

**2019 NHRMC Medical Plan****Monthly Cobra**

<b>EE Only</b>	\$	651.42
<b>EE / Children</b>	\$	995.49
<b>*EE / Spouse</b>	\$	1,376.20
<b>*Family</b>	\$	1,764.26

**2019 NHRMC Standard Medical Plan****Monthly Cobra**

<b>EE Only</b>	\$	1,192.40
<b>EE / Children</b>	\$	1,725.75
<b>*EE / Spouse</b>	\$	2,235.74
<b>*Family</b>	\$	2,891.09

**2019 NHRMC Dental Plan****Monthly Cobra**

<b>EE/Only</b>	\$	30.29
<b>EE/Child(ren)</b>	\$	81.23
<b>EE/Spouse</b>	\$	61.76
<b>Family</b>	\$	117.99

**2019 NHRMC Vision Plan****Monthly Cobra**

<b>EE Only</b>	\$	11.14
<b>EE + 1 Dependent</b>	\$	21.19
<b>Family</b>	\$	30.40