



# KNOW YOUR BENEFITS

## 2023 Monthly Insurance Contributions - Full Time

	Cafeteria Allowance <i>(Amount subject to Hire Date)</i>		Medical Allowance <i>(Must enroll in a medical plan)</i>	Opt-Out Allowance	Opt-Out Allowance
<b>K&amp;M</b>	Hired on or before 4/12/2019 \$1,725.00	Hired on or after 4/13/2019 Match all premiums up to \$1,725.00 No Cash Back	\$151.00	Hired on or before 4/12/2019 \$1,000.00	Hired on or after 4/13/2019 \$500.00
<b>CEA &amp; Prof/Tech</b>	Hired on or before 3/15/2019 \$1,725.00	Hired on or after 3/16/2019 Match all premiums up to \$1,725.00 No Cash Back		Hired on or before 3/15/2019 \$1,000.00	Hired on or after 3/16/2019 \$500.00
<b>FMA</b>	Hired on or before 6/21/2019 \$1,824.00	Hired on or after 6/22/2019 Match all premiums up to \$1,824.00 No Cash Back		Hired on or before 6/21/2019 \$1,000.00	Hired on or after 6/22/2019 \$500.00
<b>FA</b>	Hired on or before 12/31/2021 \$1,824.00	Hired on or after 1/1/2022 Match all premiums up to \$1,824.00 No Cash Back		Hired on or before 12/31/2021 \$1,000.00	Hired on or after 1/1/2022 \$500.00
<b>League</b>	Hired on or before 1/28/2022 \$1,725.00	Hired on or after 1/29/2022 Match all premiums up to \$1,725.00 No Cash Back		Hired on or before 1/28/2022 \$1,000.00	Hired on or after 1/29/2022 \$500.00
<b>LMA</b>	Hired on or before 9/27/2019 \$1,645.00	Hired on or after 9/28/2019 Match all premiums up to \$1,645.00 No Cash Back		Hired on or before 9/27/2019 \$1,000.00	Hired on or after 9/28/2019 \$500.00
<b>PA</b>	Hired on or before 12/17/2021 \$1,524.00	Hired on or after 12/18/2021 Match all premiums up to \$1,524.00 No Cash Back		Hired on or before 12/17/2021 \$1,000.00	Hired on or after 12/18/2021 \$500.00
<b>PMA</b>	Hired on or before 12/17/2021 \$1,524.00	Hired on or after 12/18/2021 Match all premiums up to \$1,524.00 No Cash Back		Hired on or before 12/17/2021 \$1,000.00	Hired on or after 12/18/2021 \$500.00



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## Monthly Insurance Premiums

Basic	2022			2023		
	Single	2-Party	Family	Single	2-Party	Family
<b>Basic Premium Rates – REGION 2</b>						
Fresno, Imperial, Inyo, Kern, Kings, Madera, Orange, San Diego, San Luis Obispo, Santa Barbara, Tulare & Ventura						
Anthem Select HMO	\$712.43	\$1,424.86	\$1,852.32	\$765.37	\$1,530.74	\$1,989.96
Anthem Traditional HMO	\$1,007.13	\$2,014.26	\$2,618.54	\$935.12	\$1,870.24	\$2,431.31
Blue Shield Trio HMO	\$742.70	\$1,485.40	\$1,931.02	\$760.71	\$1,521.42	\$1,977.85
Blue Shield Access + HMO	\$900.22	\$1,800.44	\$2,340.57	\$842.61	\$1,685.22	\$2,190.79
Health Net Salud y Más HMO	\$548.26	\$1,096.52	\$1,425.48	\$698.91	\$1,397.82	\$1,817.17
Health Net Smart Care HMO	\$845.69	\$1,691.38	\$2,198.79	\$834.65	\$1,669.30	\$2,170.09
Kaiser HMO	\$706.02	\$1,412.04	\$1,835.65	\$756.21	\$1,512.42	\$1,966.15
UnitedHealthcare Alliance HMO	\$775.09	\$1,550.18	\$2,015.23	\$793.63	\$1,587.26	\$2,063.44
UnitedHealthcare Harmony HMO	\$782.74	\$1,565.48	\$2,035.12	\$781.58	\$1,563.16	\$2,032.11
Sharp HMO (Services San Diego County)	\$699.21	\$1,398.42	\$1,817.95	\$764.96	\$1,529.92	\$1,988.90
PERS Gold PPO	\$587.78	\$1,175.56	\$1,528.23	\$695.93	\$1,391.86	\$1,809.42
PERS Platinum PPO	\$882.18	\$1,764.36	\$2,293.67	\$1,014.80	\$2,029.60	\$2,638.48
PORAC PPO (Association Plan)	\$775.00	\$1,550.00	\$2,010.00	\$820.00	\$1,650.00	\$2,100.00
<b>Basic Premium Rates – REGION 3</b>						
Los Angeles, San Bernardino & Riverside						
Anthem Select HMO	\$676.48	\$1,352.96	\$1,758.85	\$737.91	\$1,475.82	\$1,918.57
Anthem Traditional HMO	\$935.57	\$1,871.14	\$2,432.48	\$942.73	\$1,885.46	\$2,451.10
Blue Shield Trio HMO	\$668.13	\$1,336.26	\$1,737.14	\$661.49	\$1,322.98	\$1,719.87
Blue Shield Access + HMO	\$779.87	\$1,559.74	\$2,027.66	\$738.29	\$1,476.58	\$1,919.55
Health Net Salud y Más HMO	\$463.87	\$927.74	\$1,206.06	\$606.34	\$1,212.68	\$1,576.48
Health Net Smart Care HMO	\$764.96	\$1,529.92	\$1,988.90	\$755.29	\$1,510.58	\$1,963.75
Kaiser HMO	\$719.78	\$1,439.56	\$1,871.43	\$754.64	\$1,509.28	\$1,962.06
UnitedHealthcare Alliance HMO	\$771.85	\$1,543.70	\$2,006.81	\$790.46	\$1,580.92	\$2,055.20
UnitedHealthcare Harmony HMO	\$714.28	\$1,428.56	\$1,857.13	\$713.55	\$1,427.10	\$1,855.23
PERS Gold PPO	\$575.56	\$1,151.12	\$1,496.46	\$680.37	\$1,360.74	\$1,768.96
PERS Platinum PPO	\$863.37	\$1,726.74	\$2,244.76	\$992.59	\$1,985.18	\$2,580.73
PORAC PPO (Association Plan)	\$775.00	\$1,475.00	\$1,894.00	\$820.00	\$1,600.00	\$2,100.00
<b>DENTAL &amp; VISION – ALL REGIONS</b>						
<b>MetLife</b>	<b>2022</b>			<b>2023</b>		
Dental HMO	\$14.03	\$26.65	\$37.17	\$14.03	\$26.65	\$37.17
Dental PPO	\$54.57	\$111.04	\$152.69	\$57.30	\$116.59	\$160.32
Vision PPO	\$8.76	\$16.79	\$23.99	\$8.76	\$16.79	\$23.99