

VUMC Postdoctoral Trainee Plan Rates 2025-2026

AETNA Medical Plans	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
80/60 PPO Medical Plan			
Postdoc	\$964.73	\$964.73	\$0
Postdoc + Spouse	\$2,238.29	\$2,238.29	\$0
Postdoc + Child(ren)	\$1,977.80	\$1,977.80	\$0
Postdoc + Family	\$3,203.10	\$3,203.10	\$0
90/70 PPO Medical Plan "Buy Up"			<i>Billed directly to postdoc via "FreshBooks"</i>
Postdoc	\$1,017.37	\$964.73	\$52.64
Postdoc + Spouse	\$2,360.37	\$2,238.29	\$122.08
Postdoc + Child(ren)	\$2,085.64	\$1,977.80	\$107.84
Postdoc + Family	\$3,377.74	\$3,203.10	\$174.64
AETNA Dental Plans	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
HMO Dental Plan			
Postdoc	\$20.48	\$20.48	\$0
Postdoc + Spouse	\$40.33	\$40.33	\$0
Postdoc + Child(ren)	\$51.49	\$51.49	\$0
Postdoc + Family	\$76.71	\$76.71	\$0
PPO Dental Plan			
Postdoc	\$37.16	\$37.16	\$0
Postdoc + Spouse	\$73.13	\$73.13	\$0
Postdoc + Child(ren)	\$93.31	\$93.31	\$0
Postdoc + Family	\$139.13	\$139.13	\$0
SunLife Vision Plan	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
Vision Plan			
Postdoc	\$8.93	\$0	\$8.93
Postdoc + Spouse	\$17.86	\$0	\$17.86
Postdoc + Child(ren)	\$19.64	\$0	\$19.64
Postdoc + Family	\$28.57	\$0	\$28.57
Life Insurance Plan	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
Life/AD&D	\$5.23	\$5.23	\$0
Long-Term Disability	\$6.82	\$6.82	\$0