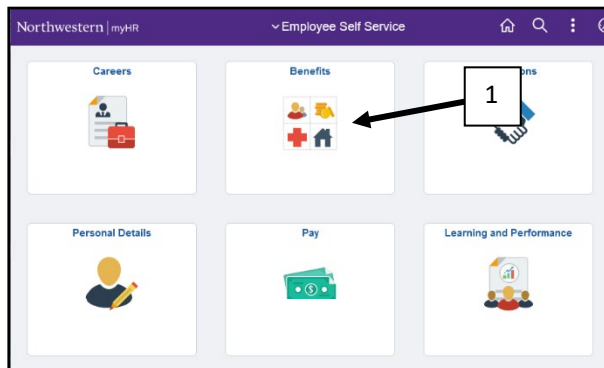
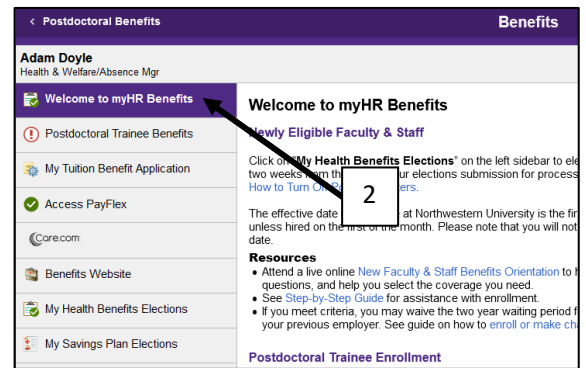


As a postdoctoral trainee on an NIH grant you are eligible for the Postdoctoral Trainee Benefit Program administered through Gallagher Benefits Services. You are eligible for health, dental, vision, life insurance, short term and long term disability plans. To begin enrollment, login to [myHR](#) then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

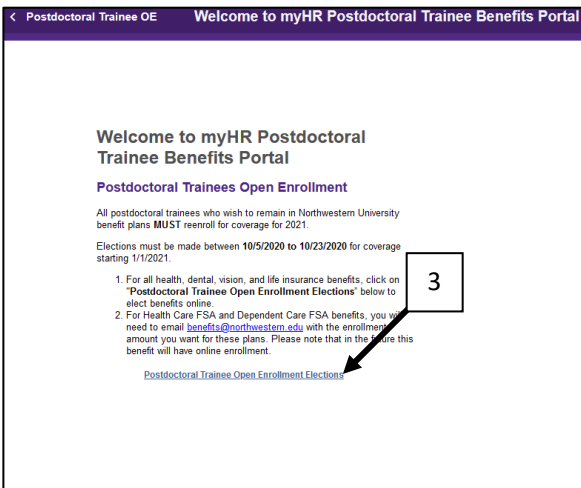
1. Select the **Benefits** tile in myHR Self Service.



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.

