Welcome to the 2022 Postdoc Open Enrollment season!

GW values the contributions that postdocs make to further the university’s research mission. Just as you are committed to advancing your research and scholarship, it is also important to take time to focus on your health and well-being goals, particularly as our community moves onward together.

As recently shared with the postdoc community, the university has launched a new postdoc initiative, effective January 1, 2022. Part of this initiative includes a new Postdoc Benefit Program*, now offered to both postdoc associates and scholars, including health and welfare benefits, well-being programs, as well as optional voluntary benefits. You will be required to make active enrollment decisions among the health and welfare benefit offerings in order to have coverage in 2022, as current benefit elections will not automatically rollover.

Please visit the GW Postdoc Benefits webpage for more details on program offerings and eligibility.

Postdoc Annual Open Enrollment

Every fall, you will have the opportunity to review your health and welfare benefit elections and make any changes to ensure that your benefits continue to support your/family’s needs and goals for the upcoming year. As we approach this first Postdoc Open Enrollment period, please keep an eye out for details posted on the GW Postdoc Open Enrollment Benefits webpage.

Mark Your Calendars

Open Enrollment begins on Monday, October 11, 2021, and closes at 8 p.m. ET on Friday, October 29, 2021. Elections made during this period will go into effect on January 1, 2022.

All postdoc associates and scholars must make active health and welfare benefit elections during the October Open Enrollment to have 2022 coverage. Current GW health and welfare benefit elections will not automatically rollover if no action is taken.
We have many resources available to support your decision making, please consider your choices carefully; as changes and corrections are not permitted except during Open Enrollment or within 30 calendar days of a qualifying event (such as marriage, birth, loss of coverage).

**Benefits Highlights**

Please visit the [GW Postdoc Benefits webpage](#) and review the GW Postdoc Open Enrollment Guide for details on the Postdoc Benefit Program offerings, including contributions, and eligibility for postdoc associates, scholars and their eligible dependents.

Open enrollment will include the following programs for all postdocs:

- **Medical/Pharmacy**: UnitedHealthcare: GW Postdoc PPO with Prescription
- **Dental**: Aetna: DMO, High PPO, Low PPO
- **Vision**: UnitedHealthcare
- **Basic Life and AD&D**: Lincoln Financial
- **Basic Long-Term Disability**: Lincoln Financial
- **Musculoskeletal Support**: Simple Therapy (available to GW Postdoc PPO participants)

While enrollment is not required, all postdocs will also have access to a number of well-being programs at no cost, including Health Advocate, Headspace and GW's Employee Assistance Program (EAP) with Talkspace. In addition, Pet Insurance, ID Theft, and Family Care programs are available at a discounted price.

As we prepare for the upcoming Open Enrollment period, we invite you to join one of our Postdoc Open Enrollment Infosessions. Join GW Benefits and our vendor partner, Gallagher Benefits, for an overview of Open Enrollment and the resources available to help support you as you make your health and welfare benefit elections for 2022.

*Important Note: Additional benefits may be available based on your Associate or Scholar classification. For more information, please visit the [GW Postdoc Benefits webpage](#).*

**Virtual Open Enrollment Fair**

The [Postdoc Virtual Open Enrollment Fair](#) will be held through the Open Enrollment period and offer you a convenient format to learn about the Postdoc Benefits Program and meet with GW Benefits' vendor partners as they highlight tips and considerations for 2022. Each week, associates and scholars will have the opportunity to join webinars** hosted by our partners, such as UnitedHealthcare, Aetna and Lincoln Financial.

Webinars will be offered multiple days and times throughout the Open Enrollment period to offer flexibility to your schedule. In addition, we have arranged for benefits providers to be available for 10-minute one-on-one appointments to discuss questions that may arise during this transition and benefit election process.

**Important Note: These sessions will include information specific to the transition from GW Staff plans to the GW Postdoc offerings.**

View the [Open Enrollment Events calendar](#) to register for webinars and 1:1 appointments.

Ready to Enroll for 2022?
• **Postdoc Associates** (those currently eligible for benefits): Beginning October 11, visit go.gwu.edu/openenrollment to make your Postdoc Benefits elections.

• **Postdoc Scholars** (those newly eligible for benefits): You will receive a Postdoc Benefits enrollment form via email from GW Benefits on Monday, October 11. Please complete the enrollment form and return, along with supporting documentation, if applicable, to GW Benefits by October 29, 2021. You can scan/email your enrollment form to benefits@gwu.edu or fax to 571.553.8385. Please contact benefits@gwu.edu with questions.

*Important Note: If you are uncertain of your postdoc classification, i.e. associate versus scholar, you may email postdocsupport@gwu.edu to confirm.*

### Flu Shots

The CDC highly recommends all people 6 months and older get a yearly flu vaccine.

- GW will offer flu clinics at the Foggy Bottom and Virginia Science and Technology campuses in September and October. Please visit the Onward website for details.
- Employees covered by a GW medical plan can visit area pharmacies and convenience care clinics to receive a flu shot at no cost. **Current GW medical plan participants will need to show their CVS Caremark ID card at the time of your flu shot.**
- If you are not covered on a GW medical plan, please verify costs with your health insurance company. Most plans will cover the full cost of seasonal flu shots.

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### We’re Here to Help

Contact **Gallagher Benefits** at (800) 261-7109 to assist with any postdoc benefit eligibility or health and welfare benefit plan coverage questions.

**GW Benefits** is available M-F from 8:30am—5pm ET to assist with postdoc benefit program questions including well-being offerings. Email: benefits@gwu.edu Phone: (571) 553-8382.

**Postdoc Associates Enrollment Assistance:** From October 11 - 29, 2021, the **Benefits Call Center** will have extended hours, Monday through Friday, 9 a.m. - 8 p.m. (ET). Call (888) 4GWUBEN (449-8236) for assistance with any enrollment system questions.

We will continue to provide you with information on Open Enrollment in the upcoming weeks.

Best wishes for a safe and healthy academic year,

Jennifer Lopez
Associate Vice President, Total Rewards

Gina Lohr
Sr. Associate Vice Provost for Research