

Research Foundation for Mental Hygiene, Inc
Health, Dental and Vision Insurance Rates
January 1, 2024 to December 31, 2024

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	\$ 1,090.54	\$ 31.40	\$ 38.71	\$ 53.23	\$ 70.54	\$ 81.40	\$ 99.90	\$ 107.97
		Fam	\$ 2,799.94	\$ 120.52	\$ 130.90	\$ 183.46	\$ 220.40	\$ 282.79	\$ 318.72	\$ 346.95
Blue Choice	066	Ind	\$ 818.86	\$ 25.77	\$ 31.95	\$ 42.53	\$ 56.36	\$ 65.89	\$ 80.87	\$ 86.32
		Fam	\$ 2,013.14	\$ 98.45	\$ 107.14	\$ 144.74	\$ 172.39	\$ 221.30	\$ 250.20	\$ 272.30
BC/BS of Western NY	067	Ind	\$ 886.84	\$ 27.13	\$ 33.51	\$ 47.99	\$ 63.34	\$ 71.87	\$ 90.36	\$ 94.57
		Fam	\$ 2,180.53	\$ 107.26	\$ 116.56	\$ 163.86	\$ 196.33	\$ 251.31	\$ 283.89	\$ 308.89
BlueShield of Northeastern NY	069	Ind	\$ 933.17	\$ 26.95	\$ 32.89	\$ 41.73	\$ 55.78	\$ 64.63	\$ 79.93	\$ 84.82
		Fam	\$ 2,300.91	\$ 102.66	\$ 111.21	\$ 144.45	\$ 173.12	\$ 220.54	\$ 249.51	\$ 273.07
CDPHP (Capital)	063	Ind	\$ 936.76	\$ 28.85	\$ 35.16	\$ 44.67	\$ 59.63	\$ 69.03	\$ 85.38	\$ 90.61
		Fam	\$ 2,156.53	\$ 102.41	\$ 110.88	\$ 144.14	\$ 172.77	\$ 220.04	\$ 248.97	\$ 272.46
CDPHP (Central)	300	Ind	\$ 1,038.44	\$ 33.02	\$ 40.50	\$ 58.32	\$ 72.57	\$ 82.43	\$ 100.01	\$ 106.90
		Fam	\$ 2,393.96	\$ 101.18	\$ 109.39	\$ 155.42	\$ 186.03	\$ 238.36	\$ 269.31	\$ 295.09
CDPHP (Hudson Valley)	310	Ind	\$ 1,198.71	\$ 38.12	\$ 46.75	\$ 67.32	\$ 83.77	\$ 95.15	\$ 115.45	\$ 123.40
		Fam	\$ 2,772.11	\$ 117.16	\$ 126.67	\$ 179.97	\$ 215.42	\$ 276.02	\$ 311.85	\$ 341.70
HIP (Downstate)	050	Ind	\$ 1,292.73	\$ 37.22	\$ 45.89	\$ 63.10	\$ 83.62	\$ 96.49	\$ 118.42	\$ 127.98
		Fam	\$ 3,115.56	\$ 134.11	\$ 145.66	\$ 204.14	\$ 245.24	\$ 314.66	\$ 354.64	\$ 386.06
HIP (Capital)	220	Ind	\$ 1,358.42	\$ 39.11	\$ 48.22	\$ 66.31	\$ 87.87	\$ 101.40	\$ 124.44	\$ 134.49
		Fam	\$ 3,276.47	\$ 141.04	\$ 153.18	\$ 214.69	\$ 257.92	\$ 330.92	\$ 372.97	\$ 406.01

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HIP (Hudson Valley)	350	Ind	\$ 1,297.64	\$ 37.45	\$ 46.17	\$ 63.48	\$ 84.13	\$ 97.08	\$ 119.14	\$ 128.76
		Fam	\$ 3,127.58	\$ 134.94	\$ 146.56	\$ 205.41	\$ 246.77	\$ 316.61	\$ 356.84	\$ 388.45
HMOBlue (Central NY)	072	Ind	\$ 959.50	\$ 31.58	\$ 38.94	\$ 53.54	\$ 70.95	\$ 81.87	\$ 100.47	\$ 108.59
		Fam	\$ 2,332.58	\$ 116.88	\$ 126.95	\$ 177.92	\$ 213.74	\$ 274.24	\$ 309.08	\$ 336.46
HMOBlue (Utica Region)	160	Ind	\$ 1,004.18	\$ 33.05	\$ 40.75	\$ 56.03	\$ 74.25	\$ 85.68	\$ 105.15	\$ 113.64
		Fam	\$ 2,550.43	\$ 127.79	\$ 138.80	\$ 194.53	\$ 233.69	\$ 299.84	\$ 337.94	\$ 367.87
Independent Health	059	Ind	\$ 902.74	\$ 28.76	\$ 35.31	\$ 45.20	\$ 59.19	\$ 69.07	\$ 84.40	\$ 90.28
		Fam	\$ 2,203.93	\$ 106.97	\$ 116.31	\$ 148.12	\$ 177.58	\$ 226.40	\$ 255.42	\$ 279.66
MVP (Rochester)	058	Ind	\$ 870.86	\$ 26.39	\$ 32.67	\$ 45.23	\$ 59.70	\$ 68.53	\$ 84.18	\$ 90.03
		Fam	\$ 2,001.67	\$ 93.15	\$ 100.81	\$ 140.30	\$ 167.66	\$ 214.93	\$ 244.63	\$ 266.56
MVP (East)	060	Ind	\$ 916.35	\$ 27.77	\$ 34.38	\$ 47.59	\$ 62.82	\$ 72.11	\$ 88.57	\$ 94.73
		Fam	\$ 2,107.03	\$ 98.04	\$ 106.11	\$ 147.68	\$ 176.48	\$ 226.23	\$ 257.49	\$ 280.58
MVP (Central)	330	Ind	\$ 1,028.05	\$ 31.16	\$ 38.57	\$ 53.39	\$ 70.48	\$ 80.91	\$ 99.37	\$ 106.28
		Fam	\$ 2,376.54	\$ 110.58	\$ 119.68	\$ 166.57	\$ 199.05	\$ 255.17	\$ 290.43	\$ 316.46
MVP (Mid-Hudson)	340	Ind	\$ 1,037.62	\$ 33.90	\$ 41.40	\$ 59.54	\$ 74.32	\$ 84.32	\$ 102.25	\$ 109.42
		Fam	\$ 2,400.99	\$ 107.17	\$ 116.08	\$ 164.55	\$ 197.05	\$ 252.59	\$ 285.30	\$ 312.48

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MetLife Vision

Ind	\$6.69	\$1.00	\$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	\$5.50

MetLife Dental

Ind	\$29.12	\$3.25	\$3.25	\$3.25	\$5.25	\$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	\$10.25