

Postdoc Insurance FAQs

What do I do if my medical insurance plan terminates?

Scenario: I will no longer be covered by the UNC Postdoc Plan; what should I do?

Possible solutions:

- 1) You may want to consider continuing your medical coverage under COBRA. Once your UNC Postdoc insurance coverage is terminated, you should be receiving a COBRA election form via mail. The COBRA provision allows you to continue coverage for typically 18 months. You have 60 days to elect COBRA coverage from the date of notification and coverage would be retroactive back to the termination date of the UNC Postdoc plan.
- 2) You may want to consider an individual medical insurance plan. Please note that it could take 30 days to apply for and enact comparable individual coverage.