

What's New for Postdoctoral Fellows in 2017

- Starting January 1, 2017, under the new Columbia University Postdoctoral Research and Clinical Fellow Health Benefits Policy, Postdoctoral Fellows may enroll in the UnitedHealthcare (UHC) Choice Plus 80 medical plan at a fixed, University-subsidized rate of \$28 per month regardless of family coverage level. Details of the Choice Plus 80 plan can be found in the enclosed Medical Plan Summary and online at <http://hr.columbia.edu/links-especially/benefits-postdocs>.
- **OptumRx – New Prescription Drug Provider.** Beginning January 1, 2017, OptumRx, a UnitedHealthcare subsidiary, will replace Express Scripts as Columbia University's prescription drug provider. To learn more, go to <http://hr.columbia.edu/new-prescription-drug-plan>.
- **New UnitedHealthcare (UHC) ID Cards.** If you enroll in Medical, you will receive a new UHC ID card by late December. This card will include member information for your Medical and Prescription Drug coverage.
- **Virtual Visits.** Get online access to physicians 24/7 through your mobile phone, tablet or computer. Speak with a physician in real-time to obtain a diagnosis or a prescription, if necessary. For more information, go to <http://hr.columbia.edu/virtual-visits>.
- **Women's Health Programs Available Through UHC:**
- The **Maternity Support Program** helps ensure you and your baby receives the best care from pregnancy through the first few months of the baby's life.
- If you are one of the millions of people dealing with infertility, **Reproductive Resource Services** can help through education and guidance. A team of specialized nurse consultants can work with you throughout the treatment process.
- If your baby is born preterm or with a serious health problem, **Neonatal Resource Services** can help with a dedicated team of nurse case managers, social workers and other services.
To learn more about these resources, go to <http://hr.columbia.edu/womens-health-programs>.