

Postal Premium Rates for the Federal Employees Health Benefits Program

Fee-for-Service Plans (FFS)	2016 Total Biweekly Premium	2017 Biweekly Postal Premium Rates Category 1			2016 Total Biweekly Premium	2017 Biweekly Postal Premium Rates Category 2		
Plan - Option - Enrollment Code		Total Premium	Govt Pays	Empl. Pays		Total Premium	Govt Pays	Empl. Pays

Nationwide APWU Health Plan

High Self	471	293.37	315.96	230.90	85.06	293.37	315.96	233.98	81.98
High Self & Family	472	704.10	758.32	526.28	232.04	704.10	758.32	533.29	225.03
High Self Plus One	473	616.09	663.52	495.62	167.90	616.09	663.52	502.22	161.30
CDHP Self	474	207.76	247.24	193.47	53.77	207.76	247.24	195.94	51.30
CDHP Self & Family	475	498.62	593.35	464.30	129.05	498.62	593.35	470.23	123.12
CDHP Self Plus One	476	457.07	543.91	425.61	118.30	457.07	543.91	431.05	112.86

Nationwide Blue Cross and Blue Shield Service Benefit Plan

Standard Self	104	313.55	327.66	230.90	96.76	313.55	327.66	233.98	93.68
Standard Self & Family	105	726.74	759.45	526.28	233.17	726.74	759.45	533.29	226.16
Standard Self Plus One	106	692.33	716.56	495.62	220.94	692.33	716.56	502.22	214.34

Nationwide Blue Cross and Blue Shield Service Benefit Plan

Basic Self	111	273.94	284.90	222.93	61.97	273.94	284.90	225.78	59.12
Basic Self & Family	112	652.70	678.81	526.28	152.53	652.70	678.81	533.29	145.52
Basic Self Plus One	113	621.77	640.43	495.62	144.81	621.77	640.43	502.22	138.21

Nationwide Compass Rose Health Plan

High Self	421	291.49	306.06	230.90	75.16	291.49	306.06	233.98	72.08
High Self & Family	422	699.57	734.55	526.28	208.27	699.57	734.55	533.29	201.26
High Self Plus One	423	641.27	673.34	495.62	177.72	641.27	673.34	502.22	171.12

Nationwide Foreign Service Benefit Plan

High Self	401	252.70	257.76	201.70	56.06	252.70	257.76	204.27	53.49
High Self & Family	402	625.16	637.66	498.97	138.69	625.16	637.66	505.35	132.31
High Self Plus One	403	618.98	631.36	494.04	137.32	618.98	631.36	500.35	131.01

Nationwide GEHA Benefit Plan

High Self	311	313.72	323.13	230.90	92.23	313.72	323.13	233.98	89.15
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		Total Premium	Govt Pays	Empl. Pays		Total Premium	Govt Pays	Empl. Pays	
High Self & Family	312	745.43	767.79	526.28	241.51	745.43	767.79	533.29	234.50
High Self Plus One	313	690.18	710.88	495.62	215.26	690.18	710.88	502.22	208.66
Standard Self	314	207.16	215.45	168.59	46.86	207.16	215.45	170.74	44.71
Standard Self & Family	315	489.91	509.51	398.69	110.82	489.91	509.51	403.79	105.72
Standard Self Plus One	316	445.39	463.21	362.46	100.75	445.39	463.21	367.09	96.12
Nationwide GEHA High Deductible Health Plan									
HDHP Self	341	216.01	226.81	177.48	49.33	216.01	226.81	179.75	47.06
HDHP Self & Family	342	510.85	536.39	419.73	116.66	510.85	536.39	425.09	111.30
HDHP Self Plus One	343	464.42	487.65	381.59	106.06	464.42	487.65	386.46	101.19
Nationwide MHBP - Consumer Option									
HDHP Self	481	259.47	264.66	207.10	57.56	259.47	264.66	209.74	54.92
HDHP Self & Family	482	602.92	614.98	481.22	133.76	602.92	614.98	487.37	127.61
HDHP Self Plus One	483	574.22	585.71	458.32	127.39	574.22	585.71	464.18	121.53
Nationwide MHBP - Std									
Standard Self	454	279.93	271.53	212.47	59.06	279.93	271.53	215.19	56.34
Standard Self & Family	455	650.55	631.03	493.78	137.25	650.55	631.03	500.09	130.94
Standard Self Plus One	456	637.79	625.03	489.09	135.94	637.79	625.03	495.34	129.69
Nationwide MHBP - Value Plan									
Value Self	414	236.60	238.97	186.99	51.98	236.60	238.97	189.38	49.59
Value Self & Family	415	571.80	577.52	451.91	125.61	571.80	577.52	457.68	119.84
Value Self Plus One	416	560.59	566.20	443.05	123.15	560.59	566.20	448.71	117.49
Nationwide NALC									
High Self	321	285.92	299.07	230.90	68.17	285.92	299.07	233.98	65.09
High Self & Family	322	634.74	671.56	525.50	146.06	634.74	671.56	532.21	139.35
High Self Plus One	323	623.30	651.98	495.62	156.36	623.30	651.98	502.22	149.76

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CDHP Self	324	200.24	214.26	167.66	46.60	200.24	214.26	169.80	44.46
CDHP Self & Family	325	434.80	464.53	363.49	101.04	434.80	464.53	368.14	96.39
CDHP Self Plus One	326	434.79	463.49	362.68	100.81	434.79	463.49	367.32	96.17
Nationwide NALC Value Option									
Value Self	KM1	172.40	175.85	137.60	38.25	172.40	175.85	139.36	36.49
Value Self & Family	KM2	374.39	381.41	298.45	82.96	374.39	381.41	302.27	79.14
Value Self Plus One	KM3	374.38	380.37	297.64	82.73	374.38	380.37	301.44	78.93
Nationwide Panama Canal Area Benefit Plan									
High Self	431	238.66	247.08	193.34	53.74	238.66	247.08	195.81	51.27
High Self & Family	432	498.18	515.77	403.59	112.18	498.18	515.77	408.75	107.02
High Self Plus One	433	476.34	493.16	385.90	107.26	476.34	493.16	390.83	102.33
Nationwide Rural Carrier Benefit Plan									
High Self	381	298.34	304.30	230.90	73.40	298.34	304.30	233.98	70.32
High Self & Family	382	577.71	589.26	461.10	128.16	577.71	589.26	466.99	122.27
High Self Plus One	383	566.37	577.70	452.05	125.65	566.37	577.70	457.83	119.87
Nationwide SAMBA									
High Self	441	347.16	393.68	230.90	162.78	347.16	393.68	233.98	159.70
High Self & Family	442	833.19	944.83	526.28	418.55	833.19	944.83	533.29	411.54
High Self Plus One	443	763.76	866.10	495.62	370.48	763.76	866.10	502.22	363.88
Standard Self	444	253.76	291.82	228.35	63.47	253.76	291.82	231.27	60.55
Standard Self & Family	445	583.65	671.20	525.21	145.99	583.65	671.20	531.93	139.27
Standard Self Plus One	446	558.27	642.01	495.62	146.39	558.27	642.01	502.22	139.79