

2026 POSTDOC COBRA RATES

	Monthly Postdoc Cost
Medical HMO	
Postdoc	\$521.77
Postdoc + Spouse/Partner	\$1,008.57
Postdoc + Child(ren)	\$967.87
Family	\$1,497.44
Medical PPO	
Postdoc	\$575.99
Postdoc + Spouse/Partner	\$1,113.38
Postdoc + Child(ren)	\$1,068.45
Family	\$1,653.05
Dental HMO	
Postdoc	\$18.51
Postdoc + Spouse/Partner	\$33.56
Postdoc + Child(ren)	\$34.72
Family	\$50.92
Dental PPO	
Postdoc	\$50.75
Postdoc + Spouse/Partner	\$110.37
Postdoc + Child(ren)	\$124.33
Family	\$176.35
Vision	
Postdoc	\$8.70
Postdoc + Spouse/Partner	\$16.53
Postdoc + Child(ren)	\$17.40
Family	\$25.58
Life Insurance (\$50K)	\$4.54
Long-Term Disability (LTD)	\$5.67
Short-Term Disability (STD)	\$24.62
Voluntary Life (postdoc, spouse, child)	See plan summaries in Documents Library for calculation