

**2023 Health, Dental & Vision Monthly COBRA Premiums**

Plan	Year	You Only	Child or Spouse Only	You & Spouse	You, Spouse & 1 Child	You, Spouse & 2 Children	You, Spouse & 3 or More Children	You & 1 Child	You & 2 Children	You & 3 or More Children
<b>Health Plans</b>										
<b>National Health Plans</b>										
Anthem Blue Cross HDHP	2023	\$600	\$600	\$1,448	\$1,770	\$2,091	\$2,554	\$921	\$1,243	\$1,705
Anthem Blue Cross PCP	2023	\$1,074	\$1,074	\$2,596	\$3,172	\$3,748	\$4,577	\$1,650	\$2,227	\$3,056
<b>Regional Health Plans</b>										
Aetna HMO (AZ)	2023	\$947	\$947	\$2,199	\$2,692	\$2,692	\$2,692	\$1,696	\$1,696	\$1,696
Kaiser HMO (CA)	2023	\$677	\$677	\$1,610	\$1,961	\$2,306	\$2,813	\$1,028	\$1,373	\$1,880
Presbyterian HMO (NM)	2023	\$900	\$900	\$1,579	\$1,801	\$2,023	\$2,134	\$1,122	\$1,344	\$1,455
HMSA PPO (Hawaii)	2023	\$790	\$790	\$1,569	\$2,349	\$2,349	\$2,349	\$1,569	\$2,349	\$2,349
<b>Connected Care Plans (For Arizona, Northern California, New Mexico and Oregon)</b>										
Connected Care ACN HDHP (AZ)	2023	\$518	\$518	\$1,251	\$1,529	\$1,807	\$2,207	\$796	\$1,074	\$1,473
Connected Care ACN Primary Care Plus (AZ)	2023	\$951	\$951	\$2,297	\$2,806	\$3,316	\$4,050	\$1,460	\$1,970	\$2,704
Connected Care CA HDHP (Northern CA)	2023	\$548	\$548	\$1,325	\$1,618	\$1,912	\$2,336	\$842	\$1,136	\$1,559
Connected Care HDHP (NM)	2023	\$428	\$428	\$1,033	\$1,262	\$1,491	\$1,821	\$657	\$886	\$1,216
Connected Care Copay (NM)	2023	\$877	\$877	\$2,118	\$2,588	\$3,058	\$3,735	\$1,347	\$1,817	\$2,493
Connected Care Kaiser HDHP (OR)	2023	\$489	\$489	\$1,164	\$1,418	\$1,667	\$2,033	\$743	\$993	\$1,359
Connected Care Kaiser Copay (OR)	2023	\$547	\$547	\$1,300	\$1,584	\$1,863	\$2,272	\$831	\$1,109	\$1,519
Connected Care Providence HDHP (OR)	2023	\$519	\$519	\$1,253	\$1,531	\$1,809	\$2,209	\$797	\$1,075	\$1,475
Connected Care Providence Primary Care Plus (OR)	2023	\$955	\$955	\$2,307	\$2,819	\$3,331	\$4,068	\$1,467	\$1,979	\$2,716
<b>Dental Plans</b>										
Delta Dental PPO	2023	\$50	\$50	\$100	\$131	\$162	\$207	\$81	\$112	\$157
DeltaCare USA DHMO	2023	\$21	\$21	\$35	\$53	\$53	\$53	\$38	\$38	\$38
Kaiser Permanente DHMO (OR)	2023	\$76	\$76	\$180	\$219	\$257	\$314	\$115	\$153	\$210
<b>Vision Plans</b>										
VSP Basic Vision	2023	\$7	\$7	\$8	\$15	\$16	\$18	\$10	\$12	\$13
VSP Vision Plus	2023	\$16	\$16	\$20	\$35	\$39	\$44	\$24	\$28	\$31