

## Non-Postal Premium Rates for the Federal Employees Health Benefits Program

Fee-for-Service Plans (FFS)		2012 Total Biweekly Premium	2013 Biweekly premium rates				2012 Total Monthly Premium	2013 Monthly premium rates				
			Total Premium	Gov't Pays	Empl. Pays	Change in empl. payment		Total Premium	Gov't Pays	Empl. Pays	Change in empl. payment	
Plan - Option - Enrollment Code												
<b>APWU Health Plan</b>												
	High Self	471	235.60	245.02	183.77	61.25	2.35	510.47	530.88	398.16	132.72	5.10
	High Family	472	532.72	554.03	415.52	138.51	5.33	1154.23	1200.40	900.30	300.10	11.54
	CDHP Self	474	164.73	174.61	130.96	43.65	2.47	356.92	378.32	283.74	94.58	5.35
	CDHP Family	475	370.57	392.81	294.61	98.20	5.56	802.90	851.09	638.32	212.77	12.05
<b>Blue Cross and Blue Shield Service Benefit Plan</b>												
	Standard Self	104	271.33	276.75	190.84	85.91	.33	587.88	599.63	413.49	186.14	.72
	Standard Family	105	612.83	625.09	424.95	200.14	1.66	1327.80	1354.36	920.73	433.63	3.59
<b>Blue Cross and Blue Shield Service Benefit Plan</b>												
	Basic Self	111	225.02	236.30	177.23	59.07	2.82	487.54	511.98	383.99	127.99	6.11
	Basic Family	112	526.94	553.30	414.98	138.32	6.59	1141.70	1198.82	899.12	299.70	14.28
<b>Compass Rose Health Plan</b>												
	High Self	421	245.03	262.18	190.84	71.34	10.08	530.90	568.06	413.49	154.57	21.85
	High Family	422	563.31	602.73	424.95	177.78	28.82	1220.51	1305.92	920.73	385.19	62.44
<b>Foreign Service Benefit Plan</b>												
	High Self	401	227.98	229.12	171.84	57.28	.29	493.96	496.43	372.32	124.11	.62
	High Family	402	556.20	564.54	423.41	141.13	-.72	1205.10	1223.17	917.38	305.79	-1.55
<b>GEHA Benefit Plan</b>												
	High Self	311	271.15	282.00	190.84	91.16	5.76	587.49	611.00	413.49	197.51	12.48
	High Family	312	616.68	641.35	424.95	216.40	14.07	1336.14	1389.59	920.73	468.86	30.48
	Standard Self	314	171.18	179.74	134.81	44.93	2.14	370.89	389.44	292.08	97.36	4.64
	Standard Family	315	389.29	408.76	306.57	102.19	4.87	843.46	885.65	664.24	221.41	10.55
<b>GEHA High Deductible Health Plan</b>												
	HDHP Self	341	184.55	193.77	145.33	48.44	2.30	399.86	419.84	314.88	104.96	5.00
	HDHP Family	342	421.51	442.59	331.94	110.65	5.27	913.27	958.95	719.21	239.74	11.42
<b>MHBP - Consumer Option</b>												
	HDHP Self	481	213.36	248.13	186.10	62.03	8.69	462.28	537.62	403.22	134.40	18.83
	HDHP Family	482	483.44	562.24	421.68	140.56	19.70	1047.45	1218.19	913.64	304.55	42.69
<b>MHBP - Std</b>												
	Standard Self	454	282.09	287.45	190.84	96.61	.27	611.20	622.81	413.49	209.32	.58
	Standard Family	455	645.58	657.84	424.95	232.89	1.66	1398.76	1425.32	920.73	504.59	3.59
<b>MHBP - Value Plan</b>												
	Standard Self	414	158.35	172.44	129.33	43.11	3.52	343.09	373.62	280.22	93.40	7.63

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	Standard Family	415	377.52	411.12	308.34	102.78	8.40	817.96	890.76	668.07	222.69	18.20
<b>NALC</b>												
	High Self	321	260.42	264.99	190.84	74.15	-.52	564.24	574.15	413.49	160.66	-1.12
	High Family	322	565.55	575.43	424.95	150.48	-.72	1225.36	1246.77	920.73	326.04	-1.56
<b>Panama Canal Area Benefit Plan</b>												
	High Self	431	194.55	206.22	154.67	51.55	2.91	421.53	446.81	335.11	111.70	6.32
	High Family	432	406.08	430.45	322.84	107.61	6.09	879.84	932.64	699.48	233.16	13.20
<b>Rural Carrier Benefit Plan</b>												
	High Self	381	270.30	278.41	190.84	87.57	3.02	585.65	603.22	413.49	189.73	6.54
	High Family	382	552.10	568.66	424.95	143.71	5.69	1196.22	1232.10	920.73	311.37	12.32
<b>SAMBA</b>												
	High Self	441	305.39	305.39	190.84	114.55	-5.09	661.68	661.68	413.49	248.19	-11.03
	High Family	442	719.19	719.19	424.95	294.24	-10.60	1558.25	1558.25	920.73	637.52	-22.97
	Standard Self	444	243.16	243.16	182.37	60.79	.00	526.85	526.85	395.14	131.71	.00
	Standard Family	445	555.35	555.35	416.51	138.84	-2.16	1203.26	1203.26	902.45	300.81	-4.69