

**Vanderbilt University Medical Center**  
**Postdoctoral Trainee Benefits Program**

**2023/2024 Monthly Benefits Rates and Contributions**

<b>AETNA Medical Plans</b>	<b>Total Monthly Cost</b>	<b>VUMC Contribution</b>	<b>Postdoc Contribution</b>
<b>80/60 PPO Medical Plan</b>			
Postdoc	\$834.80	\$834.80	\$0
Postdoc + Spouse	\$1,936.83	\$1,936.83	\$0
Postdoc + Child(ren)	\$1,711.42	\$1,711.42	\$0
Postdoc + Family	\$2,771.69	\$2,771.69	\$0
<b>90/70 PPO Medical Plan "Buy Up"</b>			
			<i>Billed directly to postdoc via "FreshBooks"</i>
Postdoc	\$880.34	\$834.80	\$45.54
Postdoc + Spouse	\$2,042.46	\$1,936.83	\$105.63
Postdoc + Child(ren)	\$1,804.74	\$1,711.42	\$93.32
Postdoc + Family	\$2,922.81	\$2,771.69	\$151.12
<b>AETNA Dental Plans</b>			
<b>Total Monthly Cost</b>	<b>VUMC Contribution</b>	<b>Postdoc Contribution</b>	
<b>HMO Dental Plan</b>			
Postdoc	\$19.91	\$19.91	\$0
Postdoc + Spouse	\$39.19	\$39.19	\$0
Postdoc + Child(ren)	\$50.05	\$50.05	\$0
Postdoc + Family	\$74.55	\$74.55	\$0
<b>PPO Dental Plan</b>			
Postdoc	\$35.26	\$35.26	\$0
Postdoc + Spouse	\$69.38	\$69.38	\$0
Postdoc + Child(ren)	\$88.53	\$88.53	\$0
Postdoc + Family	\$132.00	\$132.00	\$0
<b>SunLife Vision Plan</b>			
<b>Total Monthly Cost</b>	<b>VUMC Contribution</b>	<b>Postdoc Contribution</b>	
<b>Vision Plan</b>			
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
<b>Life Insurance Plan</b>			
<b>Total Monthly Cost</b>	<b>VUMC Contribution</b>	<b>Postdoc Contribution</b>	
Life/AD&D	\$6.82	\$6.82	\$0
Long-Term Disability	\$4.30	\$4.30	\$0