

The University of Rochester

Postdoctoral Scholar Benefit Program

Monthly Rates and Postdoc Contributions

Effective January 1st, 2025 - December 31st, 2025

	Total Monthly Premium	Monthly Postdoc Contribution	Semi-Monthly Postdoc Contribution	Bi-weekly Postdoc Contribution
Medical PPO - Excellus BCBS				
		<i>(94's only)</i>	<i>(93/95's only)</i>	<i>(93/95's only)</i>
Postdoc only	\$693.63	\$104.04	\$52.03	\$48.02
Postdoc + Spouse/Domestic Partner	\$1,449.76	\$217.46	\$108.74	\$100.37
Postdoc + Child(ren)	\$1,290.26	\$193.54	\$96.77	\$89.33
Postdoc + Family	\$2,053.34	\$308.00	\$154.01	\$142.15
Dental PPO - MetLife				
		<i>(94's only)</i>	<i>(93/95's only)</i>	<i>(93/95's only)</i>
Postdoc only	\$25.16	\$8.30	\$4.16	\$3.83
Postdoc + Spouse/Domestic Partner	\$48.40	\$15.97	\$7.99	\$7.37
Postdoc + Child(ren)	\$56.62	\$18.68	\$9.35	\$8.62
Postdoc + Family	\$79.86	\$26.35	\$13.18	\$12.16
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