

The University of Rochester

Postdoctoral Scholar Benefit Program

Monthly Rates and Postdoc Contributions

Effective January 1st, 2024 - December 31st, 2024

	Total Monthly Premium	Monthly Postdoc Contribution	Semi-Monthly Postdoc Contribution	Bi-weekly Postdoc Contribution
Medical PPO - Excellus BCBS				
		<i>(94's only)</i>	<i>(93/95's only)</i>	<i>(93/95's only)</i>
Postdoc only	\$630.59	\$94.59	\$47.30	\$43.66
Postdoc + Spouse/Domestic Partner	\$1,317.98	\$197.70	\$98.85	\$91.24
Postdoc + Child(ren)	\$1,172.96	\$175.94	\$87.98	\$81.20
Postdoc + Family	\$1,866.68	\$280.00	\$140.01	\$129.23
Dental PPO - MetLife				
		<i>(94's only)</i>	<i>(93/95's only)</i>	<i>(93/95's only)</i>
Postdoc only	\$25.16	\$8.30	\$4.16	\$3.83
Postdoc + Spouse/Domestic Partner	\$48.40	\$15.97	\$7.99	\$7.37
Postdoc + Child(ren)	\$56.62	\$18.68	\$9.35	\$8.62
Postdoc + Family	\$79.86	\$26.35	\$13.18	\$12.16
Voluntary Vision PPO - Aetna				
		<i>(all postdocs)</i>		
Postdoc only	\$6.59	\$6.59	\$3.30	\$3.04
Postdoc + Spouse/Domestic Partner	\$12.52	\$12.52	\$6.26	\$5.78
Postdoc + Child(ren)	\$13.17	\$13.17	\$6.59	\$6.08
Postdoc + Family	\$19.37	\$19.37	\$9.69	\$8.94

Information for Postdoc classifications of 93 & 95

Your contribution amounts will be collected by the following methods:

- Medical: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- Dental: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- Vision: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- Voluntary Life : Collected by Payroll in semi-monthly or bi-weekly contribution deductions

Information for Postdoc classifications of 94

Your contribution amounts will be collected by the following methods:

- Medical: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount
- Dental: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount
- Vision: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount