

# The University of Rochester

## Postdoctoral Scholar Benefit Program

### Monthly Rates and Postdoc Contributions

#### Effective January 1st, 2026 - December 31st, 2026

|                                   | Total<br>Monthly<br>Premium | Monthly<br>Postdoc<br>Contribution | Semi-Monthly<br>Postdoc<br>Contribution | Bi-weekly<br>Postdoc<br>Contribution |
|-----------------------------------|-----------------------------|------------------------------------|-----------------------------------------|--------------------------------------|
| Medical PPO - Excellus BCBS       |                             | <i>(94's only)</i>                 | <i>(93/95's only)</i>                   | <i>(93/95's only)</i>                |
| Postdoc only                      | \$782.44                    | \$117.37                           | \$58.69                                 | \$54.17                              |
| Postdoc + Spouse/Domestic Partner | \$1,635.41                  | \$245.31                           | \$122.66                                | \$113.22                             |
| Postdoc + Child(ren)              | \$1,455.47                  | \$218.32                           | \$109.17                                | \$100.76                             |
| Postdoc + Family                  | \$2,316.27                  | \$347.44                           | \$173.73                                | \$160.36                             |
| Dental PPO - MetLife              |                             | <i>(94's only)</i>                 | <i>(93/95's only)</i>                   | <i>(93/95's only)</i>                |
| Postdoc only                      | \$23.90                     | \$7.89                             | \$3.95                                  | \$3.64                               |
| Postdoc + Spouse/Domestic Partner | \$45.98                     | \$15.17                            | \$7.59                                  | \$7.00                               |
| Postdoc + Child(ren)              | \$53.79                     | \$17.75                            | \$8.88                                  | \$8.19                               |
| Postdoc + Family                  | \$75.87                     | \$25.04                            | \$12.52                                 | \$11.56                              |
| Voluntary Vision PPO - Aetna      |                             | <i>(all postdocs)</i>              |                                         |                                      |
| Postdoc only                      | \$6.39                      | \$6.39                             | \$3.20                                  | \$2.95                               |
| Postdoc + Spouse/Domestic Partner | \$12.14                     | \$12.14                            | \$6.07                                  | \$5.60                               |
| Postdoc + Child(ren)              | \$12.78                     | \$12.78                            | \$6.39                                  | \$5.90                               |
| Postdoc + Family                  | \$18.78                     | \$18.78                            | \$9.39                                  | \$8.67                               |

#### Information for Postdoc classifications of 93 & 95

Your contribution amounts will be collected by the following methods:

- ☐ Medical: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- ☐ Dental: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- ☐ Vision: Collected by Payroll in semi-monthly or bi-weekly contribution deductions
- ☐ Voluntary Life : Collected by Payroll in semi-monthly or bi-weekly contribution deductions

#### Information for Postdoc classifications of 94

Your contribution amounts will be collected by the following methods:

- ☐ Medical: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount
- ☐ Dental: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount
- ☐ Vision: Collected by Gallagher Benefit Services, via credit card, using the monthly contribution amount