

Welcome to the 2023 Open Enrollment season!

Every fall, Open Enrollment offers you and your family the opportunity to review your current benefit elections and make any changes to ensure that your benefits continue to support you and/or your family's needs and goals for the upcoming year.

During this time, we also invite postdocs to explore the health and welfare benefits that GW offers, including programs available for 2023 that help build security, promote health and well-being, as well as support your financial goals.

Mark Your Calendars

Open Enrollment begins on **Monday, October 10, 2022**, and closes at 8 p.m. ET on **Friday, October 28, 2022**. Most changes made during this period will go into effect on January 1, 2023. As we approach the open enrollment period, please keep an eye out for additional details posted on the [Postdoc Open Enrollment webpage](#).

Benefits Highlights

Below you will find a summary of the changes to the 2023 benefits programs.

2023 Medical Contribution Overview

For the 2023 Plan year, participating full-time postdocs will experience a **nominal increase of less than \$2 in their medical plan contributions** per month across all coverage tiers.

Please Note: UnitedHealthcare will continue to be the medical insurance provider for the plan. OptumRx will continue to be the prescription benefit provider.

2023 Dental Contribution Overview

In 2023, dental contributions will increase across all three [dental plan options](#) and each coverage tier by approximately 1.4%. The monthly employee contributions will increase by less than \$2 across all plans and coverage tiers.

Please note: The DMO, High PPO and Low PPO plans offered through Aetna will continue to be offered. There will be no changes in coverage.

Open Enrollment Virtual Coffee & Chat

Join GW Benefits and Gallagher Benefits for an upcoming [virtual coffee and chat session](#) as we provide an overview of your 2023 benefit offerings and Open Enrollment deadlines. We will also highlight some of the new features of the GW benefits Enrollment System and recap well-being programs that are available to you and your family. So grab a coffee and plan to join us!

Open Enrollment In-Person Fairs

We invite you to join us for our [in-person Open Enrollment fairs](#) where you have the opportunity to speak directly with GW benefit plan providers and receive assistance with the enrollment process.

New! The GW Benefits Enrollment System powered by bswift

During the Open Enrollment season, postdocs will elect benefits through the [new GW Benefits Enrollment System](#). This system offers a more modern and interactive experience to enroll in your benefits and has single sign-on capability. When you are logged into your GW computer with your UserID and password, you will automatically be able to enter the enrollment system to elect and/or make changes to benefits for 2023. When logging in to the enrollment system from a non-GW computer, you will be required to enter your **GWID and password (date of birth in MMDDYYYY format)**. This step-by-step [Online Enrollment Guide](#) can assist you with navigating the new system.

Tip! Before Open Enrollment access your [pre-OE confirmation statement](#)* to review your current coverage, beneficiaries and more!

* Pre-OE confirmation statement details reflect coverage as of September 15, 2022.

Even if you are happy with your elections from last year, it's always a good practice to review and confirm that you've signed up for the right plan for you and your family. **If you choose not to take action**, your existing coverage options will roll over into the next year.

On the Go? Download the [mobile app](#), enter our company code **GWbenefitscenter**, along with your **GWID and password** (date of birth in MMDDYYYY format) and take your GW benefits with you wherever you go.

COVID-19 Booster and Flu Shots

The CDC advisory committee recommends [updated COVID-19 boosters](#). Employees covered by a GW medical plan can receive the applicable booster at no cost.

In addition, the CDC highly recommends all individuals age 6 months and older receive the flu vaccine each year.

- In partnership with GW MFA Occupational Health, we will offer free flu clinics at the Foggy Bottom campus in September and October. Details are available [here](#).
- Postdocs covered by the GW Postdoc PPO can visit [area pharmacies](#) and convenience care clinics to receive a flu shot at no cost. **GW medical plan participants will need to show their UHC ID card at the time of their flu shot.**
- If you are not covered by the GW Postdoc PPO, please verify costs with your health insurance company. Most plans will cover the full cost of seasonal flu shots.

Please Note: If you require a high dose flu shot, generally recommended for those over age 65, please consult with your healthcare provider or pharmacy in advance regarding availability.

For information about other benefits and programs available to you, please visit hr.gwu.edu/postdoc_benefits.

For questions regarding the enrollment process or system, please contact the Benefits Call Center at 833-698-0324 or benefits@gwu.edu. Any questions about GW's health and welfare employee benefit plans may be directed to Gallagher Benefits at (800) 261 – 7109 or benefits@gwu.edu.

We will continue to provide you with information on Open Enrollment in the upcoming weeks and stay tuned for chances to win exciting prizes accompanying this year's Open Enrollment period.

Best wishes for a safe and healthy academic year,

Jennifer Lopez
Associate Vice President, Total Rewards

Suresh Subramaniam
Vice Provost for Graduate and Postdoctoral Affairs

GW Benefits | Human Resource Management & Development

THE GEORGE WASHINGTON UNIVERSITY

WASHINGTON, DC

This message has been sent in accordance with the George Washington University [mass email policy and procedure](#). This message was requested by Benefits and was approved by the Vice President and Chief People Officer.