

Postal Premium Rates for the Federal Employees Health Benefits Program

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Fee-for-Service Plans (FFS)		2018 Total Biweekly Premium	2019 Biweekly Postal Premium Rates Category 1				2018 Total Biweekly Premium	2019 Biweekly Postal Premium Rates Category 2			
Plan - Option - Enrollment Code			Total Premium	Govt Pays	Empl. Pays	Change in empl. payment		Total Premiu m	Govt Pays	Empl. Pays	Change in empl. payment
Nationwide APWU Health Plan											
High Self	471	322.29	335.18	233.38	101.80	15.13	322.29	335.18	242.97	92.21	11.90
High Self & Family	472	773.48	804.42	532.62	271.80	34.39	773.48	804.42	554.50	249.92	27.00
High Self Plus One	473	676.79	703.86	499.11	204.75	32.60	676.79	703.86	519.62	184.24	25.73
CDHP Self	474	255.89	275.85	209.65	66.20	7.99	255.89	275.85	218.61	57.24	4.14
CDHP Self & Family	475	614.12	654.04	497.07	156.97	17.26	614.12	654.04	518.33	135.71	8.28
CDHP Self Plus One	476	562.95	599.54	455.65	143.89	15.82	562.95	599.54	475.14	124.40	7.59
Nationwide Blue Cross and Blue Shield Service Benefit Plan											
Standard Self	104	342.41	342.41	233.38	109.03	2.24	342.41	342.41	242.97	99.44	-0.99
Standard Self & Family	105	793.53	793.53	532.62	260.91	3.45	793.53	793.53	554.50	239.03	-3.94
Standard Self Plus One	106	748.81	748.81	499.11	249.70	5.53	748.81	748.81	519.62	229.19	-1.34
Nationwide Blue Cross and Blue Shield Service Benefit Plan											
Basic Self	111	294.90	294.90	224.12	70.78	3.69	294.90	294.90	233.71	61.19	0.00
Basic Self & Family	112	702.56	702.56	532.62	169.94	3.45	702.56	702.56	554.50	148.06	-3.94
Basic Self Plus One	113	662.84	662.84	499.11	163.73	5.53	662.84	662.84	519.62	143.22	-1.34
Nationwide Blue Cross and Blue Shield Service Benefit Plan FEP Blue Focus											
Blue Focus Self	131	New Plan	212.58	161.56	51.02	New Plan	New Plan	212.58	168.47	44.11	New Plan
Blue Focus Self & Family	132	New Plan	502.70	382.05	120.65	New Plan	New Plan	502.70	398.39	104.31	New Plan
Blue Focus Self Plus One	133	New Plan	457.02	347.34	109.68	New Plan	New Plan	457.02	362.19	94.83	New Plan
Nationwide Compass Rose Health Plan											
High Self	421	321.36	321.36	233.38	87.98	2.24	321.36	321.36	242.97	78.39	-0.99
High Self & Family	422	771.27	771.27	532.62	238.65	3.45	771.27	771.27	554.50	216.77	-3.94
High Self Plus One	423	707.00	707.00	499.11	207.89	5.53	707.00	707.00	519.62	187.38	-1.34
Nationwide Foreign Service Benefit Plan											
High Self	401	264.22	268.18	203.82	64.36	4.25	264.22	268.18	212.53	55.65	0.82
High Self & Family	402	653.62	663.46	504.23	159.23	10.53	653.62	663.46	525.79	137.67	2.04
High Self Plus One	403	647.14	656.86	499.11	157.75	10.53	647.14	656.86	519.62	137.24	2.96

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Nationwide GEHA											
High Self	311	332.82	336.15	233.38	102.77	5.57	332.82	336.15	242.97	93.18	2.34
High Self & Family	312	790.83	838.27	532.62	305.65	50.89	790.83	838.27	554.50	283.77	43.50
High Self Plus One	313	732.21	739.53	499.11	240.42	12.85	732.21	739.53	519.62	219.91	5.98
Standard Self	314	219.75	235.13	178.70	56.43	6.44	219.75	235.13	186.34	48.79	3.19
Standard Self & Family	315	519.70	592.46	450.27	142.19	23.96	519.70	592.46	469.52	122.94	15.10
Standard Self Plus One	316	472.47	505.54	384.21	121.33	13.84	472.47	505.54	400.64	104.90	6.86
Nationwide GEHA											
HDHP Self	341	231.35	234.82	178.46	56.36	3.73	231.35	234.82	186.09	48.73	0.72
HDHP Self & Family	342	547.12	582.69	442.84	139.85	15.38	547.12	582.69	461.78	120.91	7.38
HDHP Self Plus One	343	497.40	504.86	383.69	121.17	8.01	497.40	504.86	400.10	104.76	1.55
Nationwide MHBP - Consumer Option											
HDHP Self	481	262.02	259.40	197.14	62.26	2.65	262.02	259.40	205.57	53.83	-0.54
HDHP Self & Family	482	608.83	602.74	458.08	144.66	6.15	608.83	602.74	477.67	125.07	-1.26
HDHP Self Plus One	483	579.85	574.05	436.28	137.77	5.85	579.85	574.05	454.93	119.12	-1.20
Nationwide MHBP - Std											
Standard Self	454	268.82	266.14	202.27	63.87	2.71	268.82	266.14	210.92	55.22	-0.56
Standard Self & Family	455	624.72	618.48	470.04	148.44	6.32	624.72	618.48	490.15	128.33	-1.30
Standard Self Plus One	456	618.78	612.59	465.57	147.02	6.25	618.78	612.59	485.48	127.11	-1.29
Nationwide MHBP - Value Plan											
Value Self	414	229.41	220.23	167.37	52.86	0.67	229.41	220.23	174.53	45.70	-1.90
Value Self & Family	415	554.42	532.24	404.50	127.74	1.61	554.42	532.24	421.80	110.44	-4.60
Value Self Plus One	416	543.56	521.82	396.58	125.24	1.58	543.56	521.82	413.54	108.28	-4.51

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Nationwide NALC											
High Self	321	308.04	314.81	233.38	81.43	9.01	308.04	314.81	242.97	71.84	5.78
High Self & Family	322	691.71	706.93	532.62	174.31	16.95	691.71	706.93	554.50	152.43	8.90
High Self Plus One	323	678.06	692.97	499.11	193.86	20.44	678.06	692.97	519.62	173.35	13.57
CDHP Self	324	214.26	218.55	166.10	52.45	3.71	214.26	218.55	173.20	45.35	0.89
CDHP Self & Family	325	473.82	492.77	374.51	118.26	10.47	473.82	492.77	390.52	102.25	3.93
CDHP Self Plus One	326	463.49	477.39	362.82	114.57	9.13	463.49	477.39	378.33	99.06	2.89
Nationwide NALC											
Value Self	KM1	175.85	179.37	136.32	43.05	3.04	175.85	179.37	142.15	37.22	0.73
Value Self & Family	KM2	389.03	404.60	307.50	97.10	8.60	389.03	404.60	320.65	83.95	3.23
Value Self Plus One	KM3	380.37	391.78	297.75	94.03	7.50	380.37	391.78	310.49	81.29	2.36
Nationwide Panama Canal Area Benefit Plan											
High Self	431	264.38	277.60	210.98	66.62	6.47	264.38	277.60	220.00	57.60	2.74
High Self & Family	432	551.88	579.47	440.40	139.07	13.52	551.88	579.47	459.23	120.24	5.72
High Self Plus One	433	527.68	554.06	421.09	132.97	12.92	527.68	554.06	439.09	114.97	5.48
Nationwide Rural Carrier Benefit Plan											
High Self	381	316.47	316.47	233.38	83.09	2.24	316.47	316.47	242.97	73.50	-0.99
High Self & Family	382	612.83	625.08	475.06	150.02	10.60	612.83	625.08	495.38	129.70	2.54
High Self Plus One	383	600.81	612.83	465.75	147.08	10.40	600.81	612.83	485.67	127.16	2.49
Nationwide SAMBA											
High Self	441	421.24	421.24	233.38	187.86	2.24	421.24	421.24	242.97	178.27	-0.99
High Self & Family	442	1010.97	1010.97	532.62	478.35	3.45	1010.97	1010.97	554.50	456.47	-3.94
High Self Plus One	443	926.72	926.72	499.11	427.61	5.53	926.72	926.72	519.62	407.10	-1.34
Standard Self	444	326.84	317.03	233.38	83.65	-7.57	326.84	317.03	242.97	74.06	-10.80
Standard Self & Family	445	751.74	729.20	532.62	196.58	-19.09	751.74	729.20	554.50	174.70	-26.48
Standard Self Plus One	446	719.06	697.49	499.11	198.38	-16.04	719.06	697.49	519.62	177.87	-22.91