

# NRSA POSTDOC RATES AND CONTRIBUTIONS

	Postdoc Cost**
<b>Medical HMO</b>	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$179.08
Postdoc + Child(ren)	\$145.92
Family	\$341.14
<b>Medical PPO</b>	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$177.43
Postdoc + Child(ren)	\$144.93
Family	\$338.70
<b>Medical Buy-up PPO</b>	
Postdoc	\$30.72
Postdoc + Spouse/Partner	\$236.82
Postdoc + Child(ren)	\$201.92
Family	\$426.87
<b>Dental HMO</b>	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$6.95
Postdoc + Child(ren)	\$8.11
Family	\$15.03
<b>Dental PPO</b>	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$26.08
Postdoc + Child(ren)	\$32.30
Family	\$56.02
<b>Vision</b>	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$8.10
Postdoc + Child(ren)	\$7.95
Family	\$9.23
<b>Life Insurance (\$50K)</b>	\$0.00
<b>Long-Term Disability (LTD)</b>	\$0.00
<b>Short-Term Disability (STD)</b>	\$0.00
<b>Voluntary Life (postdoc, spouse, child)</b>	See plan summaries in <b>Documents Library</b> for calculation

\*\*Amounts listed are per month