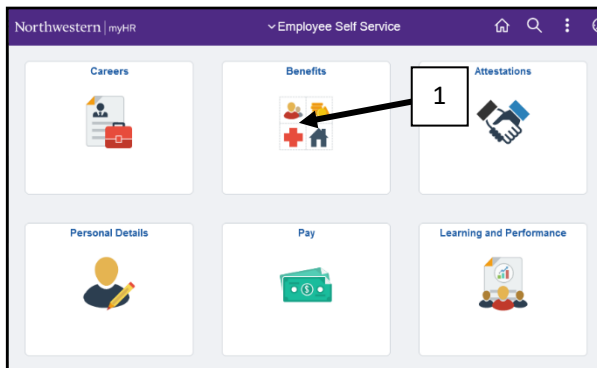
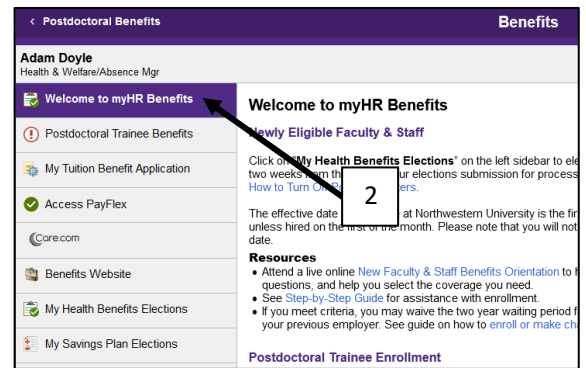


As a visiting postdoctoral trainee you should maintain your health care coverage at your home institution. In the event health, dental, or vision coverage is needed, you are eligible for limited benefits through the Postdoctoral Trainee Benefit Program administered through Gallagher Benefits Services. You are eligible for health, dental, and vision only. To begin enrollment, login to [myHR](#) then follow these steps:

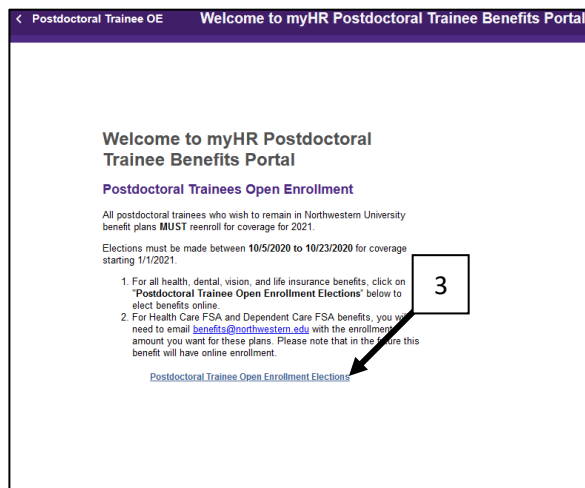
1. Select the **Benefits** tile in myHR Self Service.



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



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



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

