

VUMC Postdoctoral Trainee COBRA Rates 2026-2027

CIGNA Medical Plans	Postdoc Contribution
Base PPO Medical Plan	
Postdoc	\$1,032.91
Postdoc + Spouse	\$2,396.33
Postdoc + Child(ren)	\$2,117.45
Postdoc + Family	\$3,429.22
Buy-Up PPO Medical Plan	
Postdoc	\$1,058.53
Postdoc + Spouse	\$2,455.77
Postdoc + Child(ren)	\$2,169.96
Postdoc + Family	\$3,514.29
CIGNA Dental Plans	Postdoc Contribution
HMO Dental Plan	
Postdoc	\$17.87
Postdoc + Spouse	\$33.28
Postdoc + Child(ren)	\$46.79
Postdoc + Family	\$68.47
PPO Dental Plan	
Postdoc	\$32.45
Postdoc + Spouse	\$63.84
Postdoc + Child(ren)	\$81.46
Postdoc + Family	\$121.46
SunLife Vision Plan	Postdoc Contribution
Vision Plan	
Postdoc	\$9.11
Postdoc + Spouse	\$18.22
Postdoc + Child(ren)	\$20.03
Postdoc + Family	\$29.14
Life Insurance Plan	Postdoc Contribution
Life/AD&D	N/A
Long-Term Disability	N/A