

Research Foundation for Mental Hygiene, Inc
Health Insurance Rates
January 1, 2016 to December 31, 2016

Employee Share	Plan #		Full Share	Below \$30,000	\$30,000 to \$39,999	\$40,000 to \$49,999	\$50,000 to \$62,499	\$62,500 to \$74,999	\$75,000 to \$99,999	\$100,000 and Over
Empire Plan	001	Ind	\$ 680.91	\$ 23.75	\$ 29.25	\$ 35.00	\$ 46.25	\$ 53.50	\$ 65.75	\$ 70.00
		Fam	\$ 1,682.33	\$ 88.25	\$ 95.75	\$ 115.75	\$ 138.75	\$ 177.50	\$ 201.00	\$ 219.00
Blue Choice	066	Ind	\$ 608.23	\$ 21.00	\$ 26.00	\$ 31.00	\$ 41.00	\$ 48.00	\$ 59.00	\$ 63.00
		Fam	\$ 1,506.33	\$ 79.00	\$ 86.00	\$ 104.00	\$ 124.00	\$ 159.00	\$ 180.00	\$ 196.00
BC/BS of Western NY	067	Ind	\$ 616.21	\$ 21.00	\$ 26.00	\$ 32.00	\$ 42.00	\$ 48.00	\$ 60.00	\$ 63.00
		Fam	\$ 1,522.42	\$ 80.00	\$ 87.00	\$ 105.00	\$ 126.00	\$ 161.00	\$ 182.00	\$ 198.00
CDPHP (Capital)	063	Ind	\$ 649.96	\$ 23.00	\$ 28.00	\$ 33.00	\$ 44.00	\$ 51.00	\$ 63.00	\$ 67.00
		Fam	\$ 1,594.43	\$ 84.00	\$ 91.00	\$ 110.00	\$ 132.00	\$ 168.00	\$ 190.00	\$ 208.00
CDPHP (Central)	300	Ind	\$ 744.30	\$ 53.00	\$ 59.00	\$ 64.00	\$ 76.00	\$ 83.00	\$ 95.00	\$ 99.00
		Fam	\$ 1,865.64	\$ 173.00	\$ 180.00	\$ 200.00	\$ 223.00	\$ 262.00	\$ 286.00	\$ 304.00
CDPHP (Hudson Valley)	310	Ind	\$ 832.94	\$ 94.00	\$ 99.00	\$ 105.00	\$ 116.00	\$ 124.00	\$ 136.00	\$ 140.00
		Fam	\$ 2,051.92	\$ 259.00	\$ 266.00	\$ 286.00	\$ 309.00	\$ 348.00	\$ 372.00	\$ 390.00
EBCBS HMO (Upstate)	280	Ind	\$ 804.40	\$ 81.00	\$ 86.00	\$ 92.00	\$ 103.00	\$ 110.00	\$ 123.00	\$ 127.00
		Fam	\$ 2,065.55	\$ 265.00	\$ 273.00	\$ 293.00	\$ 316.00	\$ 354.00	\$ 378.00	\$ 396.00
EBCBS HMO (Downstate)	290	Ind	\$ 1,043.68	\$ 191.00	\$ 197.00	\$ 202.00	\$ 214.00	\$ 221.00	\$ 233.00	\$ 237.00
		Fam	\$ 2,690.67	\$ 554.00	\$ 561.00	\$ 581.00	\$ 604.00	\$ 643.00	\$ 666.00	\$ 684.00
EBCBS HMO (Mid-Hudson)	320	Ind	\$ 1,018.81	\$ 180.00	\$ 185.00	\$ 191.00	\$ 202.00	\$ 209.00	\$ 222.00	\$ 226.00
		Fam	\$ 2,625.73	\$ 524.00	\$ 531.00	\$ 551.00	\$ 574.00	\$ 613.00	\$ 636.00	\$ 654.00
HIP (Downstate)	050	Ind	\$ 776.41	\$ 68.00	\$ 73.00	\$ 79.00	\$ 90.00	\$ 98.00	\$ 110.00	\$ 114.00
		Fam	\$ 1,873.40	\$ 176.00	\$ 184.00	\$ 204.00	\$ 227.00	\$ 266.00	\$ 289.00	\$ 307.00

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Employee Share	Plan #		Full Share	Below	\$30,000 to	\$40,000 to	\$50,000 to	\$62,500 to	\$75,000 to	\$100,000
				\$30,000	\$39,999	\$49,999	\$62,499	\$74,999	\$99,999	and Over
HIP (Capital)	220	Ind	\$ 794.66	\$ 76.00	\$ 82.00	\$ 88.00	\$ 99.00	\$ 106.00	\$ 118.00	\$ 123.00
		Fam	\$ 1,918.13	\$ 197.00	\$ 205.00	\$ 225.00	\$ 248.00	\$ 286.00	\$ 310.00	\$ 328.00
HIP (Hudson Valley)	350	Ind	\$ 794.66	\$ 76.00	\$ 82.00	\$ 88.00	\$ 99.00	\$ 106.00	\$ 118.00	\$ 123.00
		Fam	\$ 1,918.13	\$ 197.00	\$ 205.00	\$ 225.00	\$ 248.00	\$ 286.00	\$ 310.00	\$ 328.00
HMOBlue (Central NY)	072	Ind	\$ 765.05	\$ 63.00	\$ 68.00	\$ 74.00	\$ 85.00	\$ 92.00	\$ 105.00	\$ 109.00
		Fam	\$ 1,857.32	\$ 169.00	\$ 177.00	\$ 197.00	\$ 220.00	\$ 258.00	\$ 282.00	\$ 300.00
HMOBlue (Utica Region)	160	Ind	\$ 805.01	\$ 81.00	\$ 87.00	\$ 92.00	\$ 104.00	\$ 111.00	\$ 123.00	\$ 127.00
		Fam	\$ 2,043.83	\$ 255.00	\$ 263.00	\$ 283.00	\$ 306.00	\$ 344.00	\$ 368.00	\$ 386.00
Independent Health	059	Ind	\$ 625.20	\$ 22.00	\$ 27.00	\$ 32.00	\$ 42.00	\$ 49.00	\$ 60.00	\$ 64.00
		Fam	\$ 1,534.01	\$ 80.00	\$ 87.00	\$ 106.00	\$ 127.00	\$ 162.00	\$ 183.00	\$ 200.00
MVP (Rochester)	058	Ind	\$ 601.35	\$ 21.00	\$ 26.00	\$ 31.00	\$ 41.00	\$ 47.00	\$ 58.00	\$ 62.00
		Fam	\$ 1,387.67	\$ 73.00	\$ 79.00	\$ 95.00	\$ 114.00	\$ 146.00	\$ 166.00	\$ 181.00
MVP (East)	060	Ind	\$ 608.92	\$ 21.00	\$ 26.00	\$ 31.00	\$ 41.00	\$ 48.00	\$ 59.00	\$ 63.00
		Fam	\$ 1,406.56	\$ 74.00	\$ 80.00	\$ 97.00	\$ 116.00	\$ 148.00	\$ 168.00	\$ 183.00
MVP (Central)	330	Ind	\$ 693.56	\$ 30.00	\$ 35.00	\$ 41.00	\$ 52.00	\$ 59.00	\$ 72.00	\$ 76.00
		Fam	\$ 1,605.14	\$ 84.00	\$ 91.00	\$ 110.00	\$ 132.00	\$ 169.00	\$ 192.00	\$ 209.00
MVP (Mid-Hudson)	340	Ind	\$ 688.98	\$ 27.00	\$ 33.00	\$ 39.00	\$ 50.00	\$ 57.00	\$ 69.00	\$ 74.00
		Fam	\$ 1,602.47	\$ 84.00	\$ 91.00	\$ 110.00	\$ 132.00	\$ 169.00	\$ 191.00	\$ 209.00
MVP (North)	360	Ind	\$ 849.24	\$ 101.00	\$ 107.00	\$ 113.00	\$ 124.00	\$ 131.00	\$ 143.00	\$ 148.00
		Fam	\$ 1,970.26	\$ 103.00	\$ 112.00	\$ 136.00	\$ 162.00	\$ 208.00	\$ 235.00	\$ 256.00