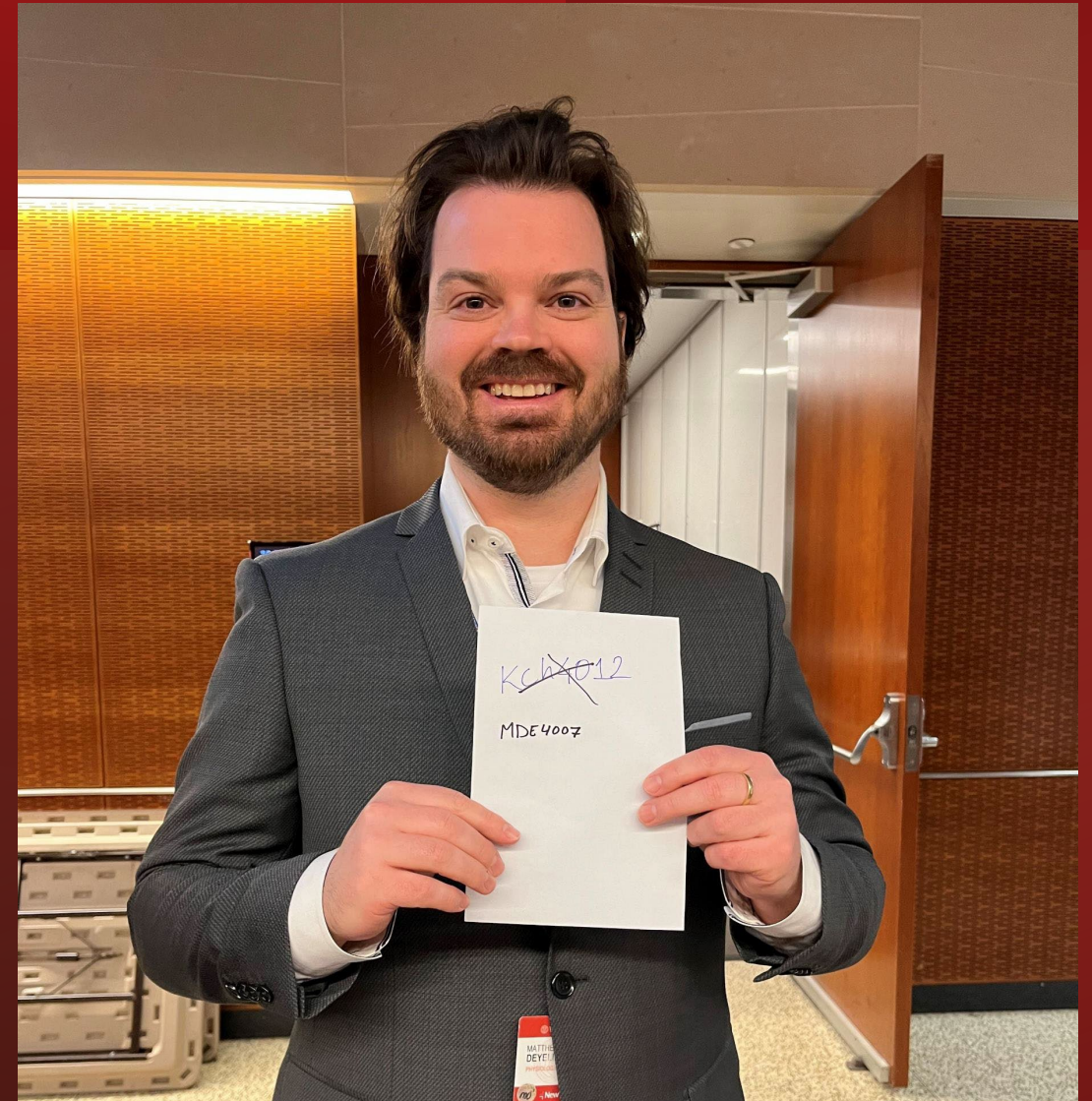
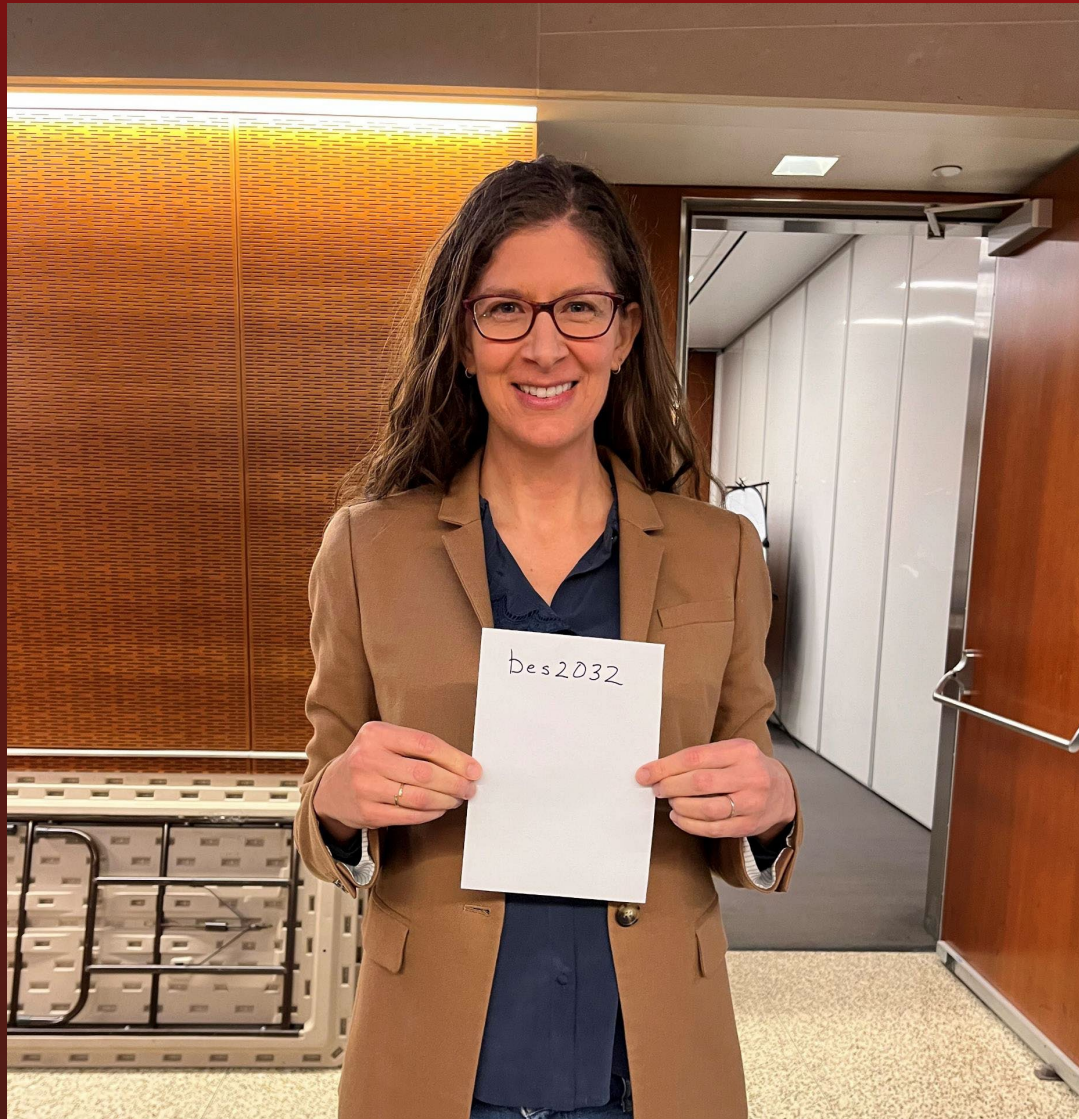


**THE SUSTAINABLE ESCAPE ROOM  
EXPERIENCE**





# LinkedIn Headshots





# Postdoc Research Day



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





**JOIN US!**

**PDA Meetings**  
**2<sup>nd</sup> Friday of every month**  
**2:00 pm – 3:30 pm**  
**1300 York Ave, Room C-405**



# 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.

# 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

[Postdoctoral Trainee Definition](#)

[Titles and Terms of Appointment](#)

[Minimum Stipend Policy](#)

[Benefits and Leave Policies](#)

[Grievance Policy](#)

[Sexual Misconduct/Campus Security](#)

[Vacation Benefits](#)

[Visas & Visa Renewals](#)

[Academic Staff Handbook](#)



Postdoctoral Opportunities



Professional and Career Development



Calendar of Events



Contact Us

### Office of Postdoctoral Affairs

1300 York Ave, Suite A-139

New York, NY 10065

Phone:



[Jump To Top](#)



# Postdoc Office Offerings

## Making the Right Moves

A Practical Guide to Scientific Management  
for Postdocs and New Faculty

Burroughs Wellcome Fund  
Howard Hughes Medical Institute



## 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

2:30 – 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-Lorence**  
Founder, Coach, and  
Talent Consultant  
My Career Priority

4:45 – 5:00 p.m.

**Break**

5:00 – 6:30 p.m.  
**Panel Discussion and Networking with Professionals**

#### Exploring Diverse Careers in Pharma and Biotech

Featuring a broad spectrum of industry careers:  
research team leader, MSL and medical affairs,  
medical and scientific communications, business  
development, and program management:

ArteraAI, Bristol Myers Squibb, Regeneron, Sanavia  
Oncology, Volastra 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:

Bluestar BioAdvisors, Boston Consulting Group, Bristol  
Myers Squibb, Collectis, Cincinnati Children's Hospital,  
ClearView Healthcare Partners, Flatiron Health, Havas  
Health & You, Healthcare Consultancy Group, IPG  
Health Group, Kramer Levin, Loxo Oncology, Merck,  
New York Stem Cell Foundation, Northwell Health,  
Novartis, Pfizer, Regeneron, Schrodinger, Tempus Labs,  
and more!



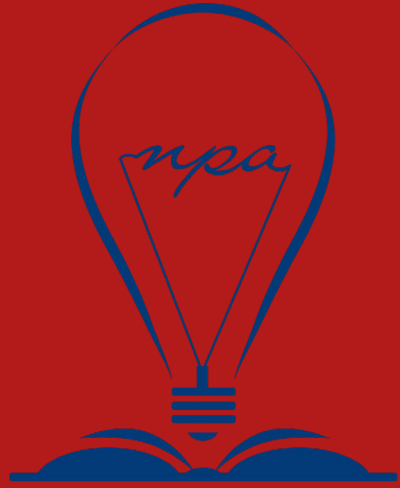
Memorial Sloan Kettering  
Cancer Center



Weill Cornell  
Medicine



# 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](mailto:lek2014@med.cornell.edu)