

Postal Premium Rates for the Federal Employees Health Benefits Program

Fee-for-Service Plans (FFS)			2013 Total Biweekly Premium	2014 Biweekly Postal Premium Rates Category 1				2013 Total Biweekly Premium	2014 Biweekly Postal Premium Rates Category 2			
Plan	Option	Enrollment Code		Total Premium	Govt Pays	Empl. Pays	Change in empl. payment		Total Premium	Govt Pays	Empl. Pays	Change in empl. payment
APWU Health Plan	High Self	471	245.02	252.38	210.74	41.64	1.21	245.02	252.38	197.49	54.89	8.95
	High Family	472	554.03	570.65	476.49	94.16	2.75	554.03	570.65	446.53	124.12	20.24
	CDHP Self	474	174.61	179.85	150.17	29.68	.87	174.61	179.85	140.73	39.12	6.38
	CDHP Family	475	392.81	404.59	337.83	66.76	1.95	392.81	404.59	316.59	88.00	14.35
Blue Cross and Blue Shield Service Benefit Plan	Standard Self	104	276.75	284.50	218.54	65.96	1.25	276.75	284.50	204.88	79.62	9.61
	Standard Family	105	625.09	642.60	486.24	156.36	3.44	625.09	642.60	455.85	186.75	22.02
Blue Cross and Blue Shield Service Benefit Plan	Basic Self	111	236.30	243.86	203.62	40.24	1.25	236.30	243.86	190.82	53.04	8.73
	Basic Family	112	553.30	571.02	476.80	94.22	2.93	553.30	571.02	446.82	124.20	20.46
Compass Rose Health Plan	High Self	421	262.18	268.74	218.54	50.20	.06	262.18	268.74	204.88	63.86	8.42
	High Family	422	602.73	617.80	486.24	131.56	1.00	602.73	617.80	455.85	161.95	19.58
Foreign Service Benefit Plan	High Self	401	229.12	231.41	193.23	38.18	.38	229.12	231.41	181.08	50.33	7.37
	High Family	402	564.54	570.19	476.11	94.08	.93	564.54	570.19	446.17	124.02	18.17
GEHA Benefit Plan	High Self	311	282.00	290.45	218.54	71.91	1.95	282.00	290.45	204.88	85.57	10.31
	High Family	312	641.35	660.59	486.24	174.35	5.17	641.35	660.59	455.85	204.74	23.75
	Standard Self	314	179.74	192.33	160.60	31.73	2.07	179.74	192.33	150.50	41.83	8.13
	Standard Family	315	408.76	437.37	365.20	72.17	4.72	408.76	437.37	342.24	95.13	18.49
GEHA High Deductible Health Plan	HDHP Self	341	193.77	203.47	169.90	33.57	1.60	193.77	203.47	159.22	44.25	7.92
	HDHP Family	342	442.59	464.72	388.04	76.68	3.65	442.59	464.72	363.64	101.08	18.09
MHBP - Consumer Option	HDHP Self	481	248.13	251.86	210.30	41.56	.62	248.13	251.86	197.08	54.78	8.26
	HDHP Family	482	562.24	570.68	476.52	94.16	1.39	562.24	570.68	446.56	124.12	18.70
MHBP - Std	Standard Self	454	287.45	293.20	218.54	74.66	-.75	287.45	293.20	204.88	88.32	7.61
	Standard Family	455	657.84	671.00	486.24	184.76	-.91	657.84	671.00	455.85	215.15	17.67
MHBP - Value Plan	Value Self	414	172.44	208.66	174.23	34.43	5.98	172.44	208.66	163.28	45.38	13.05
	Value Family	415	411.12	497.46	415.38	82.08	14.25	411.12	497.46	389.26	108.20	31.12
NALC	High Self	321	264.99	271.09	218.54	52.55	-.40	264.99	271.09	204.88	66.21	7.96
	High Family	322	575.43	588.67	486.24	102.43	-.83	575.43	588.67	455.85	132.82	17.75
	CDHP Self	324	New Plan	193.00	161.16	31.84	New Plan	New Plan	193.00	151.02	41.98	New Plan
	CDHP Family	325	New Plan	419.08	349.93	69.15	New Plan	New Plan	419.08	327.93	91.15	New Plan
NALC Value Option	Value Self	KM1	New Plan	166.17	138.75	27.42	New Plan	New Plan	166.17	130.03	36.14	New Plan
	Value Family	KM2	New Plan	360.85	301.31	59.54	New Plan	New Plan	360.85	282.37	78.48	New Plan
Panama Canal Area Benefit Plan	High Self	431	206.22	206.22	172.19	34.03	.00	206.22	206.22	161.37	44.85	6.18
	High Family	432	430.45	430.45	359.43	71.02	.00	430.45	430.45	336.83	93.62	12.91
Rural Carrier Benefit Plan	High Self	381	278.41	283.97	218.54	65.43	-.94	278.41	283.97	204.88	79.09	7.42
	High Family	382	568.66	557.72	465.70	92.02	-4.47	568.66	557.72	436.42	121.30	13.00
SAMBA	High Self	441	305.39	323.71	218.54	105.17	11.82	305.39	323.71	204.88	118.83	20.18
	High Family	442	719.19	762.34	486.24	276.10	29.08	719.19	762.34	455.85	306.49	47.66
	Standard Self	444	243.16	243.16	203.04	40.12	.00	243.16	243.16	190.27	52.89	7.30
	Standard Family	445	555.35	555.35	463.72	91.63	.00	555.35	555.35	434.56	120.79	16.66