

## Non-Postal Premium Rates for the Federal Employees Health Benefits Plan

Fee-For-Service Plans		2021 Total Biweekly Premium	2022 <b>Biweekly</b> Premium Rates				2021 Total Monthly Premium	2022 <b>Monthly</b> Premium Rates			
			Total Premium	Gov't Pays	Empl. Pays	Change in Employee Payment		Total Premium	Gov't Pays	Empl. Pays	Change in Employee Payment
Plan - Option Enrollment Code											
<b>APWU Health Plan</b>											
CDHP Self	474	278.61	278.61	208.96	<b>69.65</b>	0.00	603.66	603.66	452.75	<b>150.91</b>	0.00
CDHP Self & Family	475	660.58	660.58	495.44	<b>165.14</b>	0.00	1431.26	1431.26	1073.45	<b>357.81</b>	0.00
CDHP Self Plus One	476	605.53	605.53	454.15	<b>151.38</b>	0.00	1311.98	1311.98	983.99	<b>327.99</b>	0.00
High Self	471	345.24	351.25	244.86	<b>106.39</b>	2.73	748.02	761.04	530.53	<b>230.51</b>	5.91
High Self & Family	472	828.55	842.96	574.13	<b>268.83</b>	2.53	1795.19	1826.41	1243.95	<b>582.46</b>	5.48
High Self Plus One	473	724.97	737.59	524.63	<b>212.96</b>	5.45	1570.77	1598.11	1136.70	<b>461.41</b>	11.80
<b>Blue Cross/Blue Shield Basic Benefit Plan</b>											
Basic Self	111	314.42	320.74	240.56	<b>80.18</b>	1.58	681.24	694.94	521.21	<b>173.73</b>	3.42
Basic Self & Family	112	763.52	786.42	574.13	<b>212.29</b>	11.02	1654.29	1703.91	1243.95	<b>459.96</b>	23.88
Basic Self Plus One	113	706.63	720.76	524.63	<b>196.13</b>	6.96	1531.03	1561.65	1136.70	<b>424.95</b>	15.08
<b>Blue Cross/Blue Shield FEP Blue Focus</b>											
Blue Focus Self	131	212.58	212.58	159.44	<b>53.14</b>	0.00	460.59	460.59	345.44	<b>115.15</b>	0.00
Blue Focus Self & Family	132	502.70	502.70	377.03	<b>125.67</b>	0.00	1089.18	1089.18	816.89	<b>272.29</b>	0.00
Blue Focus Self Plus One	133	457.02	457.02	342.77	<b>114.25</b>	0.00	990.21	990.21	742.66	<b>247.55</b>	0.00

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<b>Blue Cross/Blue Shield Standard Option</b>											
Standard Self	104	365.03	372.33	244.86	<b>127.47</b>	4.02	790.90	806.72	530.53	<b>276.19</b>	8.71
Standard Self & Family	105	862.37	888.24	574.13	<b>314.11</b>	13.99	1868.47	1924.52	1243.95	<b>680.57</b>	30.31
Standard Self Plus One	106	798.27	814.24	524.63	<b>289.61</b>	8.80	1729.59	1764.19	1136.70	<b>627.49</b>	19.06
<b>GEHA Benefit Plan</b>											
High Self	311	349.72	349.72	244.86	<b>104.86</b>	-3.28	757.73	757.73	530.53	<b>227.20</b>	-7.11
High Self & Family	312	876.38	876.38	574.13	<b>302.25</b>	-11.88	1898.82	1898.82	1243.95	<b>654.87</b>	-25.74
High Self Plus One	313	769.39	769.39	524.63	<b>244.76</b>	-7.17	1667.01	1667.01	1136.70	<b>530.31</b>	-15.54
Standard Self	314	250.66	250.66	188.00	<b>62.66</b>	0.00	543.10	543.10	407.33	<b>135.77</b>	0.00
Standard Self & Family	315	659.40	659.40	494.55	<b>164.85</b>	0.00	1428.70	1428.70	1071.53	<b>357.17</b>	0.00
Standard Self Plus One	316	538.94	538.94	404.21	<b>134.73</b>	0.00	1167.70	1167.70	875.78	<b>291.92</b>	0.00
<b>GEHA High Deductible HP</b>											
HDHP Self	341	245.47	252.83	189.62	<b>63.21</b>	1.84	531.85	547.80	410.85	<b>136.95</b>	3.99
HDHP Self & Family	342	636.18	667.99	500.99	<b>167.00</b>	7.96	1378.39	1447.31	1085.48	<b>361.83</b>	17.23
HDHP Self Plus One	343	527.76	543.59	407.69	<b>135.90</b>	3.96	1143.48	1177.78	883.34	<b>294.44</b>	8.57

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Plan - Option Enrollment Code											
<b>GEHA Indemnity Benefit Plan</b>											
Elevate Plus - Self	251	301.44	316.51	237.38	<b>79.13</b>	3.77	653.12	685.77	514.33	<b>171.44</b>	8.16
Elevate Plus - Self & Family	252	747.57	762.53	571.90	<b>190.63</b>	3.74	1619.74	1652.15	1239.11	<b>413.04</b>	8.11
Elevate Plus - Self Plus One	253	693.27	707.14	524.63	<b>182.51</b>	6.70	1502.09	1532.14	1136.70	<b>395.44</b>	14.51
Elevate Self	254	189.29	194.97	146.23	<b>48.74</b>	1.42	410.13	422.44	316.83	<b>105.61</b>	3.08
Elevate Self & Family	255	530.03	545.93	409.45	<b>136.48</b>	3.97	1148.40	1182.85	887.14	<b>295.71</b>	8.61
Elevate Self Plus One	256	435.38	448.44	336.33	<b>112.11</b>	3.27	943.32	971.62	728.72	<b>242.90</b>	7.07
<b>Mail Handlers – HDHP</b>											
Consumer Self	481	291.04	305.59	229.19	<b>76.40</b>	3.64	630.59	662.11	496.58	<b>165.53</b>	7.88
Consumer Self & Family	482	676.28	710.09	532.57	<b>177.52</b>	8.45	1465.27	1538.53	1153.90	<b>384.63</b>	18.31
Consumer Self Plus One	483	644.08	676.28	507.21	<b>169.07</b>	8.05	1395.51	1465.27	1098.95	<b>366.32</b>	17.44
<b>Mail Handlers - Standard</b>											
Standard Self	454	287.19	313.04	234.78	<b>78.26</b>	6.46	622.25	678.25	508.69	<b>169.56</b>	14.00
Standard Self & Family	455	667.41	727.48	545.61	<b>181.87</b>	15.02	1446.06	1576.21	1182.16	<b>394.05</b>	32.54
Standard Self Plus One	456	661.06	720.55	524.63	<b>195.92</b>	30.66	1432.30	1561.19	1136.70	<b>424.49</b>	66.42

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<b>Mail Handlers Value Plan</b>											
Value Plan Self	414	213.41	223.87	167.90	55.97	2.62	462.39	485.05	363.79	121.26	5.66
Value Plan Self and Family	415	515.75	541.02	405.77	135.25	6.31	1117.46	1172.21	879.16	293.05	13.69
Value Plan Self Plus One	416	505.65	530.43	397.82	132.61	6.20	1095.58	1149.27	861.95	287.32	13.43
<b>NALC Health Benefit Plan</b>											
CDHP Self	324	218.55	218.55	163.91	54.64	0.00	473.53	473.53	355.15	118.38	0.00
CDHP Self & Family	325	507.66	512.73	384.55	128.18	1.27	1099.93	1110.92	833.19	277.73	2.75
CDHP Self Plus One	326	482.16	482.16	361.62	120.54	0.00	1044.68	1044.68	783.51	261.17	0.00
High Self	321	336.41	343.14	244.86	98.28	3.45	728.89	743.47	530.53	212.94	7.47
High Self & Family	322	760.94	776.15	574.13	202.02	3.33	1648.70	1681.66	1243.95	437.71	7.22
High Self Plus One	323	744.10	758.98	524.63	234.35	7.71	1612.22	1644.46	1136.70	507.76	16.70
<b>NALC Health Benefit Plan</b>											
Value Self	KM1	179.37	179.37	134.53	44.84	0.00	388.64	388.64	291.48	97.16	0.00
Value Self & Family	KM2	416.82	420.99	315.74	105.25	1.05	903.11	912.15	684.11	228.04	2.26
Value Self Plus One	KM3	395.70	395.70	296.78	98.92	0.00	857.35	857.35	643.01	214.34	0.00

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<b>SAMBA Health Benefit Plan</b>											
High Self	441	403.70	403.70	244.86	<b>158.84</b>	-3.28	874.68	874.68	530.53	<b>344.15</b>	-7.11
High Self & Family	442	968.87	968.87	574.13	<b>394.74</b>	-11.88	2099.22	2099.22	1243.95	<b>855.27</b>	-25.74
High Self Plus One	443	888.14	888.14	524.63	<b>363.51</b>	-7.17	1924.30	1924.30	1136.70	<b>787.60</b>	-15.54
Standard Self	444	323.50	326.74	244.86	<b>81.88</b>	-0.04	700.92	707.94	530.53	<b>177.41</b>	-0.09
Standard Self & Family	445	738.06	745.44	559.08	<b>186.36</b>	1.85	1599.13	1615.12	1211.34	<b>403.78</b>	4.00
Standard Self Plus One	446	696.28	703.25	524.63	<b>178.62</b>	-0.20	1508.61	1523.71	1136.70	<b>387.01</b>	-0.44