

2024 COBRA & Retiree Rates

Regular Employees



King County

Benefits, Payroll and
Retirement Operations

COBRA/Retiree Medical Plan Rates: Regular Employees		
Plan	2024 Monthly Rates	2023 Monthly Rates
KingCare (Regence)		
– Employee	\$955.61	\$892.48
– Spouse	\$955.61	\$892.48
– Child	\$764.49	\$713.98
– Children	\$1,720.10	\$1,606.46
– Employee + Spouse	\$1,911.21	\$1,784.96
– Employee + Child(ren)	\$1,720.10	\$1,606.46
– Family	\$2,675.70	\$2,498.94
KingCare Select (Regence)		
– Employee	\$884.09	\$829.42
– Spouse	\$884.09	\$829.42
– Child	\$707.27	\$663.54
– Children	\$1,591.35	\$1,492.96
– Employee + Spouse	\$1,768.17	\$1,658.85
– Employee + Child(ren)	\$1,591.35	\$1,492.96
– Family	\$2,475.44	\$2,322.39
SmartCare (Kaiser)		
– Employee	\$724.23	\$651.50
– Spouse	\$724.23	\$651.50
– Child	\$579.38	\$521.20
– Children	\$1,303.61	\$1,172.70
– Employee + Spouse	\$1,448.46	\$1,303.01
– Employee + Child(ren)	\$1,303.61	\$1,172.70
– Family	\$2,027.84	\$1,824.21
Delta Dental of Washington (COBRA)		
– Employee	\$72.92	\$69.45
– Spouse	\$72.92	\$69.45
– Child	\$58.33	\$55.56
– Children	\$131.25	\$125.01
– Employee + Spouse	\$145.84	\$138.90
– Employee + Child(ren)	\$131.25	\$125.01
– Family	\$204.17	\$194.46
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	2023 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	\$11.30
- Spouse	\$11.59	\$11.30
- Child	\$9.27	\$9.04
- Children	\$20.86	\$20.34
- Employee + Spouse	\$23.17	\$22.60
- Employee + Child(ren)	\$20.86	\$20.34
- Family	\$32.45	\$31.64

¹ Cigna Dental HMO is not available to retirees.