

2024 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	HDHP Plan
Participant Only	\$792.23	\$754.27	\$708.75	\$677.75
Participant + Spouse	\$1,689.97	\$1,605.66	\$1,510.20	\$1,440.41
Participant + Child(ren)	\$1,390.44	\$1,321.60	\$1,242.80	\$1,185.95
Participant + Family	\$2,289.94	\$2,174.67	\$2,045.83	\$1,950.13

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](#).

For questions regarding your COBRA coverage, please call Optum at 855.409.7029