

NRSA POSTDOC RATES AND CONTRIBUTIONS

	Postdoc Cost**
Medical HMO	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$179.08
Postdoc + Child(ren)	\$145.92
Family	\$341.14
Medical PPO	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$193.00
Postdoc + Child(ren)	\$157.00
Family	\$367.00
Dental HMO	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$6.95
Postdoc + Child(ren)	\$8.11
Family	\$15.03
Dental PPO	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$26.08
Postdoc + Child(ren)	\$32.30
Family	\$56.02
Vision	
Postdoc	\$0.00
Postdoc + Spouse/Partner	\$8.10
Postdoc + Child(ren)	\$7.95
Family	\$9.23
Life Insurance (\$50K)	\$0.00
Long-Term Disability (LTD)	\$0.00
Short-Term Disability (STD)	\$0.00
Voluntary Life (postdoc, spouse, child)	See plan summaries in Documents Library for calculation

**Amounts listed are per month