

# Your 2025 Health Care Plan Options

PLAN FEATURE	ANTHEM BLUE CROSS TRADITIONAL PPO	ANTHEM BLUE CROSS DEDUCTIBLE PPO¹	CAPITAL DISTRICT PHYSICIANS' HEALTH PLAN (CDPHP)*	INDEPENDENT HEALTH ASSOCIATION (IHA)	MVP
MONTHLY RATES					
Individual	\$1,381.92	\$1,262.31	\$1,225.12	\$1,026.41	\$1,186.79
Individual + Spouse/ Domestic Partner	\$2,858.76	\$2,619.47	\$2,572.75	\$2,463.38	\$2,794.49
Individual + Child(ren)	\$2,455.53	\$2,240.23	\$2,327.73	\$1,847.52	\$2,243.51
Family	\$4,137.78	\$3,779.30	\$3,430.32	\$2,873.92	\$3,022.94

## Graduate Student and Postdoc Employee Health Plan through Anthem

MONTHLY RATES	
Individual	\$451.13
Individual + One	\$979.90
Family	\$1,290.02

# Your 2025 Dental and Vision Plan Rates

2025 Dental Care Plan Offered through Delta Dental		2025 Vision Care Plans Administered by Davis Vision, Inc.			
COVERAGE LEVEL	MONTHLY RATES	COVERAGE LEVEL	MONTHLY RATES	COVERAGE LEVEL- PLUS	MONTHLY RATES
Individual	\$35.22	Individual	\$4.34	Individual	\$15.05
Family	\$83.27	Family	\$10.30	Family	\$35.29

For full details, please refer to the RF Benefits Handbook or visit [www.rfsuny.org/benefits](http://www.rfsuny.org/benefits).