^{it's all about} YourBenefits

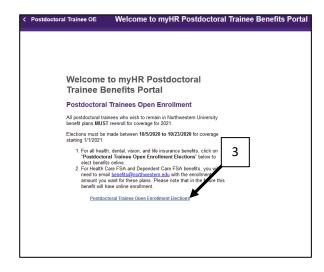
Northwestern

As a postdoctoral trainee on an NIH grant you are eligible for the Postdoctoral Trainee Benefit Program administered through Gallagher Benefits Services. You are eligible for health, dental, vision, life insurance, short term and long term disability plans. To begin enrollment, login to <u>myHR</u> then follow these steps:

1. Select the **Benefits** tile in myHR Self Service.



3. Select Postdoctoral **Trainee Open Enrollment** Elections.



2. Select **Postdoctoral Trainee Benefit** to enroll in health, dental, vision, life Insurance.

< Postdoctoral Benefits	Benefits
Adam Doyle Health & Welfare/Absence Mgr	
₩elcome to myHR Benefits	Welcome to myHR Benefits
Postdoctoral Trainee Benefits	ewly Eligible Faculty & Staff
tition Benefit Application	Click on Wy Health Benefits Elections" on the left sidebar to ele two weeks nem the ur elections submission for process How to Turn Once
Access PayFlex	The effective date at Northwestern University is the fir unless hired on the mission une month. Please note that you will not date.
Care.com	
Benefits Website	 Resources Attend a live online New Faculty & Staff Benefits Orientation to t questions, and help you select the coverage you need.
My Health Benefits Elections	 See Step-by-Step Guide for assistance with enrollment. If you meet criteria, you may waive the two year waiting period f your previous employer. See guide on how to enroll or make ch
My Savings Plan Elections	Postdoctoral Trainee Enrollment

4. Select **Begin Enrollment** from the center of the page. You may be prompted to create an account. Follow the prompts to complete enrollment.

