


# Open Enrollment *Postdoc 2023*



Building a *Healthier* Today  
for a *Brighter* Tomorrow

October 10 - 28, 2022

It's that time of the year! Open Enrollment is the time to review and consider any changes to your current benefit elections.

**The Open Enrollment period begins Monday, October 10 and runs through Friday, October 28, 2022 at 8 p.m. (ET).**

During Open Enrollment review and make changes to your medical/pharmacy, dental, and vision. Changes made during this period become effective January 1, 2023.

#### **Beginning October 10, 2022:**

Log in to the enrollment system at [go.gwu.edu/enroll4benefits](https://go.gwu.edu/enroll4benefits) to review, change, or select new benefits.

The GW Benefits Call Center is available at (833) 698-0324, 8 a.m. to 8 p.m. ET Monday - Friday for assistance with any benefits questions or concerns.



Scan the QR code to download your GW Postdoc Benefits Guide.

#### **For additional assistance, contact Benefits.**

Gallagher Benefits at (800) 261-7109 or visit [gwu.gpa.services](https://gwu.gpa.services)

GW Benefits at (571) 553-8382 or visit [hr.gwu.edu/postdoc-open-enrollment](https://hr.gwu.edu/postdoc-open-enrollment)

## **In-Person Open Enrollment Fairs and Virtual Coffee & Chat**

Join GW Benefits and Gallagher Benefits for our virtual Postdoc Coffee & Chat October 4th at 10am ET to learn about benefits available to you in 2023. Mark your calendar for our in-person Open Enrollment fairs that will be held throughout October. The fairs give you the opportunity to speak directly with the benefit plan providers and receive assistance with the enrollment process. Learn more at [go.gwu.edu/2023OEvents](https://go.gwu.edu/2023OEvents).

## **Be Kind To Your Mind**

Did you know, **Talkspace** is available through GW's Employee Assistance Program (EAP). Postdocs and their eligible dependents (13+ years and up) are able to use 5 weeks of chat therapy through Talkspace (per issue).

[hr.gwu.edu/eap](https://hr.gwu.edu/eap)

**Headspace**, the mindfulness app, is also available at no cost for postdocs. The sleep app includes sleep programs, exercises, and special programs for kids.

Postdocs who newly register for Headspace during October will be entered into a raffle to win AirPods.\*

[go.gwu.edu/headspace](https://go.gwu.edu/headspace).

Learn more about well-being programs at

[hr.gwu.edu/postdoc\\_benefits](https://hr.gwu.edu/postdoc_benefits).

\*Value of winnings is taxable and will be included in employees payroll.

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