



Financial Wellbeing



Resources to help you manage personal finances to reduce stress and build security.

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Employee Benefits



Flexible Spending Accounts

[Flexible Spending Accounts](#) - Pretax savings for medical and dependent care expenses.

Saving

[Retirement plans](#) – Vendors offer online webinars/guides and TIAA and Fidelity plan representatives are available on campus for individual consultations by appointment.

[New York 529 College Savings Program](#) - Designed to help families of all income levels save for college.

Insurance

[Home, Auto, Legal, and Pet insurance](#) - Purchase group auto, home, and personal property liability insurance through Mercer Voluntary Benefits.

[Life Insurance](#) - Cornell provides eligible Ithaca and Cornell Tech employees with basic life insurance at no cost.

[Long Term Care Insurance](#) - Long-term care insurance covers the costs associated with extended long-term care due to a chronic disease or long-lasting disability.

Financial Aid

Looking for financial support to help offset childcare costs or help in an emergency? Cornell offers several programs to assist you:

- [Child Care Grant Program](#)
- [Faculty Dependent Care Travel Fund](#)
- [Adoption Assistance Program](#)
- [Children's Tuition Scholarship Program](#)
- [Emergency CARE Fund](#) (Cornellians Aiding and Responding to Employees)

Transportation

Cornell offers a variety of ways to save money on transportation costs (and reduce carbon emissions!). Visit the [Transportation Services website](#) for full details about these privileges and programs.

- [TCAT Bus employee ID card privilege](#)
- [Commuter alternative program](#)
- [RideShare](#)
- [Carpooling](#)
- [Commuter Support Services](#)
- [Campus to Campus Bus](#)

Financial Resources



Financial Resources

[Navigating Personal Finances and Debt](#): Cornell-specific resource guide to help you manage your personal finances.

[Travel Assistance to NYC for Medical Appointments](#) - Cornell University Transportation Services provides round-trip bus tickets on the Campus-to-Campus Bus to current employees (and one caregiver/companion), free of charge, for purposes of health care and other emergencies.

[Professional Clothing Giveaway](#) - Free, gently worn professional, business casual clothing, shoes and accessories offered at no cost at this annual event.

[Perks and Discounts at Cornell and in the Community](#) - Procurement Services provides Employee Personal Purchase Discounts with several local and national companies.

[Computer Purchase Payroll Deduction Loans](#) - Voluntary payroll deduction plan at The Cornell Store allows active Cornell staff and faculty to purchase certain computer needs.

[Cornell Food Pantry](#) Free, confidential access to food and personal care items is available to Cornell employees and students. Visit the website to pre-enroll and learn about the current hours.

[Cornell Elves & Backpack Program](#) - The Elves Program was founded in 1989 to benefit needy children in Tompkins County and the surrounding area. Thanks to hundreds of volunteers, the program has provided clothing, school supplies, and toys to thousands of students from dozens of area schools.

[Cornell Cooperative Extension](#) Offers educational programming and services to support financial wellbeing, such as home energy savings. Visit your county information at:

- [Tompkins County](#)
- [Schuyler County](#)
- [Cortland County](#)
- [Cayuga County](#)
- [Seneca County](#)
- [Chemung County](#)
- [Tioga County](#)

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