

Your Health Care Plan Rates

Biweekly rates are based on 26 pay periods during the 2022 plan year. The rates (below) are effective January 1, 2022 through December 31, 2022.

COVERAGE LEVEL	GRADUATE STUDENT EMPLOYEES BIWEEKLY RATES	GRADUATE FELLOWS BIWEEKLY RATES
Individual	\$14.31	\$143.06
Individual + one dependent	\$56.94	\$313.61
Individual + two or more dependents	\$81.31	\$411.08

There are more details about your Health Care plan in the Summary Plan Description (SPD), which can be found at www.umn.com or www.rfsuny.org/benefits. If you have questions about your RF benefits, or to request a printed copy of the SPD, contact your campus Benefits Office.

As you may recall, for this year (2021), your benefit deductions are taken out of 27 pay periods, which lowered your bi-weekly premium. For 2022, your benefit deductions will be taken out of the typical 26 pay periods, and your bi-weekly premiums may seem higher due to this change.

New York State Paid Family Leave Program

The New York State Paid Family Leave Program provides job-protected, paid-leave to bond with a new child, care for a loved one with a serious health condition or help relieve family pressures when someone is called to active military service. This benefit is paid for by employees through payroll deduction and it is not optional for most employees.

Available Leave Time: 12 weeks.

Benefit Amount: 67 percent of your average weekly wage, up to a cap of 67 percent of the Statewide Average Weekly Wage of \$1,594.57. The maximum weekly benefit for 2022 is \$1,068.36.

Deduction Rate: .511 percent of weekly earnings capped annually at \$423.71.

For more information about the Paid Family Leave Program and how to apply for benefits, refer to the *RF Benefits Handbook* online at www.rfsuny.org/benefits and select *Benefits Publications > Benefits Handbooks*.

Teladoc gives you 24/7 access to doctors via phone, video or mobile app

Teladoc, a convenient and less expensive option for quality medical care, allows you to:

- **Talk** to a doctor, anytime, anywhere you happen to be;
- **Receive** prompt treatment, usually within 10 minutes;
- **Access** a network of doctors who can treat every member of the family;
- **Receive** prescriptions sent to the pharmacy of your choice, if necessary; and
- **Get** the care you need for many conditions, including cold and flu symptoms, allergies, pink eye, respiratory infection, sinus problems, skin problem, and more.

For more information or to talk to a doctor, visit teladoc.com or call 800-Teladoc.