

DIRECT POSTDOC RATES AND CONTRIBUTIONS

	Postdoc Cost**
Medical HMO	
Postdoc	\$555.88
Postdoc + Spouse/Partner	\$1,074.50
Postdoc + Child(ren)	\$1,031.14
Family	\$1,595.35
Medical PPO	
Postdoc	\$565.25
Postdoc + Spouse/Partner	\$1,092.60
Postdoc + Child(ren)	\$1,048.52
Family	\$1,622.23
Dental HMO	
Postdoc	\$18.52
Postdoc + Spouse/Partner	\$33.57
Postdoc + Child(ren)	\$34.73
Family	\$50.94
Dental PPO	
Postdoc	\$49.75
Postdoc + Spouse/Partner	\$108.21
Postdoc + Child(ren)	\$121.89
Family	\$172.89
Vision	
Postdoc	\$8.53
Postdoc + Spouse/Partner	\$16.21
Postdoc + Child(ren)	\$17.06
Family	\$25.08
Life Insurance (\$50K)	\$4.45
Long-Term Disability (LTD)	\$5.56
Short-Term Disability (STD)	\$24.14
Voluntary Life (postdoc, spouse, child)	See plan summaries in Documents Library for calculation

**Amounts listed are per month