

# 2023 COBRA & Retiree Rates

## Regular Employees



COBRA/Retiree Medical Plan Rates: Regular Employees		
Plan	2022 Monthly Rates	2023 Monthly Rates
<b>KingCare (Regence)</b>		
– Employee	\$922.47	\$892.48
– Spouse	\$922.47	\$892.48
– Child	\$737.98	\$713.98
– Children		\$1,606.46
– Employee + Spouse	\$1,844.94	\$1,784.96
– Employee + Child(ren)	\$1,660.45	\$1,606.46
– Family	\$2,582.92	\$2,498.94
<b>KingCare Select (Regence)</b>		
– Employee	\$864.33	\$829.42
– Spouse	\$864.33	\$829.42
– Child	\$691.46	\$663.54
– Children		\$1,492.96
– Employee + Spouse	\$1,728.66	\$1,658.85
– Employee + Child(ren)	\$1,555.79	\$1,492.96
– Family	\$2,420.12	\$2,322.39
<b>SmartCare (Kaiser)</b>		
– Employee	\$598.15	\$651.50
– Spouse	\$598.15	\$651.50
– Child	\$478.52	\$521.20
– Children		\$1,172.70
– Employee + Spouse	\$1,196.30	\$1,303.01
– Employee + Child(ren)	\$1,076.67	\$1,172.70
– Family	\$1,674.82	\$1,824.21
<b>Delta Dental of Washington (COBRA)</b>		
– Employee	\$68.59	\$69.45
– Spouse	\$68.59	\$69.45
– Child	\$54.87	\$55.56
– Children		\$125.01
– Employee + Spouse	\$137.18	\$138.90
– Employee + Child(ren)	\$123.46	\$125.01
– Family	\$192.05	\$194.46
<b>Delta Dental of Washington (Retiree)</b>		
– Retiree	\$76.41	\$76.42
– Employee + Spouse	\$152.82	\$152.84
– Employee + Child(ren)	\$147.81	\$147.82
– Family	\$224.22	\$224.24
<b>Cigna Dental HMO (COBRA)<sup>1</sup></b>		
– Employee	N/A	\$21.13
– Spouse	N/A	\$19.07
– Child	N/A	\$22.44
– Children		\$43.57
– Employee + Spouse	N/A	\$40.21

<sup>1</sup> Cigna Dental HMO is not available to retirees.

- Employee + Child(ren)	N/A	\$43.57
- Family	N/A	\$68.56
<b>Vision Service Plan</b>		
- Employee	\$11.76	\$11.30
- Spouse	\$11.76	\$11.30
- Child	\$9.40	\$9.04
- Children		\$20.34
- Employee + Spouse	\$23.52	\$22.60
- Employee + Child(ren)	\$21.16	\$20.34
- Family	\$32.92	\$31.64