



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

<b>Fee-for-Service Plans (FFS)</b>			2012 Total Biweekly Premium	2013 Biweekly Postal Premium Rates Category 1				2012 Total Biweekly Premium	2013 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
<b>MHBP - Value Plan</b>												
	Standard Self	414	158.35	172.44	143.99	28.45	2.32	158.35	172.44	140.11	32.33	6.20
	Standard Family	415	377.52	411.12	343.29	67.83	5.54	377.52	411.12	334.04	77.08	14.79
<b>NALC</b>												
	High Self	321	260.42	264.99	212.04	52.95	-1.09	260.42	264.99	206.74	58.25	4.21
	High Family	322	565.55	575.43	472.17	103.26	-1.90	565.55	575.43	460.36	115.07	9.91
<b>Panama Canal Area Benefit Plan</b>												
	High Self	431	194.55	206.22	172.19	34.03	1.93	194.55	206.22	167.55	38.67	6.57
	High Family	432	406.08	430.45	359.43	71.02	4.02	406.08	430.45	349.74	80.71	13.71
<b>Rural Carrier Benefit Plan</b>												
	High Self	381	270.30	278.41	212.04	66.37	2.45	270.30	278.41	206.74	71.67	7.75
	High Family	382	552.10	568.66	472.17	96.49	4.78	552.10	568.66	460.36	108.30	16.59
<b>SAMBA</b>												
	High Self	441	305.39	305.39	212.04	93.35	-5.66	305.39	305.39	206.74	98.65	-.36
	High Family	442	719.19	719.19	472.17	247.02	-11.78	719.19	719.19	460.36	258.83	.03
	Standard Self	444	243.16	243.16	203.04	40.12	.00	243.16	243.16	197.57	45.59	5.47
	Standard Family	445	555.35	555.35	463.72	91.63	-3.33	555.35	555.35	451.22	104.13	9.17