

Research Foundation for Mental Hygiene, Inc
Health and Dental Insurance Rates
January 1, 2018 to December 31, 2018

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	\$ 778.51	\$ 23.75	\$ 29.25	\$ 40.25	\$ 53.25	\$ 61.50	\$ 75.50	\$ 81.50
		Fam	\$ 1,948.61	\$ 88.25	\$ 95.75	\$ 134.25	\$ 161.25	\$ 207.00	\$ 233.25	\$ 254.00
Blue Choice	066	Ind	\$ 677.55	\$ 21.00	\$ 26.00	\$ 34.75	\$ 46.00	\$ 53.75	\$ 66.00	\$ 70.50
		Fam	\$ 1,678.50	\$ 79.00	\$ 86.00	\$ 116.00	\$ 138.25	\$ 177.50	\$ 200.75	\$ 218.50
BC/BS of Western NY	067	Ind	\$ 715.16	\$ 21.00	\$ 26.00	\$ 37.25	\$ 49.00	\$ 55.75	\$ 70.00	\$ 73.25
		Fam	\$ 1,769.28	\$ 80.00	\$ 87.00	\$ 122.25	\$ 146.50	\$ 187.50	\$ 211.75	\$ 230.50
CDPHP (Capital)	063	Ind	\$ 697.94	\$ 23.00	\$ 28.00	\$ 35.50	\$ 47.50	\$ 55.00	\$ 68.00	\$ 72.15
		Fam	\$ 1,711.47	\$ 84.00	\$ 91.00	\$ 118.25	\$ 141.75	\$ 180.50	\$ 204.25	\$ 223.50
CDPHP (Central)	300	Ind	\$ 808.80	\$ 53.00	\$ 59.00	\$ 69.78	\$ 82.83	\$ 90.29	\$ 103.34	\$ 107.60
		Fam	\$ 1,997.19	\$ 173.00	\$ 180.00	\$ 214.25	\$ 240.00	\$ 280.75	\$ 306.50	\$ 325.50
CDPHP (Hudson Valley)	310	Ind	\$ 923.87	\$ 94.00	\$ 99.00	\$ 116.75	\$ 129.00	\$ 138.00	\$ 151.00	\$ 155.75
		Fam	\$ 2,276.30	\$ 259.00	\$ 266.00	\$ 317.25	\$ 343.00	\$ 286.00	\$ 413.00	\$ 432.75
EBCBS HMO (Upstate)	280	Ind	\$ 932.87	\$ 81.00	\$ 86.00	\$ 107.00	\$ 119.50	\$ 127.75	\$ 143.00	\$ 147.50
		Fam	\$ 2,397.53	\$ 265.00	\$ 273.00	\$ 340.25	\$ 367.00	\$ 411.00	\$ 438.75	\$ 460.00
EBCBS HMO (Downstate)	290	Ind	\$ 1,279.15	\$ 191.00	\$ 197.00	\$ 247.75	\$ 262.50	\$ 271.00	\$ 285.75	\$ 291.00
		Fam	\$ 3,302.09	\$ 554.00	\$ 561.00	\$ 713.25	\$ 741.25	\$ 789.50	\$ 817.50	\$ 840.00
EBCBS HMO (Mid-Hudson)	320	Ind	\$ 1,267.20	\$ 180.00	\$ 185.00	\$ 238.00	\$ 251.50	\$ 260.25	\$ 276.25	\$ 281.25
		Fam	\$ 3,271.07	\$ 524.00	\$ 531.00	\$ 686.50	\$ 715.25	\$ 764.00	\$ 792.75	\$ 815.00

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HIP (Downstate)	050	Ind	\$ 879.36	\$ 68.00	\$ 73.00	\$ 89.75	\$ 102.00	\$ 111.25	\$ 124.75	\$ 129.25
		Fam	\$ 2,122.92	\$ 176.00	\$ 184.00	\$ 231.50	\$ 257.50	\$ 301.75	\$ 327.50	\$ 348.00
HIP (Capital)	220	Ind	\$ 952.11	\$ 76.00	\$ 82.00	\$ 105.50	\$ 118.75	\$ 127.25	\$ 141.50	\$ 147.50
		Fam	\$ 2,301.12	\$ 197.00	\$ 205.00	\$ 270.00	\$ 297.50	\$ 343.50	\$ 372.00	\$ 393.50
HIP (Hudson Valley)	350	Ind	\$ 952.11	\$ 76.00	\$ 82.00	\$ 105.75	\$ 118.75	\$ 127.25	\$ 141.50	\$ 147.50
		Fam	\$ 2,301.12	\$ 197.00	\$ 205.00	\$ 270.00	\$ 297.50	\$ 343.50	\$ 372.00	\$ 393.50
HMOBlue (Central NY)	072	Ind	\$ 644.98	\$ 63.00	\$ 68.00	\$ 62.50	\$ 71.75	\$ 77.75	\$ 88.75	\$ 92.00
		Fam	\$ 1,557.81	\$ 169.00	\$ 177.00	\$ 165.50	\$ 184.50	\$ 216.50	\$ 236.75	\$ 251.75
HMOBlue (Utica Region)	160	Ind	\$ 896.02	\$ 81.00	\$ 87.00	\$ 102.75	\$ 115.75	\$ 123.75	\$ 137.25	\$ 141.50
		Fam	\$ 2,275.49	\$ 255.00	\$ 263.00	\$ 315.25	\$ 341.00	\$ 383.25	\$ 410.00	\$ 430.00
Independent Health	059	Ind	\$ 670.79	\$ 22.00	\$ 27.00	\$ 34.50	\$ 45.25	\$ 52.75	\$ 64.50	\$ 69.00
		Fam	\$ 1,600.15	\$ 80.00	\$ 87.00	\$ 110.75	\$ 132.75	\$ 169.25	\$ 191.00	\$ 209.00
MVP (Rochester)	058	Ind	\$ 692.76	\$ 21.00	\$ 26.00	\$ 36.00	\$ 47.50	\$ 54.50	\$ 67.00	\$ 71.75
		Fam	\$ 1,600.15	\$ 73.00	\$ 79.00	\$ 110.00	\$ 131.50	\$ 168.50	\$ 191.75	\$ 209.00
MVP (East)	060	Ind	\$ 720.15	\$ 21.00	\$ 26.00	\$ 36.75	\$ 48.50	\$ 57.00	\$ 70.00	\$ 74.75
		Fam	\$ 1,663.39	\$ 74.00	\$ 80.00	\$ 115.00	\$ 137.50	\$ 175.00	\$ 198.00	\$ 216.50
MVP (Central)	330	Ind	\$ 829.53	\$ 30.00	\$ 35.00	\$ 49.25	\$ 62.25	\$ 70.75	\$ 86.25	\$ 91.25
		Fam	\$ 1,925.32	\$ 84.00	\$ 91.00	\$ 132.25	\$ 158.50	\$ 203.00	\$ 230.50	\$ 251.00
MVP (Mid-Hudson)	340	Ind	\$ 811.41	\$ 27.00	\$ 33.00	\$ 47.50	\$ 59.25	\$ 67.25	\$ 81.50	\$ 87.25

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		Fam	\$ 1,875.76	\$ 84.00	\$ 91.00	\$ 129.00	\$ 154.50	\$ 198.00	\$ 223.75	\$ 245.00
MVP (North)	360	Ind	\$ 977.24	\$ 101.00	\$ 107.00	\$ 130.25	\$ 143.00	\$ 151.00	\$ 164.75	\$ 170.50
		Fam	\$ 2,268.67	\$ 103.00	\$ 112.00	\$ 157.00	\$ 186.50	\$ 239.75	\$ 270.75	\$ 295.00
MetLife Dental		Ind	\$29.12	\$3.25	\$3.25	\$3.25	\$5.25	\$5.25	\$5.25	\$5.25
		Fam	\$101.96	\$6.25	\$6.25	\$6.25	\$10.25	\$10.25	\$10.25	\$10.25