

University of Southern California
Postdoctoral Scholar Benefit Program
2023 / 2024 Monthly Rates and Contributions



	Total Monthly Cost	Institutional Cost	Postdoc Cost
Health Plan HMO			
Postdoc	\$491.60	\$392.04	\$99.56
Postdoc + Spouse/Partner	\$1,027.42	\$819.35	\$208.07
Postdoc + Child(ren)	\$914.40	\$729.22	\$185.18
Family	\$1,455.14	\$1,160.43	\$294.71
Health Plan POS			
Postdoc	\$695.04	\$554.29	\$140.75
Postdoc + Spouse/Partner	\$1,452.66	\$1,158.46	\$294.20
Postdoc + Child(ren)	\$1,292.80	\$1,030.97	\$261.83
Family	\$2,057.36	\$1,640.69	\$416.67
Dental HMO			
Postdoc	\$15.65	\$10.46	\$5.19
Postdoc + Spouse/Partner	\$26.46	\$13.26	\$13.21
Postdoc + Child(ren)	\$28.76	\$14.41	\$14.35
Family	\$40.46	\$13.89	\$26.57
Dental POS			
Postdoc	\$41.07	\$27.52	\$13.55
Postdoc + Spouse/Partner	\$82.38	\$41.19	\$41.19
Postdoc + Child(ren)	\$84.43	\$42.21	\$42.22
Family	\$130.05	\$44.22	\$85.83
Vision			
Postdoc	\$8.06	NA	\$8.06
Postdoc + Spouse/Partner	\$15.31	NA	\$15.31
Postdoc + Child(ren)	\$16.11	NA	\$16.11
Family	\$23.69	NA	\$23.69
DISABILITY - LONG & SHORT TERM PLANS			
LIFE/AD&D INSURANCE (\$10K)	\$1.83	\$1.83	NA