

Research Foundation for Mental Hygiene, Inc
Health, Dental and Vision Insurance Rates
January 1, 2023 to December 31, 2023

Employee Share	Plan #		Monthly	Biweekly Employee Share						
			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	\$ 1,014.12	\$ 29.20	\$ 36.00	\$ 49.50	\$ 65.60	\$ 75.70	\$ 92.90	\$ 100.40
		Fam	\$ 2,508.99	\$ 108.00	\$ 117.30	\$ 164.40	\$ 197.50	\$ 253.40	\$ 285.60	\$ 310.90
Blue Choice	066	Ind	\$ 781.70	\$ 24.60	\$ 30.50	\$ 40.60	\$ 53.80	\$ 62.90	\$ 77.20	\$ 82.40
		Fam	\$ 1,922.20	\$ 94.00	\$ 102.30	\$ 138.20	\$ 164.60	\$ 211.30	\$ 238.90	\$ 260.00
BC/BS of Western NY	067	Ind	\$ 820.53	\$ 25.10	\$ 31.00	\$ 44.40	\$ 58.60	\$ 66.50	\$ 83.60	\$ 87.50
		Fam	\$ 2,014.72	\$ 99.10	\$ 107.70	\$ 151.40	\$ 181.40	\$ 232.20	\$ 262.30	\$ 285.40
BlueShield of Northeastern NY	069	Ind	\$ 896.67	\$ 25.90	\$ 31.60	\$ 40.10	\$ 53.60	\$ 62.10	\$ 76.80	\$ 81.50
		Fam	\$ 2,207.66	\$ 98.50	\$ 106.70	\$ 138.60	\$ 166.10	\$ 211.60	\$ 239.40	\$ 262.00
CDPHP (Capital)	063	Ind	\$ 876.65	\$ 27.00	\$ 32.90	\$ 41.80	\$ 55.80	\$ 64.60	\$ 79.90	\$ 84.80
		Fam	\$ 2,139.47	\$ 101.60	\$ 110.00	\$ 143.00	\$ 171.40	\$ 218.30	\$ 247.00	\$ 270.30
CDPHP (Central)	300	Ind	\$ 874.28	\$ 27.80	\$ 34.10	\$ 49.10	\$ 61.10	\$ 69.40	\$ 84.20	\$ 90.00
		Fam	\$ 2,127.17	\$ 89.90	\$ 97.20	\$ 138.10	\$ 165.30	\$ 211.80	\$ 239.30	\$ 262.20
CDPHP (Hudson Valley)	310	Ind	\$ 922.27	\$ 29.33	\$ 35.97	\$ 51.80	\$ 64.45	\$ 73.21	\$ 88.82	\$ 94.94
		Fam	\$ 2,253.52	\$ 95.24	\$ 102.97	\$ 146.30	\$ 175.12	\$ 224.38	\$ 253.51	\$ 277.77
HIP (Downstate)	050	Ind	\$ 1,173.57	\$ 33.79	\$ 41.66	\$ 57.28	\$ 75.91	\$ 87.60	\$ 107.50	\$ 116.18
		Fam	\$ 2,826.17	\$ 121.65	\$ 132.13	\$ 185.18	\$ 222.46	\$ 285.43	\$ 321.70	\$ 350.20
HIP (Capital)	220	Ind	\$ 1,302.14	\$ 37.49	\$ 46.23	\$ 63.56	\$ 84.23	\$ 97.20	\$ 119.29	\$ 128.92
		Fam	\$ 3,141.19	\$ 135.22	\$ 146.86	\$ 205.83	\$ 247.27	\$ 317.26	\$ 357.57	\$ 389.24

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HIP (Hudson Valley)	350	Ind	\$ 1,170.87	\$ 33.79	\$ 41.66	\$ 57.28	\$ 75.91	\$ 87.60	\$ 107.50	\$ 116.18
		Fam	\$ 2,819.56	\$ 121.65	\$ 132.13	\$ 185.18	\$ 222.46	\$ 285.43	\$ 321.70	\$ 350.20
HMOBlue (Central NY)	072	Ind	\$ 887.17	\$ 29.20	\$ 36.00	\$ 49.50	\$ 65.60	\$ 75.70	\$ 92.90	\$ 100.40
		Fam	\$ 2,155.35	\$ 108.00	\$ 117.30	\$ 164.40	\$ 197.50	\$ 253.40	\$ 285.60	\$ 310.90
HMOBlue (Utica Region)	160	Ind	\$ 925.16	\$ 30.45	\$ 37.54	\$ 51.62	\$ 68.41	\$ 78.94	\$ 96.88	\$ 104.70
		Fam	\$ 2,348.36	\$ 117.67	\$ 127.80	\$ 179.11	\$ 215.18	\$ 276.08	\$ 311.16	\$ 338.73
Independent Health	059	Ind	\$ 812.91	\$ 25.90	\$ 31.80	\$ 40.70	\$ 53.30	\$ 62.20	\$ 76.00	\$ 81.30
		Fam	\$ 1,981.99	\$ 96.20	\$ 104.60	\$ 133.20	\$ 159.70	\$ 203.60	\$ 229.70	\$ 251.50
MVP (Rochester)	058	Ind	\$ 818.34	\$ 24.80	\$ 30.70	\$ 42.50	\$ 56.10	\$ 64.40	\$ 79.10	\$ 84.60
		Fam	\$ 1,880.34	\$ 87.50	\$ 94.70	\$ 131.80	\$ 157.50	\$ 201.90	\$ 229.80	\$ 250.40
MVP (East)	060	Ind	\$ 850.82	\$ 25.78	\$ 31.92	\$ 44.19	\$ 58.33	\$ 66.96	\$ 82.24	\$ 87.96
		Fam	\$ 1,956.77	\$ 91.05	\$ 98.54	\$ 137.15	\$ 163.89	\$ 210.10	\$ 239.13	\$ 260.57
MVP (Central)	330	Ind	\$ 951.28	\$ 28.83	\$ 35.69	\$ 49.41	\$ 65.22	\$ 74.86	\$ 91.95	\$ 98.35
		Fam	\$ 2,191.20	\$ 101.96	\$ 110.35	\$ 153.58	\$ 183.53	\$ 235.27	\$ 267.78	\$ 291.78
MVP (Mid-Hudson)	340	Ind	\$ 954.96	\$ 31.20	\$ 38.10	\$ 54.80	\$ 68.40	\$ 77.60	\$ 94.10	\$ 100.70
		Fam	\$ 2,209.08	\$ 98.60	\$ 106.80	\$ 151.40	\$ 181.30	\$ 232.40	\$ 262.50	\$ 287.50
MVP (North)	360	Ind	\$ 881.50	\$ 32.44	\$ 39.61	\$ 56.98	\$ 71.12	\$ 80.68	\$ 97.84	\$ 104.70
		Fam	\$ 2,028.72	\$ 102.60	\$ 111.14	\$ 157.55	\$ 188.66	\$ 241.84	\$ 273.16	\$ 299.17

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MetLife Vision		Ind	\$6.69	\$1.00	\$1.00	\$1.00	\$1.00	\$1.00	\$1.00	\$1.00
		Fam	\$15.70	\$5.50	\$5.50	\$5.50	\$5.50	\$5.50	\$5.50	\$5.50
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