The University of Rochester
Postdoctoral Scholar Benefit Program
Monthly Rates and Postdoc Contributions
Effective January 1st, 2027 - December 31st, 2027

	Total Monthly Premium	Monthly Postdoc Contribution	Semi-Monthly Postdoc Contribution	Bi-weekly Postdoc Contribution
Medical PPO - Excellus BCBS		*(94's only)*	*(93/95's only)*	*(93/95's only)*
Postdoc only	$848.91	$127.34	$63.67	$58.77
Postdoc + Spouse/Domestic Partner	$1,774.36	$266.15	$133.08	$122.84
Postdoc + Child(ren)	$1,579.14	$236.87	$118.44	$109.33
Postdoc + Family	$2,513.08	$376.96	$188.49	$173.98
Dental PPO - MetLife		*(94's only)*	*(93/95's only)*	*(93/95's only)*
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		*(all postdocs)*		
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