

VUMC Postdoctoral Trainee COBRA Rates 2025-2026

AETNA Medical Plans	Postdoc Contribution
80/60 PPO Medical Plan	
Postdoc	\$984
Postdoc + Spouse	\$2,283
Postdoc + Child(ren)	\$2,017
Postdoc + Family	\$3,267
90/70 PPO Medical Plan "Buy Up"	
Postdoc	\$1,037.72
Postdoc + Spouse	\$2,407.58
Postdoc + Child(ren)	\$2,127.35
Postdoc + Family	\$3,445.29
AETNA Dental Plans	Postdoc Contribution
HMO Dental Plan	
Postdoc	\$20.89
Postdoc + Spouse	\$41.14
Postdoc + Child(ren)	\$52.52
Postdoc + Family	\$78.24
PPO Dental Plan	
Postdoc	\$37.90
Postdoc + Spouse	\$74.59
Postdoc + Child(ren)	\$95.18
Postdoc + Family	\$141.91
SunLife Vision Plan	Postdoc Contribution
Vision Plan	
Postdoc	\$9.11
Postdoc + Spouse	\$18.22
Postdoc + Child(ren)	\$20.03
Postdoc + Family	\$29.14
Life Insurance Plan	Postdoc Contribution
Life/AD&D	N/A
Long-Term Disability	N/A