

2025 COBRA & Retiree Rates

Regular Employees



King County

Benefits, Payroll and
Retirement Operations

COBRA/Retiree Medical Plan Rates: Regular Employees		
Plan	2024 Monthly Rates	2025 Monthly Rates
KingCare (Regence)		
– Employee	\$955.61	\$1,025.29
– Spouse	\$955.61	\$1,025.29
– Child	\$764.49	\$820.23
– Children	\$1,720.10	\$1,845.53
– Employee + Spouse	\$1,911.21	\$2,050.59
– Employee + Child(ren)	\$1,720.10	\$1,845.53
– Family	\$2,675.70	\$2,870.82
KingCare Select (Regence)		
– Employee	\$884.09	\$946.99
– Spouse	\$884.09	\$946.99
– Child	\$707.27	\$757.59
– Children	\$1,591.35	\$1,704.58
– Employee + Spouse	\$1,768.17	\$1,893.98
– Employee + Child(ren)	\$1,591.35	\$1,704.58
– Family	\$2,475.44	\$2,651.57
SmartCare (Kaiser)		
– Employee	\$724.23	\$808.04
– Spouse	\$724.23	\$808.04
– Child	\$579.38	\$646.44
– Children	\$1,303.61	\$1,454.48
– Employee + Spouse	\$1,448.46	\$1,616.09
– Employee + Child(ren)	\$1,303.61	\$1,454.48
– Family	\$2,027.84	\$2,262.52
Delta Dental of Washington (COBRA)		
– Employee	\$72.92	\$75.20
– Spouse	\$72.92	\$75.20
– Child	\$58.33	\$60.16
– Children	\$131.25	\$135.36
– Employee + Spouse	\$145.84	\$150.41
– Employee + Child(ren)	\$131.25	\$135.36
– Family	\$204.17	\$210.57
Delta Dental of Washington (Retiree)		
– Retiree	\$76.42	\$76.42
– Retiree + Spouse	\$152.84	\$152.48
– Retiree + Child(ren)	\$147.82	\$147.82
– Family	\$224.24	\$224.24

COBRA/Retiree Medical Plan Rates: Regular Employees		
Plan	2024 Monthly Rates	2025 Monthly Rates
Cigna Dental HMO (COBRA)¹		
- Employee	\$21.13	\$21.13
- Spouse	\$19.07	\$19.07
- Child	\$22.44	\$22.44
- Children	\$43.57	\$43.57
- Employee + Spouse	\$40.21	\$40.21
- Employee + Child(ren)	\$43.57	\$43.57
- Family	\$68.56	\$68.56
Vision Service Plan		
- Employee	\$11.59	\$11.55
- Spouse	\$11.59	\$11.55
- Child	\$9.27	\$9.24
- Children	\$20.86	\$20.79
- Employee + Spouse	\$23.17	\$23.09
- Employee + Child(ren)	\$20.86	\$20.79
- Family	\$32.45	\$32.33

¹ Cigna Dental HMO is not available to retirees.