

# 2023 Monthly COBRA Rates

COBRA continuation notices are sent from our third-party vendor, Optum, within 2-3 weeks of your last day of employment or loss of benefit eligibility.

- Once you receive this notice, you will have 60 days from the date of the notice to elect COBRA.
- Continuation coverage is available for the medical, dental and vision plans as well as the healthcare flexible spending account (FSA).

**Note:** Healthcare FSA continuation coverage is only available until the end of the calendar year in which you lose coverage.

## Medical

| Coverage Tier            | SEQA Plan  | EQA Plan   | PPO Plan   | HSA Plan   |
|--------------------------|------------|------------|------------|------------|
| Participant Only         | \$752.79   | \$717.28   | \$673.36   | \$643.08   |
| Participant + Spouse     | \$1,605.81 | \$1,526.92 | \$1,434.77 | \$1,366.76 |
| Participant + Child(ren) | \$1,321.21 | \$1,256.79 | \$1,180.73 | \$1,125.29 |
| Participant + Family     | \$2,175.91 | \$2,068.03 | \$1,943.65 | \$1,850.36 |

## Dental

| Coverage Tier            | DHMO    | Choice  | Choice Plus |
|--------------------------|---------|---------|-------------|
| Participant Only         | \$10.57 | \$20.33 | \$40.11     |
| Participant + Spouse     | \$21.15 | \$40.70 | \$78.20     |
| Participant + Child(ren) | \$28.32 | \$54.48 | \$100.64    |
| Participant + Family     | \$35.91 | \$69.09 | \$138.76    |

## Vision

| Coverage Tier            | Vision  |
|--------------------------|---------|
| Participant Only         | \$9.04  |
| Participant + Spouse     | \$17.93 |
| Participant + Child(ren) | \$17.57 |
| Participant + Family     | \$26.72 |

For additional details on the continuation and/or timing of various benefits as you transition, view the [Benefits Continuation Overview](#).