

2025 Monthly Premiums

Postdoc Job Code 100006

Postdoc Standard PPO	Monthly Premium
EE	\$80.00
EE&Sp	\$154.00
EE&Ch	\$147.00
Family	\$229.00

Postdoc HMO

EE	\$79.00
EE&Sp	\$152.00
EE&Ch	\$145.00
Family	\$225.00

Dental PPO

EE	\$23.00
EE&Sp	\$49.00
EE&Ch	\$55.00
Family	\$78.00

Dental HMO

EE	\$9.00
EE&Sp	\$16.00
EE&Ch	\$16.00
Family	\$23.00

Vision PPO

EE	\$8.53
EE&Sp	\$16.21
EE&Ch	\$17.06
Family	\$25.08

NRSA Postdoc

NRSA Med PPO	Monthly Premium
EE	\$0.00
EE&Sp	\$193.00
EE&Ch	\$157.00
Family	\$367.00

NRSA Med HMO

EE	\$0.00
EE&Sp	\$179.08
EE&Ch	\$145.92
Family	\$341.14

NRSA Dent PPO

EE	\$0.00
EE&Sp	\$26.08
EE&Ch	\$32.30
Family	\$56.02

NRSA Dent HMO

EE	\$0.00
EE&Sp	\$6.95
EE&Ch	\$8.11
Family	\$15.03

NRSA Vision PPO

EE	\$0.00
EE&Sp	\$8.10
EE&Ch	\$7.95
Family	\$9.23

Paid Direct Postdoc

Paid Direct Standard PPO	Monthly Premium
EE	\$565.25
EE&Sp	\$1,092.60
EE&Ch	\$1,048.52
Family	\$1,622.23

Paid Direct HMO

EE	\$555.88
EE&Sp	\$1,074.50
EE&Ch	\$1,031.14
Family	\$1,595.35

Paid Direct Dental PPO

EE	\$49.75
EE&Sp	\$108.21
EE&Ch	\$121.89
Family	\$172.89

Paid Direct Dental HMO

EE	\$18.52
EE&Sp	\$33.57
EE&Ch	\$34.73
Family	\$50.94

Paid Direct Vision PPO

EE	\$8.53
EE&Sp	\$16.21
EE&Ch	\$17.06
Family	\$25.08