

# Postdoc Benefits Information Sheet

Postdoctoral researchers at York are categorized as either Postdoctoral Fellows (PDFs) or Postdoctoral Visitors (PDVs). The categories depend on where the fellowship was created or originated. If the fellowship is offered by anybody external to York, the incumbent is categorized as a PDF. If the fellowship is created by a researcher or unit at York University and paid for through university funds of any type, the incumbent is a PDV. For full definitions, please see <https://www.yorku.ca/gradstudies/postdoctoral-fellows/definitions/>

A Healthcare Spending Account is available to all PDVs, and there is a separate, discretionary option for some PDFs:

## PDVs

- PDVs are within the YUFA Collective Agreement.
- \$2,200 Healthcare Spending account.
- PDVs cannot opt out of the Healthcare Spending account.
- See the [benefit booklet](#) for more information.
- No other benefit options available.

## PDFs with funding administered through York University

Each fellowship may have different internal and external rules and regulations that apply. Each circumstance may require adjustments to the general points below:

- PDFs are not within a Collective Agreement.
- Benefits for PDFs whose funding is administered through York are available at the discretion of the supervisor and/or host unit. Extended healthcare benefits must be included in the offer letter and ETF if being provided.
  - The PDF will need to submit a Benefits Enrollment Form to enroll. Form can be found on YU Link at <https://yulink-new.yorku.ca/group/yulink/forms-and-documents>
- See the [benefit booklet](#) for more information.
- Benefits are charged to research grants (e.g. 400, 500 cost centres) at a flat rate. Benefits are charged to operating funds on a percentage basis (e.g. 200 cost centre). For more information including up-to-date rates see, [Research Costs Table](#).
- No other benefit options available.

## PDFs with funding directly from the agency

- No benefits available through York University. For more information on healthcare options, please visit the [Relocation section of the Immigration and Relocation Services website](#).

## Switching Categories of Postdoc?

It is possible that a researcher will move from one type of postdoc to another – PDF to PDV or vice versa. All rules and regulations apply in each category as of the date someone moves from one category to the other.

For more information on postdoc benefits, please contact:

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### Pension & Benefits Office

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For more information on postdoctoral research at York, please see:

<https://www.yorku.ca/gradstudies/postdoctoral-fellows/>