

Vanderbilt University Medical Center

Postdoctoral Trainee Benefits Program

2022/2023 Monthly Benefits Rates and Contributions

AETNA Medical Plans	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
80/60 PPO Medical Plan			
Postdoc	\$780.19	\$780.19	\$0
Postdoc + Spouse	\$1,810.12	\$1,810.12	\$0
Postdoc + Child(ren)	\$1,599.46	\$1,599.46	\$0
Postdoc + Family	\$2,590.36	\$2,590.36	\$0
90/70 PPO Medical Plan "Buy Up"			<i>Billed directly to postdoc via "FreshBooks"</i>
Postdoc	\$822.75	\$780.19	\$42.56
Postdoc + Spouse	\$1,908.84	\$1,810.12	\$98.72
Postdoc + Child(ren)	\$1,686.67	\$1,599.46	\$87.21
Postdoc + Family	\$2,731.60	\$2,590.36	\$141.24
AETNA Dental Plans	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
HMO Dental Plan			
Postdoc	\$19.27	\$19.27	\$0
Postdoc + Spouse	\$37.94	\$37.94	\$0
Postdoc + Child(ren)	\$48.45	\$48.45	\$0
Postdoc + Family	\$72.17	\$72.17	\$0
PPO Dental Plan			
Postdoc	\$34.13	\$34.13	\$0
Postdoc + Spouse	\$67.16	\$67.16	\$0
Postdoc + Child(ren)	\$85.70	\$85.70	\$0
Postdoc + Family	\$127.78	\$127.78	\$0
SunLife Vision Plan	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
Vision Plan			
Postdoc	\$8.93	\$0	\$8.93
Postdoc + Spouse	\$17.86	\$0	\$17.86
Postdoc + Child(ren)	\$19.64	\$0	\$19.64
Postdoc + Family	\$28.57	\$0	\$28.57
Life Insurance Plan	Total Monthly Cost	VUMC Contribution	Postdoc Contribution
Life/AD&D	\$5.23	\$5.23	\$0
Long-Term Disability	\$4.30	\$4.30	\$0