

# Postal Premium Rates for the Federal Employees Health Benefits

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Managed Fee-For-Service Plans Plan, option and enrollment code			1997 total premium	1998 Biweekly premium rates			
				Total premium	Gov't pays	Empl. pays	Change in empl. payment
Alliance							
High Self	YQ1		149.35	149.35	78.06	71.29	-3.71
High Family	YQ2		316.64	316.64	168.36	148.28	-8.68
APWU							
High Self	471		85.05	103.33	78.06	25.27	14.57
High Family	472		184.89	224.64	168.36	56.28	31.07
Blue Cross and Blue Shield							
High Self	101		130.41	130.41	78.06	52.35	-3.71
High Family	102		278.86	278.86	168.36	110.50	-8.68
Standard Self	104		82.97	89.18	78.06	11.12	1.79
Standard Family	105		184.97	198.85	168.36	30.49	5.20
GEHA							
High Self	311		88.30	98.01	78.06	19.95	6.00
High Family	312		190.46	211.41	168.36	43.05	12.27
Mail Handlers							
High Self	451		90.86	99.95	78.06	21.89	5.38
High Family	452		195.21	210.83	168.36	42.47	6.94
Standard Self	454		57.04	73.02	64.81	8.21	1.79
Standard Family	455		123.81	158.48	140.65	17.83	3.90
NALC							
High Self	321		89.64	112.94	78.06	34.88	19.59
High Family	322		191.55	241.35	168.36	72.99	41.12
Postmasters							
High Self	361		150.51	180.61	78.06	102.55	26.39
High Family	362		324.73	389.68	168.36	221.32	56.27
Standard Self	364		90.00	100.80	78.06	22.74	7.09
Standard Family	365		194.68	218.04	168.36	49.68	14.68
BACE							
High Self	YD1		79.02	82.14	72.90	9.24	0.35
High Family	YD2		177.80	197.12	168.36	28.76	8.76
Foreign Service							
High Self	401		87.87	91.82	78.06	13.76	0.24
High Family	402		213.66	223.27	168.36	54.91	0.93
Panama Canal Area							
High Self	431		82.94	92.06	78.06	14.00	4.67
High Family	432		179.87	199.65	168.36	31.29	11.05

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Rural Carrier Benefit Plan

High Self	381	93.24	96.03	78.06	17.97	-0.92
High Family	382	190.08	195.78	168.36	27.42	-2.98

SAMBA

High Self	441	93.11	105.56	78.06	27.50	8.74
High Family	442	219.15	254.61	168.36	86.25	26.78

Secret Service

High Self	Y71	76.88	76.88	68.23	8.65	0.00
High Family	Y72	182.19	182.19	161.69	20.50	-2.01

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

*[NOTE: If your plan is not in this POS section, check the HMO section.]*

All	Postmasters						
States	Standard Self	364	90.00	100.80	78.06	22.74	7.09
	Standard Family	365	194.68	218.04	168.36	49.68	14.68
AZ	Health Plan of Nevada						
	High Self	NM1	68.62	73.95	65.63	8.32	0.60
	High Family	NM2	161.27	173.82	154.27	19.55	1.41
AR	American HMO						
	High Self	RB1	72.77	73.99	65.67	8.32	0.13
	High Family	RB2	189.14	181.19	160.81	20.38	-9.08
AR	QCA Health Plan						
	High Self	8Q1	New Plan	87.61	77.75	9.86	N/A
	High Family	8Q2	New Plan	203.17	168.36	34.81	N/A
CO	HMO Colorado/Nevada						
	High Self	L21	78.32	79.87	70.88	8.99	0.18
	High Family	L22	195.82	199.65	168.36	31.29	-4.85
CT	Oxford Health Plans						
	High Self	ZW1	94.19	100.77	78.06	22.71	2.87
	High Family	ZW2	248.78	266.12	168.36	97.76	8.66
CT	Physicians Health Services/CT						
	High Self	DP1	111.50	104.96	78.06	26.90	-10.25
	High Family	DP2	287.88	273.98	168.36	105.62	-22.58
DE	BACE						
	High Self	YD1	79.02	82.14	72.90	9.24	0.35
	High Family	YD2	177.80	197.12	168.36	28.76	8.76
DC	BACE						
	High Self	YD1	79.02	82.14	72.90	9.24	0.35
	High Family	YD2	177.80	197.12	168.36	28.76	8.76
DC	Preferred Health Network						
	High Self	4P1	77.04	96.15	78.06	18.09	9.42
	High Family	4P2	200.47	250.18	168.36	81.82	41.03
DC	Prudential HealthCare HMO						
	High Self	JB1	81.71	91.76	78.06	13.70	4.51

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

*[NOTE: If your plan is not in this POS section, check the HMO section.]*

	High Family	JB2	179.85	201.96	168.36	33.60	13.37
DC	United HealthCare Mid-Atlantic						
	High Self	BL1	81.30	83.30	73.93	9.37	0.22
	High Family	BL2	195.23	199.94	168.36	31.58	-3.97
GA	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
GA	United HealthCare of Georgia						
	High Self	UQ1	93.53	126.03	78.06	47.97	28.79
	High Family	UQ2	215.11	289.86	168.36	121.50	66.07
HI	HMSA						
	High Self	871	81.84	81.84	72.63	9.21	0.00
	High Family	872	190.29	190.29	168.36	21.93	-8.68
ID	HMO Blue						
	High Self	GM1	94.26	99.00	78.06	20.94	1.03
	High Family	GM2	228.07	239.55	168.36	71.19	2.80
IL	American HMO						
	High Self	AC1	77.17	84.53	75.02	9.51	0.83
	High Family	AC2	177.50	202.82	168.36	34.46	14.49
IN	American HMO						
	High Self	AC1	77.17	84.53	75.02	9.51	0.83
	High Family	AC2	177.50	202.82	168.36	34.46	14.49
KS	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
LA	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
LA	Maxicare Louisiana						
	High Self	JA1	71.96	71.47	63.43	8.04	-0.06
	High Family	JA2	167.48	166.34	147.63	18.71	-0.13
ME	NYLCare Health Plans of Maine						

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

*[NOTE: If your plan is not in this POS section, check the HMO section.]*

	High Self	9M1	New Plan	92.25	78.06	14.19	N/A
	High Family	9M2	New Plan	217.70	168.36	49.34	N/A
MD	BACE						
	High Self	YD1	79.02	82.14	72.90	9.24	0.35
	High Family	YD2	177.80	197.12	168.36	28.76	8.76
MD	Columbia Medical Plan						
	High Self	671	91.60	108.87	78.06	30.81	13.56
	High Family	672	232.18	261.26	168.36	92.90	20.40
MD	Free State Health Plan						
	High Self	LD1	80.92	91.35	78.06	13.29	4.19
	High Family	LD2	184.93	201.00	168.36	32.64	7.39
MD	Preferred Health Network						
	High Self	4P1	77.04	96.15	78.06	18.09	9.42
	High Family	4P2	200.47	250.18	168.36	81.82	41.03
MD	Prudential HealthCare HMO						
	High Self	JB1	81.71	91.76	78.06	13.70	4.51
	High Family	JB2	179.85	201.96	168.36	33.60	13.37
MD	United HealthCare Mid-Atlantic						
	High Self	BL1	81.30	83.30	73.93	9.37	0.22
	High Family	BL2	195.23	199.94	168.36	31.58	-3.97
MA	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
MA	Coordinated Health Partners						
	High Self	DA1	69.88	86.02	76.34	9.68	1.82
	High Family	DA2	178.90	220.20	168.36	51.84	31.71
MA	United HealthCare New England						
	High Self	VF1	84.80	93.07	78.06	15.01	4.56
	High Family	VF2	203.53	223.37	168.36	55.01	11.16
MS	Integrity Health Plan						
	High Self	4G1	New Plan	72.37	64.23	8.14	N/A
	High Family	4G2	New Plan	183.81	163.13	20.68	N/A

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

*[NOTE: If your plan is not in this POS section, check the HMO section.]*

NE	GEHA						
	High Self	311	88.30	98.01	78.06	19.95	6.00
	High Family	312	190.46	211.41	168.36	43.05	12.27
NV	Health Plan of Nevada						
	High Self	NM1	68.62	73.95	65.63	8.32	0.60
	High Family	NM2	161.27	173.82	154.27	19.55	1.41
NV	HMO Colorado/Nevada						
	High Self	VS1	72.46	83.68	74.27	9.41	1.26
	High Family	VS2	173.08	199.89	168.36	31.53	12.06
NJ	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
NJ	GHI Health Plan						
	High Self	801	98.87	86.73	76.97	9.76	-14.76
	High Family	802	227.88	216.82	168.36	48.46	-19.74
NJ	Physicians Health Services-NJ						
	High Self	7B1	New Plan	91.60	78.06	13.54	N/A
	High Family	7B2	New Plan	239.41	168.36	71.05	N/A
NM	HMO New Mexico						
	High Self	5H1	65.11	67.82	60.19	7.63	0.31
	High Family	5H2	168.00	174.96	155.28	19.68	0.78
NM	Presbyterian Health Plan						
	High Self	W81	67.22	66.61	59.12	7.49	-0.07
	High Family	W82	176.24	174.68	155.03	19.65	-0.18
NY	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
NY	Community Blue						
	High Self	6Z1	70.49	79.61	70.65	8.96	1.03
	High Family	6Z2	183.28	206.60	168.36	38.24	14.64
NY	Community Blue						
	High Self	J71	56.00	57.00	50.59	6.41	0.11

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
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*[NOTE: If your plan is not in this POS section, check the HMO section.]*

NY	High Family	J72	155.93	159.38	141.45	17.93	0.39
	GHI Health Plan						
	High Self	801	98.87	86.73	76.97	9.76	-14.76
	High Family	802	227.88	216.82	168.36	48.46	-19.74
NY	Oxford Health Plans						
	High Self	GC1	92.80	97.36	78.06	19.30	0.85
	High Family	GC2	243.94	248.64	168.36	80.28	-3.98
NY	Physicians Health Srvs of NY						
	High Self	PD1	107.79	111.85	78.06	33.79	0.35
	High Family	PD2	281.56	292.33	168.36	123.97	2.09
NC	QualChoice of North Carolina						
	High Self	7Q1	New Plan	78.78	69.92	8.86	N/A
	High Family	7Q2	New Plan	191.80	168.36	23.44	N/A
OH	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
OH	HealthFirst, Inc.						
	High Self	RF1	78.37	80.72	71.64	9.08	0.26
	High Family	RF2	200.14	206.15	168.36	37.79	-2.67
OH	QualChoice Health Plan						
	High Self	1Q1	69.97	69.97	62.10	7.87	0.00
	High Family	1Q2	174.96	174.96	155.28	19.68	0.00
OK	Blue Cross and Blue Shield						
	Standard Self	104	82.97	89.18	78.06	11.12	1.79
	Standard Family	105	184.97	198.85	168.36	30.49	5.20
PA	Free State Health Plan						
	High Self	LD1	80.92	91.35	78.06	13.29	4.19
	High Family	LD2	184.93	201.00	168.36	32.64	7.39
PA	Oxford Health Plans						
	High Self	3W1	81.38	84.70	75.17	9.53	0.37
	High Family	3W2	222.37	221.55	168.36	53.19	-9.50
PA	Penn State Geisinger HlthPlan						

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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
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*[NOTE: If your plan is not in this POS section, check the HMO section.]*

	High Self	N91	55.83	66.11	58.67	7.44	1.16
	High Family	N92	172.98	204.93	168.36	36.57	17.11
PR	PCA Health Plans/Puerto Rico						
	High Self	5P1	62.57	65.70	58.31	7.39	0.35
	High Family	5P2	167.07	175.42	155.69	19.73	0.93
PR	Triple-S						
	High Self	891	81.13	81.13	72.00	9.13	0.00
	High Family	892	174.25	174.25	154.65	19.60	0.00
PR	United HealthCare Puerto Rico						
	High Self	7U1	New Plan	72.68	64.50	8.18	N/A
	High Family	7U2	New Plan	156.75	139.12	17.63	N/A
RI	Coordinated Health Partners						
	High Self	DA1	69.88	86.02	76.34	9.68	1.82
	High Family	DA2	178.90	220.20	168.36	51.84	31.71
RI	United HealthCare New England						
	High Self	VF1	84.80	93.07	78.06	15.01	4.56
	High Family	VF2	203.53	223.37	168.36	55.01	11.16
TX	HMO Texas, L.C.						
	High Self	2T1	71.67	77.10	68.43	8.67	0.61
	High Family	2T2	178.82	192.40	168.36	24.04	3.92
VA	BACE						
	High Self	YD1	79.02	82.14	72.90	9.24	0.35
	High Family	YD2	177.80	197.12	168.36	28.76	8.76
VA	Prudential HealthCare HMO						
	High Self	JB1	81.71	91.76	78.06	13.70	4.51
	High Family	JB2	179.85	201.96	168.36	33.60	13.37
VA	United HealthCare Mid-Atlantic						
	High Self	BL1	81.30	83.30	73.93	9.37	0.22
	High Family	BL2	195.23	199.94	168.36	31.58	-3.97
WV	BACE						
	High Self	YD1	79.02	82.14	72.90	9.24	0.35
	High Family	YD2	177.80	197.12	168.36	28.76	8.76



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Plans offering a Point-of-Service (POS) Product  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
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*[NOTE: If your plan is not in this POS section, check the HMO section.]*

WV	Free State Health Plan						
	High Self	LD1	80.92	91.35	78.06	13.29	4.19
	High Family	LD2	184.93	201.00	168.36	32.64	7.39

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

AL	Health Partners of Alabama						
	High Self	5F1	59.24	77.65	68.91	8.74	2.08
	High Family	5F2	159.94	209.66	168.36	41.30	23.31
AL	Health Partners of Alabama						
	High Self	DF1	85.01	78.40	69.58	8.82	-1.84
	High Family	DF2	217.60	200.68	168.36	32.32	-25.60
AL	Health Partners of Alabama						
	High Self	Z91	51.10	71.43	63.39	8.04	2.29
	High Family	Z92	137.97	192.84	168.36	24.48	8.96
AL	PrimeHealth of Alabama, Inc.						
	High Self	AA1	98.09	106.53	78.06	28.47	4.73
	High Family	AA2	191.03	207.47	168.36	39.11	7.76
AL	VIVA Health Plan						
	High Self	4B1	New Plan	80.75	71.67	9.08	N/A
	High Family	4B2	New Plan	201.86	168.36	33.50	N/A
AZ	Aetna U.S. Healthcare						
	High Self	WQ1	67.12	70.48	62.55	7.93	0.38
	High Family	WQ2	188.61	198.04	168.36	29.68	0.75
AZ	CIGNA HC of AZ-Phoenix						
	High Self	161	74.93	74.90	66.47	8.43	0.00
	High Family	162	194.80	187.24	166.18	21.06	-14.06
AZ	HealthPartners Health Plans						
	High Self	2S1	61.93	67.79	60.16	7.63	0.66
	High Family	2S2	176.54	193.25	168.36	24.89	5.03
AZ	HealthPartners Health Plans						
	High Self	QS1	69.50	86.64	76.89	9.75	1.93
	High Family	QS2	194.59	242.61	168.36	74.25	39.34
AZ	HealthPartners Health Plans						
	High Self	TD1	52.82	60.49	53.68	6.81	0.87
	High Family	TD2	147.90	169.36	150.31	19.05	2.41
AZ	Humana Health Plan of AZ						
	High Self	DY1	57.28	62.22	55.22	7.00	0.56

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
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[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	DY2	155.78	169.23	150.19	19.04	1.51
AZ	Intergroup of Arizona, Inc.						
	High Self	A71	55.60	67.90	60.26	7.64	1.39
	High Family	A72	161.23	196.90	168.36	28.54	10.40
AZ	PacifiCare of Arizona						
	High Self	A31	63.49	63.34	56.21	7.13	-0.01
	High Family	A32	177.83	177.59	157.61	19.98	-0.03
AZ	PacifiCare of Nevada						
	High Self	K91	70.32	62.72	55.66	7.06	-0.85
	High Family	K92	178.36	158.81	140.94	17.87	-2.20
AZ	Premier HealthCare of Arizona						
	High Self	9A1	57.69	57.69	51.20	6.49	0.00
	High Family	9A2	158.02	158.02	140.24	17.78	0.00
AZ	Premier HealthCare of Arizona						
	High Self	9B1	69.24	71.32	63.30	8.02	0.23
	High Family	9B2	191.69	201.28	168.36	32.92	0.91
AR	HEALTH ADVANTAGE						
	High Self	3D1	77.93	77.93	69.16	8.77	0.00
	High Family	3D2	181.42	181.42	161.01	20.41	-1.33
AR	Healthsource Arkansas						
	High Self	1H1	73.91	82.63	73.33	9.30	0.99
	High Family	1H2	197.08	220.33	168.36	51.97	14.57
AR	Prudential HealthCare HMO						
	High Self	VY1	71.30	80.74	71.66	9.08	1.06
	High Family	VY2	178.04	179.98	159.73	20.25	0.22
AR	United HealthCare of Arkansas						
	High Self	QC1	76.40	95.95	78.06	17.89	9.30
	High Family	QC2	170.44	214.04	168.36	45.68	26.51
CA	Aetna U.S. Healthcare						
	High Self	2X1	66.71	80.13	71.12	9.01	1.51
	High Family	2X2	169.99	187.52	166.42	21.10	1.98
CA	Aetna U.S. Healthcare						

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		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	BU1	88.00	93.57	78.06	15.51	1.86
	High Family	BU2	197.51	209.97	168.36	41.61	3.78
CA	Blue Shield of CA Access+HMO						
	High Self	SJ1	66.88	73.70	65.41	8.29	0.77
	High Family	SJ2	165.93	182.85	162.28	20.57	1.90
CA	CaliforniaCare						
	High Self	M51	65.18	66.48	59.00	7.48	0.15
	High Family	M52	166.29	169.61	150.53	19.08	0.37
CA	CareAmerica HP						
	High Self	BG1	61.29	64.42	57.17	7.25	0.35
	High Family	BG2	170.21	178.89	158.76	20.13	0.98
CA	CIGNA HealthCare of CA						
	High Self	SK1	83.18	82.72	73.41	9.31	-0.05
	High Family	SK2	178.51	177.70	157.71	19.99	-0.09
CA	Foundation Health						
	High Self	6R1	71.76	75.92	67.38	8.54	0.47
	High Family	6R2	187.13	178.46	158.38	20.08	-7.37
CA	Foundation Health						
	High Self	C61	76.72	75.67	67.16	8.51	-0.12
	High Family	C62	200.03	177.94	157.92	20.02	-20.33
CA	Health Net						
	High Self	LB1	74.88	75.36	66.88	8.48	0.06
	High Family	LB2	175.86	177.04	157.12	19.92	0.14
CA	Kaiser Permanente						
	High Self	591	71.68	71.60	63.55	8.05	-0.01
	High Family	592	171.10	170.89	151.66	19.23	-0.02
CA	Kaiser Permanente						
	High Self	621	77.86	81.63	72.45	9.18	0.42
	High Family	622	181.84	190.18	168.36	21.82	-0.34
CA	Maxicare Northern California						
	High Self	CX1	74.37	75.29	66.82	8.47	0.10
	High Family	CX2	165.46	167.49	148.65	18.84	0.23

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

CA	Maxicare Southern California						
	High Self	CM1	64.68	59.16	52.50	6.66	-0.62
	High Family	CM2	163.70	149.71	132.87	16.84	-1.58
CA	MetraHealth Care Plan						
	High Self	WA1	58.28	61.85	54.89	6.96	0.40
	High Family	WA2	162.31	172.27	152.89	19.38	1.12
CA	National HMO Health Plan						
	High Self	MN1	69.34	69.02	61.26	7.76	-0.04
	High Family	MN2	172.12	183.41	162.78	20.63	1.27
CA	Omni Healthcare						
	High Self	HN1	74.77	80.84	71.75	9.09	0.68
	High Family	HN2	188.09	203.36	168.36	35.00	6.59
CA	PacifiCare of California						
	High Self	CY1	67.40	75.69	67.17	8.52	0.94
	High Family	CY2	174.48	195.97	168.36	27.61	7.98
CA	United Health Plan						
	High Self	C41	62.71	58.14	51.60	6.54	-0.51
	High Family	C42	135.77	125.86	111.70	14.16	-1.11
CO	Aetna U.S. Healthcare						
	High Self	6F1	61.85	70.29	62.38	7.91	0.95
	High Family	6F2	160.96	187.12	166.07	21.05	2.94
CO	Antero HealthPlans						
	High Self	9X1	69.78	63.98	56.78	7.20	-0.65
	High Family	9X2	173.47	173.62	154.09	19.53	0.01
CO	CIGNA HealthCare of CO						
	High Self	1C1	78.86	79.65	70.69	8.96	0.09
	High Family	1C2	189.28	191.17	168.36	22.81	-6.79
CO	Foundation Health						
	High Self	2D1	70.91	68.59	60.87	7.72	-0.26
	High Family	2D2	180.23	174.32	154.71	19.61	-0.94
CO	Kaiser Permanente						
	High Self	651	69.70	72.49	64.33	8.16	0.32

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

CO	High Family	652	177.12	185.09	164.27	20.82	0.89
	PacifiCare of Colorado						
	High Self	D61	75.47	71.70	63.63	8.07	-0.42
	High Family	D62	193.92	185.52	164.65	20.87	-13.37
	Standard Self	D64	64.93	63.61	56.45	7.16	-0.14
	Standard Family	D65	167.32	164.82	146.28	18.54	-0.28
CO	Rocky Mountain HMO						
	High Self	881	88.03	91.18	78.06	13.12	-0.56
	High Family	882	205.87	213.23	168.36	44.87	-1.32
CT	Aetna U.S. Healthcare						
	High Self	H11	99.79	105.78	78.06	27.72	2.28
	High Family	H12	268.11	284.20	168.36	115.84	7.41
CT	ConnectiCare						
	High Self	TE1	112.28	117.20	78.06	39.14	1.21
	High Family	TE2	249.33	260.25	168.36	91.89	2.24
CT	Harvard Community Hlth Plan						
	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
CT	Health New England						
	High Self	DJ1	82.47	94.56	78.06	16.50	7.22
	High Family	DJ2	182.26	208.97	168.36	40.61	18.03
CT	Kaiser Permanente						
	High Self	DM1	76.96	89.36	78.06	11.30	2.64
	High Family	DM2	182.00	214.46	168.36	46.10	23.78
CT	M.D. Health Plan						
	High Self	1M1	95.95	101.00	78.06	22.94	1.34
	High Family	1M2	245.58	260.36	168.36	92.00	6.10
CT	NYLCare Health Plans						
	High Self	HV1	78.22	89.45	78.06	11.39	2.59
	High Family	HV2	203.34	232.58	168.36	64.22	20.56
CT	Prudential HealthCare HMO						

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	8C1	115.44	89.51	78.06	11.45	-29.64
	High Family	8C2	283.42	283.08	168.36	114.72	-9.02
CT	Suburban Health Plan, Inc.						
	High Self	1S1	90.65	90.65	78.06	12.59	-3.71
	High Family	1S2	237.59	237.59	168.36	69.23	-8.68
DE	Aetna U.S. Healthcare						
	High Self	NK1	105.23	115.75	78.06	37.69	6.81
	High Family	NK2	292.64	321.90	168.36	153.54	20.58
DE	AmeriHealth HMO, Inc.						
	High Self	SP1	81.55	88.54	78.06	10.48	1.31
	High Family	SP2	214.79	233.16	168.36	64.80	9.69
DC	Aetna U.S. Healthcare						
	High Self	V81	79.84	95.51	78.06	17.45	8.47
	High Family	V82	175.38	233.42	168.36	65.06	45.33
DC	CapitalCare						
	High Self	2G1	64.63	73.48	65.21	8.27	1.00
	High Family	2G2	177.73	202.07	168.36	33.71	13.72
DC	CareFirst						
	High Self	JQ1	87.91	95.79	78.06	17.73	4.17
	High Family	JQ2	194.03	219.23	168.36	50.87	16.52
DC	CIGNA HlthCare Mid-Atlantic						
	High Self	XF1	77.81	57.76	51.26	6.50	-2.25
	High Family	XF2	210.17	163.92	145.48	18.44	-32.05
DC	George Washington Univ HP						
	High Self	E51	94.91	104.49	78.06	26.43	5.87
	High Family	E52	204.81	228.80	168.36	60.44	15.31
	Standard Self	E54	63.09	68.26	60.58	7.68	0.58
	Standard Family	E55	135.04	148.80	132.06	16.74	1.55
DC	Kaiser Permanente						
	High Self	E31	71.51	79.05	70.16	8.89	0.85
	High Family	E32	176.44	195.22	168.36	26.86	7.01
DC	MD-IPA						

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	JP1	73.64	79.09	70.19	8.90	0.62
	High Family	JP2	176.75	189.82	168.36	21.46	1.58
DC	NYLCare/Mid-Atlantic						
	High Self	JN1	74.08	90.06	78.06	12.00	3.67
	High Family	JN2	174.08	211.65	168.36	43.29	23.71
	Standard Self	JN4	55.16	61.36	54.46	6.90	0.69
	Standard Family	JN5	129.62	144.19	127.97	16.22	1.64
FL	Aetna U.S. Healthcare						
	High Self	8A1	New Area	89.07	78.06	11.01	N/A
	High Family	8A2	New Area	247.03	168.36	78.67	N/A
FL	Av-Med Health Plan						
	High Self	EM1	69.39	71.19	63.18	8.01	0.20
	High Family	EM2	190.81	195.73	168.36	27.37	-3.76
FL	Av-Med Health Plan						
	High Self	GP1	65.17	71.84	63.76	8.08	0.75
	High Family	GP2	179.18	197.56	168.36	29.20	9.04
FL	Av-Med Health Plan						
	High Self	H51	81.70	83.13	73.78	9.35	0.16
	High Family	H52	224.64	228.57	168.36	60.21	-4.75
FL	Av-Med Health Plan						
	High Self	HW1	82.50	74.05	65.72	8.33	-0.95
	High Family	HW2	226.88	203.64	168.36	35.28	-31.92
FL	Av-Med Health Plan						
	High Self	JF1	74.54	74.44	66.07	8.37	-0.02
	High Family	JF2	204.91	204.72	168.36	36.36	-8.87
FL	Beacon Health Plan						
	High Self	4K1	New Plan	59.12	52.47	6.65	N/A
	High Family	4K2	New Plan	165.56	146.93	18.63	N/A
FL	Capital Health Plan						
	High Self	EA1	74.00	73.69	65.40	8.29	-0.03



# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

FL	High Family	EA2	198.35	196.79	168.36	28.43	-10.24
	Foundation Health						
	High Self	5C1	64.33	50.81	45.09	5.72	-1.52
	High Family	5C2	175.10	143.59	127.44	16.15	-3.55
FL	Foundation Health						
	High Self	5D1	61.27	55.43	49.19	6.24	-0.65
	High Family	5D2	195.07	156.59	138.97	17.62	-17.77
FL	Foundation Health						
	High Self	5E1	71.66	42.87	38.05	4.82	-3.24
	High Family	5E2	195.07	121.09	107.47	13.62	-21.77
FL	Health Options						
	High Self	D71	69.72	75.66	67.15	8.51	0.67
	High Family	D72	186.86	202.90	168.36	34.54	7.36
FL	Health Options						
	High Self	E81	65.98	76.44	67.84	8.60	1.18
	High Family	E82	197.04	228.28	168.36	59.92	22.56
FL	Health Options						
	High Self	FN1	62.16	73.21	64.97	8.24	1.25
	High Family	FN2	166.39	195.95	168.36	27.59	8.87
FL	Health Options						
	High Self	FR1	61.64	68.40	60.71	7.69	0.76
	High Family	FR2	166.39	184.63	163.86	20.77	2.05
FL	Health Options						
	High Self	TH1	67.89	98.80	78.06	20.74	13.10
	High Family	TH2	188.02	273.63	168.36	105.27	76.93
FL	Health Options						
	High Self	XN1	84.82	101.26	78.06	23.20	12.73
	High Family	XN2	202.86	239.72	168.36	71.36	28.18
FL	Healthplan Southeast						
	High Self	3E1	71.68	76.37	67.78	8.59	0.53
	High Family	3E2	198.08	204.96	168.36	36.60	-1.80
FL	HIP Health Plan of FL						

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	K71	72.22	81.88	72.67	9.21	1.09
	High Family	K72	177.21	229.24	168.36	60.88	40.94
FL	Humana Medical Plan						
	High Self	7F1	New Code	64.55	57.29	7.26	N/A
	High Family	7F2	New Code	180.79	160.45	20.34	N/A
FL	Humana Medical Plan						
	High Self	EE1	48.53	75.60	67.10	8.50	3.04
	High Family	EE2	138.67	189.01	167.75	21.26	5.66
FL	Humana Medical Plan						
	High Self	JH1	64.64	74.60	66.21	8.39	1.12
	High Family	JH2	184.76	186.52	165.54	20.98	-4.10
FL	Humana Medical Plan						
	High Self	P51	63.46	72.05	63.94	8.11	0.97
	High Family	P52	177.73	201.80	168.36	33.44	13.45
FL	Humana Medical Plan						
	High Self	P71	64.91	73.12	64.89	8.23	0.93
	High Family	P72	181.74	204.76	168.36	36.40	14.34
FL	PCA Family Health Plan of FL						
	High Self	FQ1	59.80	58.74	52.13	6.61	-0.12
	High Family	FQ2	179.42	176.27	156.44	19.83	-0.35
FL	PCA Health Plans of Florida						
	High Self	PJ1	59.80	58.74	52.13	6.61	-0.12
	High Family	PJ2	179.42	176.27	156.44	19.83	-0.35
FL	Prudential HealthCare HMO						
	High Self	EC1	64.14	61.45	54.54	6.91	-0.31
	High Family	EC2	176.38	169.00	149.99	19.01	-0.83
FL	Prudential HealthCare HMO						
	High Self	EH1	58.77	61.70	54.76	6.94	0.33
	High Family	EH2	164.55	172.78	153.34	19.44	0.93
FL	Prudential HealthCare HMO						
	High Self	HE1	62.50	66.25	58.80	7.45	0.42
	High Family	HE2	175.03	185.50	164.63	20.87	1.18

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

FL	United HealthCare of FL						
	High Self	QK1	75.64	94.50	78.06	16.44	7.93
	High Family	QK2	196.66	250.43	168.36	82.07	45.09
GA	Aetna U.S. Healthcare						
	High Self	2U1	71.30	76.29	67.71	8.58	0.56
	High Family	2U2	186.89	196.68	168.36	28.32	1.11
GA	BlueChoice Healthcare Plan						
	High Self	1B1	70.93	72.10	63.99	8.11	0.13
	High Family	1B2	198.59	209.01	168.36	40.65	1.74
GA	HealthSource of Georgia						
	High Self	7H1	81.26	66.50	59.02	7.48	-1.66
	High Family	7H2	243.78	182.78	162.22	20.56	-63.54
GA	HPC Health Plans of GA						
	High Self	WU1	73.35	91.37	78.06	13.31	5.06
	High Family	WU2	186.21	232.07	168.36	63.71	37.18
GA	Kaiser Permanente						
	High Self	F81	73.68	78.23	69.43	8.80	0.51
	High Family	F82	187.06	198.60	168.36	30.24	2.86
GA	Prudential HealthCare HMO						
	High Self	EZ1	63.33	62.91	55.83	7.08	-0.04
	High Family	EZ2	173.27	172.14	152.77	19.37	-0.12
GU	FHP of Guam						
	High Self	JK1	84.14	91.35	78.06	13.29	3.50
	High Family	JK2	222.11	241.47	168.36	73.11	10.68
GU	Guam Memorial Health Plan						
	High Self	ZA1	80.66	91.15	78.06	13.09	4.02
	High Family	ZA2	202.01	228.27	168.36	59.91	17.58
	Standard Self	ZA4	59.18	66.87	59.35	7.52	0.86
	Standard Family	ZA5	166.02	187.60	166.50	21.10	2.42
GU	Health Maintenance Life						
	High Self	281	57.77	67.14	59.59	7.55	1.05
	High Family	282	172.90	201.06	168.36	32.70	13.25

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

HI	HMSA's CHP						
	High Self	9Q1	105.35	114.66	78.06	36.60	5.60
	High Family	9Q2	293.94	246.55	168.36	78.19	-56.07
HI	Kaiser Permanente						
	High Self	631	98.66	106.57	78.06	28.51	4.20
	High Family	632	212.12	229.12	168.36	60.76	8.32
	Standard Self	634	78.96	86.08	76.40	9.68	0.80
	Standard Family	635	169.75	185.07	164.25	20.82	1.72
ID	Group Health Northwest						
	High Self	VR1	79.14	95.18	78.06	17.12	8.22
	High Family	VR2	201.83	242.57	168.36	74.21	32.06
ID	QualMed WA Health Plan						
	High Self	TM1	80.46	84.14	74.67	9.47	0.42
	High Family	TM2	200.78	204.10	168.36	35.74	-5.36
IL	Aetna U.S. Healthcare						
	High Self	XC1	64.00	69.21	61.42	7.79	0.59
	High Family	XC2	202.00	218.46	168.36	50.10	7.78
IL	BCI HMO, Inc.						
	High Self	3B1	81.15	97.39	78.06	19.33	10.20
	High Family	3B2	204.71	245.66	168.36	77.30	32.27
IL	FHP of Illinois, Inc.						
	High Self	FY1	73.82	81.34	72.19	9.15	0.85
	High Family	FY2	170.54	187.94	166.80	21.14	1.95
IL	Group Health Plan						
	High Self	MM1	73.38	99.63	78.06	21.57	13.31
	High Family	MM2	183.47	249.06	168.36	80.70	56.91
IL	Health Alliance HMO						
	High Self	FX1	87.36	89.11	78.06	11.05	-1.96
	High Family	FX2	203.84	208.00	168.36	39.64	-4.52
IL	Heritage National Healthplan						
	High Self	3J1	79.06	86.15	76.46	9.69	0.80

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

IL	High Family	3J2	175.00	191.55	168.36	23.19	3.50
IL	Humana Health Plan Inc.						
	High Self	751	79.07	81.37	72.22	9.15	0.25
	High Family	752	196.42	202.12	168.36	33.76	-2.98
IL	John Deere Family Healthplan						
	High Self	1J1	65.64	72.22	64.10	8.12	0.74
	High Family	1J2	155.06	170.59	151.40	19.19	1.75
IL	Maxicare Illinois						
	High Self	FV1	82.31	80.64	71.57	9.07	-0.19
	High Family	FV2	201.70	197.60	168.36	29.24	-12.78
IL	Maxicare Illinois						
	High Self	VG1	96.91	90.51	78.06	12.45	-10.11
	High Family	VG2	232.09	216.76	168.36	48.40	-24.01
IL	Mercy Health Plans/Premier						
	High Self	7M1	New Plan	88.02	78.06	9.96	N/A
	High Family	7M2	New Plan	204.72	168.36	36.36	N/A
IL	NYLCare HP of the Midwest						
	High Self	XA1	73.02	77.37	68.67	8.70	0.49
	High Family	XA2	189.81	201.12	168.36	32.76	2.63
IL	OSF Health Plans						
	High Self	9F1	New Plan	69.43	61.62	7.81	N/A
	High Family	9F2	New Plan	183.98	163.28	20.70	N/A
IL	PARTNERS HMO						
	High Self	RN1	85.23	83.46	74.07	9.39	-1.49
	High Family	RN2	183.24	181.33	160.93	20.40	-3.16
IL	PersonalCare's HMO						
	High Self	GE1	75.25	75.28	66.81	8.47	0.00
	High Family	GE2	194.28	193.56	168.36	25.20	-9.40
IL	Principal St.Louis						
	High Self	121	88.78	86.27	76.56	9.71	-4.72
	High Family	122	193.55	188.07	166.91	21.16	-12.71

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

IL	Prudential HealthCare HMO						
	High Self	VZ1	73.34	68.72	60.99	7.73	-0.52
	High Family	VZ2	185.29	173.62	154.09	19.53	-6.08
IL	Rush Prudential HMO						
	High Self	171	71.45	71.69	63.62	8.07	0.03
	High Family	172	171.90	172.47	153.07	19.40	0.06
IL	Union Health Service						
	High Self	761	84.43	76.58	67.96	8.62	-1.46
	High Family	762	209.38	189.90	168.36	21.54	-28.16
IL	United HealthCare of IL						
	High Self	FP1	81.93	72.12	64.01	8.11	-1.11
	High Family	FP2	188.50	190.21	168.36	21.85	-6.97
IL	United HealthCare Select						
	High Self	H81	70.98	88.32	78.06	10.26	2.27
	High Family	H82	163.32	203.21	168.36	34.85	16.48
IN	Aetna U.S. Healthcare						
	High Self	XC1	64.00	69.21	61.42	7.79	0.59
	High Family	XC2	202.00	218.46	168.36	50.10	7.78
IN	Arnett HMO						
	High Self	G21	91.98	96.19	78.06	18.13	0.50
	High Family	G22	239.15	250.08	168.36	81.72	2.25
IN	BCI HMO, Inc.						
	High Self	3B1	81.15	97.39	78.06	19.33	10.20
	High Family	3B2	204.71	245.66	168.36	77.30	32.27
IN	FHP of Illinois, Inc.						
	High Self	FY1	73.82	81.34	72.19	9.15	0.85
	High Family	FY2	170.54	187.94	166.80	21.14	1.95
IN	Health Alliance HMO						
	High Self	FX1	87.36	89.11	78.06	11.05	-1.96
	High Family	FX2	203.84	208.00	168.36	39.64	-4.52
IN	Humana Care Plan						
	High Self	181	79.38	85.53	75.91	9.62	0.69

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	182	205.71	221.62	168.36	53.26	7.23
IN	Humana Health Plan Inc.						
	High Self	751	79.07	81.37	72.22	9.15	0.25
	High Family	752	196.42	202.12	168.36	33.76	-2.98
IN	Humana Health Plan						
	High Self	D21	82.96	86.77	77.01	9.76	0.43
	High Family	D22	214.97	224.86	168.36	56.50	1.21
IN	Maxicare Illinois						
	High Self	FV1	82.31	80.64	71.57	9.07	-0.19
	High Family	FV2	201.70	197.60	168.36	29.24	-12.78
IN	Maxicare Indiana						
	High Self	GK1	77.68	78.26	69.46	8.80	0.06
	High Family	GK2	182.88	184.24	163.51	20.73	-2.47
IN	PARTNERS Nat'l HPs of IN						
	High Self	MC1	84.16	80.24	71.21	9.03	-0.78
	High Family	MC2	216.39	209.41	168.36	41.05	-15.66
IN	Physicians HP of N. Indiana						
	High Self	DQ1	88.57	89.77	78.06	11.71	-2.51
	High Family	DQ2	200.04	202.60	168.36	34.24	-6.12
IN	Prudential HealthCare HMO						
	High Self	2I1	71.05	74.87	66.45	8.42	0.43
	High Family	2I2	184.35	194.27	168.36	25.91	1.24
IN	Prudential HealthCare HMO						
	High Self	S31	62.00	72.09	63.98	8.11	1.14
	High Family	S32	168.24	187.25	166.18	21.07	2.14
IN	Rush Prudential HMO						
	High Self	171	71.45	71.69	63.62	8.07	0.03
	High Family	172	171.90	172.47	153.07	19.40	0.06
IN	The M*Plan						
	High Self	IN1	73.86	76.07	67.51	8.56	0.25
	High Family	IN2	179.99	185.01	164.20	20.81	0.50
IN	Welborn HMO						

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	H31	90.21	82.45	73.17	9.28	-6.58
	High Family	H32	233.14	213.12	168.36	44.76	-28.70
IA	Care Choices						
	High Self	FA1	66.98	76.04	67.49	8.55	1.01
	High Family	FA2	180.18	204.57	168.36	36.21	15.71
IA	Exclusive Healthcare						
	High Self	9Y1	62.63	71.24	63.23	8.01	0.96
	High Family	9Y2	174.50	192.43	168.36	24.07	4.44
IA	Health Alliance HMO						
	High Self	7X1	New Area	78.46	69.63	8.83	N/A
	High Family	7X2	New Area	186.92	165.89	21.03	N/A
IA	Heritage National Healthplan						
	High Self	3J1	79.06	86.15	76.46	9.69	0.80
	High Family	3J2	175.00	191.55	168.36	23.19	3.50
IA	John Deere Family Healthplan						
	High Self	1J1	65.64	72.22	64.10	8.12	0.74
	High Family	1J2	155.06	170.59	151.40	19.19	1.75
IA	Maxicare Illinois						
	High Self	FV1	82.31	80.64	71.57	9.07	-0.19
	High Family	FV2	201.70	197.60	168.36	29.24	-12.78
IA	Principal Health Care of Iowa						
	High Self	SV1	76.13	77.65	68.91	8.74	0.18
	High Family	SV2	205.58	209.68	168.36	41.32	-4.58
IA	Principal Health Care of NE						
	High Self	GU1	76.03	68.70	60.97	7.73	-0.82
	High Family	GU2	205.30	185.48	164.61	20.87	-24.75
IA	SecureCare of Iowa						
	High Self	3Q1	70.84	63.18	56.07	7.11	-0.86
	High Family	3Q2	185.55	165.47	146.85	18.62	-7.25
IA	United HealthCare/Midlands						
	High Self	NF1	77.80	80.90	71.80	9.10	0.35
	High Family	NF2	190.58	196.71	168.36	28.35	-2.55



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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

KS	Exclusive Healthcare						
	High Self	8K1	New Plan	65.12	57.79	7.33	N/A
	High Family	8K2	New Plan	176.46	156.61	19.85	N/A
KS	Humana Kansas City, Inc.						
	High Self	MS1	70.42	84.18	74.71	9.47	1.55
	High Family	MS2	189.29	202.07	168.36	33.71	4.10
	Standard Self	MS4	66.98	78.18	69.38	8.80	1.26
	Standard Family	MS5	180.00	187.63	166.52	21.11	0.79
KS	Kaiser Permanente						
	High Self	HA1	58.06	62.54	55.50	7.04	0.51
	High Family	HA2	149.80	161.34	143.19	18.15	1.30
KS	Preferred Plus of Kansas						
	High Self	VA1	83.99	87.72	77.85	9.87	0.23
	High Family	VA2	225.14	235.20	168.36	66.84	1.38
KS	Premier Blue						
	High Self	5N1	83.66	87.76	77.89	9.87	0.46
	High Family	5N2	225.97	236.94	168.36	68.58	2.29
KS	Principal Health Care of KC						
	High Self	7W1	81.84	91.16	78.06	13.10	3.89
	High Family	7W2	204.60	227.88	168.36	59.52	14.60
KS	Prudential HealthCare HMO						
	High Self	1K1	71.09	78.15	69.36	8.79	0.79
	High Family	1K2	183.26	201.45	168.36	33.09	9.51
KS	United HealthCare MidWest						
	High Self	4M1	79.71	89.75	78.06	11.69	2.72
	High Family	4M2	200.52	225.78	168.36	57.42	16.58
KY	Advantage Care, Inc.						
	High Self	XW1	78.28	82.56	73.27	9.29	0.48
	High Family	XW2	203.27	214.47	168.36	46.11	2.52
KY	Aetna U.S. Healthcare						
	High Self	RD1	79.59	88.02	78.06	9.96	1.01

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	RD2	192.76	213.16	168.36	44.80	11.72
KY	Bluegrass Family Health						
	High Self	2B1	85.64	83.77	74.35	9.42	-1.87
	High Family	2B2	202.88	198.45	168.36	30.09	-13.11
KY	Humana Care Plan						
	High Self	181	79.38	85.53	75.91	9.62	0.69
	High Family	182	205.71	221.62	168.36	53.26	7.23
KY	Humana Care Plan						
	High Self	HR1	70.81	72.29	64.16	8.13	0.16
	High Family	HR2	201.14	205.32	168.36	36.96	-4.50
KY	Humana Health Plan						
	High Self	D21	82.96	86.77	77.01	9.76	0.43
	High Family	D22	214.97	224.86	168.36	56.50	1.21
KY	PacifiCare of Ohio, Inc.						
	High Self	R81	80.06	84.06	74.60	9.46	0.45
	High Family	R82	189.01	198.46	168.36	30.10	0.77
KY	Prudential HealthCare HMO						
	High Self	S31	62.00	72.09	63.98	8.11	1.14
	High Family	S32	168.24	187.25	166.18	21.07	2.14
KY	United Health Care of Ohio						
	High Self	3U1	85.22	90.57	78.06	12.51	1.64
	High Family	3U2	186.64	203.41	168.36	35.05	8.09
KY	United HealthCare of Kentucky						
	High Self	DU1	89.18	92.22	78.06	14.16	-0.67
	High Family	DU2	221.01	228.53	168.36	60.17	-1.16
LA	Aetna U.S. Healthcare						
	High Self	NG1	65.06	74.91	66.48	8.43	1.11
	High Family	NG2	169.16	194.77	168.36	26.41	7.38
LA	Aetna U.S. Healthcare						
	High Self	TK1	53.75	61.89	54.93	6.96	0.91
	High Family	TK2	174.68	201.13	168.36	32.77	13.12
LA	Gulf South Health Plan, Inc.						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	LY1	76.23	72.30	64.17	8.13	-0.45
	High Family	LY2	192.46	182.54	162.00	20.54	-12.24
LA	MEDFIRST						
	High Self	2M1	74.07	77.03	68.36	8.67	0.34
	High Family	2M2	178.56	185.70	164.81	20.89	0.80
LA	Ochsner Health Plan						
	High Self	4Q1	72.29	69.97	62.10	7.87	-0.26
	High Family	4Q2	195.18	188.92	167.67	21.25	-14.25
LA	Ochsner Health Plan						
	High Self	4R1	76.14	65.48	58.11	7.37	-1.20
	High Family	4R2	206.26	176.80	156.91	19.89	-26.69
LA	Ochsner Health Plan						
	High Self	4S1	72.29	65.84	58.43	7.41	-0.72
	High Family	4S2	194.70	177.79	157.79	20.00	-15.02
LA	Ochsner Health Plan						
	High Self	4W1	64.10	63.82	56.64	7.18	-0.03
	High Family	4W2	172.53	172.34	152.95	19.39	-0.02
LA	United HealthCare of Louisiana						
	High Self	RY1	75.64	81.08	71.96	9.12	0.61
	High Family	RY2	204.24	211.86	168.36	43.50	-1.06
LA	Vantage Health Plan						
	High Self	7V1	New Plan	82.63	73.33	9.30	N/A
	High Family	7V2	New Plan	209.13	168.36	40.77	N/A
ME	HMO MAINE						
	High Self	CU1	91.32	88.63	78.06	10.57	-6.40
	High Family	CU2	203.63	197.63	168.36	29.27	-14.68
MD	Aetna U.S. Healthcare						
	High Self	V81	79.84	95.51	78.06	17.45	8.47
	High Family	V82	175.38	233.42	168.36	65.06	45.33
MD	CapitalCare						
	High Self	2G1	64.63	73.48	65.21	8.27	1.00
	High Family	2G2	177.73	202.07	168.36	33.71	13.72

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

MD	CareFirst						
	High Self	JQ1	87.91	95.79	78.06	17.73	4.17
	High Family	JQ2	194.03	219.23	168.36	50.87	16.52
MD	CIGNA HlthCare Mid-Atlantic						
	High Self	XF1	77.81	57.76	51.26	6.50	-2.25
	High Family	XF2	210.17	163.92	145.48	18.44	-32.05
MD	George Washington Univ HP						
	High Self	E51	94.91	104.49	78.06	26.43	5.87
	High Family	E52	204.81	228.80	168.36	60.44	15.31
	Standard Self	E54	63.09	68.26	60.58	7.68	0.58
	Standard Family	E55	135.04	148.80	132.06	16.74	1.55
MD	Kaiser Permanente						
	High Self	E31	71.51	79.05	70.16	8.89	0.85
	High Family	E32	176.44	195.22	168.36	26.86	7.01
MD	MD-IPA						
	High Self	JP1	73.64	79.09	70.19	8.90	0.62
	High Family	JP2	176.75	189.82	168.36	21.46	1.58
MD	NYLCare/Mid-Atlantic						
	High Self	JN1	74.08	90.06	78.06	12.00	3.67
	High Family	JN2	174.08	211.65	168.36	43.29	23.71
	Standard Self	JN4	55.16	61.36	54.46	6.90	0.69
	Standard Family	JN5	129.62	144.19	127.97	16.22	1.64
MA	Aetna U.S. Healthcare						
	High Self	NE1	89.51	97.57	78.06	19.51	4.35
	High Family	NE2	241.48	263.21	168.36	94.85	13.05
MA	CHP/Kaiser Permanente						
	High Self	K11	78.72	79.92	70.93	8.99	0.13
	High Family	K12	180.46	207.81	168.36	39.45	18.67
MA	Fallon Community Health Plan						
	High Self	JV1	71.32	76.16	67.59	8.57	0.55
	High Family	JV2	185.99	197.02	168.36	28.66	2.35
MA	Harvard Community Hlth Plan						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
MA	Harvard Pilgrim Hlth Care-NE						
	High Self	701	71.23	68.50	60.79	7.71	-0.30
	High Family	702	170.97	164.37	145.88	18.49	-0.74
MA	Health New England						
	High Self	DJ1	82.47	94.56	78.06	16.50	7.22
	High Family	DJ2	182.26	208.97	168.36	40.61	18.03
MA	Matthew Thornton Health Plan						
	High Self	NX1	90.81	97.48	78.06	19.42	2.96
	High Family	NX2	241.08	258.97	168.36	90.61	9.21
MI	Blue Care Network - East MI						
	High Self	K51	83.95	80.89	71.79	9.10	-0.50
	High Family	K52	209.90	202.25	168.36	33.89	-16.33
MI	Blue Care Network - East MI						
	High Self	KN1	74.71	72.48	64.33	8.15	-0.25
	High Family	KN2	224.16	217.44	168.36	49.08	-15.40
MI	Blue Care Network Health Cntr						
	High Self	LN1	89.66	93.11	78.06	15.05	-0.26
	High Family	LN2	215.87	223.22	168.36	54.86	-1.33
MI	Blue Care Network SE						
	High Self	LX1	56.72	58.08	51.55	6.53	0.15
	High Family	LX2	188.91	193.45	168.36	25.09	-4.14
MI	Blue Care Network-Grt Lakes						
	High Self	G71	84.44	87.03	77.24	9.79	-0.30
	High Family	G72	214.00	220.58	168.36	52.22	-2.10
MI	Blue Care Network-Grt Lakes						
	High Self	KF1	66.76	68.80	61.06	7.74	0.23
	High Family	KF2	184.55	190.21	168.36	21.85	-3.02
MI	Blue Care Network-Grt Lakes						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	KR1	66.73	68.70	60.97	7.73	0.22
	High Family	KR2	193.72	199.49	168.36	31.13	-2.91
MI	Care Choices						
	High Self	BA1	63.53	72.63	64.46	8.17	1.02
	High Family	BA2	172.63	197.38	168.36	29.02	9.60
MI	Care Choices						
	High Self	KZ1	78.88	81.30	72.15	9.15	0.28
	High Family	KZ2	204.93	211.20	168.36	42.84	-2.41
MI	Grand Valley Health Plan						
	High Self	RL1	78.53	83.14	73.79	9.35	0.52
	High Family	RL2	198.75	211.22	168.36	42.86	3.79
MI	Health Alliance						
	High Self	521	73.32	79.21	70.30	8.91	0.66
	High Family	522	194.22	209.90	168.36	41.54	7.00
MI	HealthPlus MI						
	High Self	X51	87.02	94.24	78.06	16.18	3.51
	High Family	X52	213.54	231.03	168.36	62.67	8.81
MI	M-Care						
	High Self	EG1	80.48	83.45	74.06	9.39	0.34
	High Family	EG2	201.20	208.63	168.36	40.27	-1.25
MI	Medical Value Plan						
	High Self	EV1	77.31	77.39	68.68	8.71	0.01
	High Family	EV2	204.12	204.30	168.36	35.94	-8.50
MI	OmniCare						
	High Self	KA1	78.92	79.14	70.24	8.90	0.02
	High Family	KA2	197.27	197.87	168.36	29.51	-8.08
MI	Physicians Health Plan						
	High Self	U51	93.27	87.99	78.06	9.93	-8.99
	High Family	U52	223.83	211.19	168.36	42.83	-21.32
MI	Physicians Health Plan						
	High Self	U61	83.22	108.90	78.06	30.84	21.48
	High Family	U62	199.71	261.35	168.36	92.99	52.96

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

MI	Physicians Health Plan						
	High Self	U71	80.30	101.16	78.06	23.10	14.07
	High Family	U72	192.69	242.79	168.36	74.43	41.42
MI	Physicians Health Plan						
	High Self	U81	74.70	89.69	78.06	11.63	3.23
	High Family	U82	179.26	215.24	168.36	46.88	26.71
MI	Priority Health						
	High Self	BQ1	72.37	73.75	65.45	8.30	0.16
	High Family	BQ2	204.51	208.36	168.36	40.00	-4.83
MI	SelectCare						
	High Self	K61	69.00	63.74	56.57	7.17	-0.59
	High Family	K62	182.89	168.95	149.94	19.01	-4.20
MI	The Wellness Plan						
	High Self	K31	73.50	69.09	61.32	7.77	-0.50
	High Family	K32	200.61	188.62	167.40	21.22	-19.71
MI	Total Health Care						
	High Self	N21	75.86	71.84	63.76	8.08	-0.45
	High Family	N22	185.85	176.32	156.48	19.84	-6.33
MN	Altru Health Plan						
	High Self	2R1	73.84	64.16	56.94	7.22	-1.09
	High Family	2R2	212.09	184.69	163.91	20.78	-31.63
MN	HealthPartners Classic						
	High Self	531	70.25	75.82	67.29	8.53	0.63
	High Family	532	193.19	201.30	168.36	32.94	-0.57
	Standard Self	534	55.10	60.91	54.06	6.85	0.65
	Standard Family	535	151.50	161.68	143.49	18.19	1.15
MN	HealthPartners Health Plan						
	High Self	HQ1	82.50	84.69	75.16	9.53	0.25
	High Family	HQ2	206.26	211.72	168.36	43.36	-3.22
MN	Medica Primary						
	High Self	111	67.88	84.08	74.62	9.46	1.82
	High Family	112	167.65	207.65	168.36	39.29	20.43

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

MS	PrimeHealth of Alabama, Inc.						
	High Self	AA1	98.09	106.53	78.06	28.47	4.73
	High Family	AA2	191.03	207.47	168.36	39.11	7.76
MS	Prudential HealthCare HMO						
	High Self	UB1	59.17	59.85	53.12	6.73	0.07
	High Family	UB2	180.43	182.52	161.99	20.53	-0.22
MS	United HealthCare of MS						
	High Self	QV1	82.11	82.07	72.84	9.23	-0.01
	High Family	QV2	206.89	206.78	168.36	38.42	-8.79
MO	BlueCHOICE						
	High Self	9G1	79.76	91.10	78.06	13.04	4.07
	High Family	9G2	172.69	197.26	168.36	28.90	9.47
MO	Exclusive Healthcare						
	High Self	8K1	New Plan	65.12	57.79	7.33	N/A
	High Family	8K2	New Plan	176.46	156.61	19.85	N/A
MO	Group Health Plan						
	High Self	MM1	73.38	99.63	78.06	21.57	13.31
	High Family	MM2	183.47	249.06	168.36	80.70	56.91
MO	Humana Kansas City, Inc.						
	High Self	7S1	47.17	68.36	60.67	7.69	2.38
	High Family	7S2	126.76	183.75	163.08	20.67	6.41
	Standard Self	7S4	44.22	63.21	56.10	7.11	2.14
	Standard Family	7S5	118.78	169.92	150.80	19.12	5.76
MO	Humana Kansas City, Inc.						
	High Self	MS1	70.42	84.18	74.71	9.47	1.55
	High Family	MS2	189.29	202.07	168.36	33.71	4.10
	Standard Self	MS4	66.98	78.18	69.38	8.80	1.26
	Standard Family	MS5	180.00	187.63	166.52	21.11	0.79
MO	Kaiser Permanente						
	High Self	HA1	58.06	62.54	55.50	7.04	0.51
	High Family	HA2	149.80	161.34	143.19	18.15	1.30



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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

MO	Mercy Health Plans/Premier						
	High Self	7M1	New Plan	88.02	78.06	9.96	N/A
	High Family	7M2	New Plan	204.72	168.36	36.36	N/A
MO	PARTNERS HMO						
	High Self	RN1	85.23	83.46	74.07	9.39	-1.49
	High Family	RN2	183.24	181.33	160.93	20.40	-3.16
MO	Principal St.Louis						
	High Self	121	88.78	86.27	76.56	9.71	-4.72
	High Family	122	193.55	188.07	166.91	21.16	-12.71
MO	Prudential HealthCare HMO						
	High Self	1K1	71.09	78.15	69.36	8.79	0.79
	High Family	1K2	183.26	201.45	168.36	33.09	9.51
MO	Prudential HealthCare HMO						
	High Self	VZ1	73.34	68.72	60.99	7.73	-0.52
	High Family	VZ2	185.29	173.62	154.09	19.53	-6.08
MO	United HealthCare Choice						
	High Self	VB1	85.71	91.26	78.06	13.20	1.84
	High Family	VB2	195.33	207.98	168.36	39.62	3.97
MO	United HealthCare MidWest						
	High Self	4M1	79.71	89.75	78.06	11.69	2.72
	High Family	4M2	200.52	225.78	168.36	57.42	16.58
MO	United HealthCare Select						
	High Self	H81	70.98	88.32	78.06	10.26	2.27
	High Family	H82	163.32	203.21	168.36	34.85	16.48
MT	Yellowstone Community Health						
	High Self	2Y1	68.37	68.10	60.44	7.66	-0.03
	High Family	2Y2	177.35	176.65	156.78	19.87	-0.08
NE	Care Choices						
	High Self	FA1	66.98	76.04	67.49	8.55	1.01
	High Family	FA2	180.18	204.57	168.36	36.21	15.71

# Postal Premium Rates for the Federal Employees Health Benefits Program

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Health Maintenance Organization Plans (HMOs)  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

NE	Exclusive Healthcare						
	High Self	9Y1	62.63	71.24	63.23	8.01	0.96
	High Family	9Y2	174.50	192.43	168.36	24.07	4.44
NE	Principal Health Care of NE						
	High Self	GU1	76.03	68.70	60.97	7.73	-0.82
	High Family	GU2	205.30	185.48	164.61	20.87	-24.75
NE	United HealthCare/Midlands						
	High Self	NF1	77.80	80.90	71.80	9.10	0.35
	High Family	NF2	190.58	196.71	168.36	28.35	-2.55
NV	Exclusive Healthcare						
	High Self	7E1	New Plan	67.18	59.62	7.56	N/A
	High Family	7E2	New Plan	182.04	161.56	20.48	N/A
NV	Hometown Health Plan						
	High Self	4H1	69.78	74.01	65.68	8.33	0.48
	High Family	4H2	166.41	176.47	156.62	19.85	1.13
NV	Humana Health Plan, Inc.						
	High Self	TL1	67.70	63.32	56.20	7.12	-0.50
	High Family	TL2	194.84	182.23	161.73	20.50	-14.66
NV	PacifiCare of Nevada						
	High Self	K91	70.32	62.72	55.66	7.06	-0.85
	High Family	K92	178.36	158.81	140.94	17.87	-2.20
NH	Aetna U.S. Healthcare						
	High Self	UJ1	117.17	86.29	76.58	9.71	-33.11
	High Family	UJ2	329.32	230.65	168.36	62.29	-107.35
NH	CHP/Kaiser Permanente						
	High Self	K11	78.72	79.92	70.93	8.99	0.13
	High Family	K12	180.46	207.81	168.36	39.45	18.67
NH	Harvard Community Hlth Plan						
	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
NH	Matthew Thornton Health Plan						
	High Self	NX1	90.81	97.48	78.06	19.42	2.96

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

NJ	High Family	NX2	241.08	258.97	168.36	90.61	9.21
NJ	Aetna U.S. Healthcare						
	High Self	P31	114.88	123.26	78.06	45.20	4.67
	High Family	P32	285.55	306.39	168.36	138.03	12.16
	Standard Self	P34	74.46	81.16	72.03	9.13	0.75
	Standard Family	P35	194.91	212.45	168.36	44.09	8.86
NJ	AmeriHealth HMO, Inc.						
	High Self	FK1	90.84	99.11	78.06	21.05	4.56
	High Family	FK2	233.79	253.44	168.36	85.08	10.97
NJ	CIGNA CoMED HealthCare						
	High Self	P41	100.03	102.52	78.06	24.46	-1.22
	High Family	P42	255.07	215.35	168.36	46.99	-48.40
NJ	First Option Hlth Plan of NJ						
	High Self	2F1	71.83	105.68	78.06	27.62	19.54
	High Family	2F2	186.13	270.40	168.36	102.04	75.59
NJ	HIP Health Plan of NJ						
	High Self	P91	78.93	85.74	76.09	9.65	0.77
	High Family	P92	196.56	213.52	168.36	45.16	8.28
NJ	NYLCare Health Plans						
	High Self	HK1	71.38	78.80	69.94	8.86	0.83
	High Family	HK2	185.58	204.93	168.36	36.57	10.67
NJ	Prudential HealthCare HMO						
	High Self	8P1	90.14	97.58	78.06	19.52	3.73
	High Family	8P2	234.35	253.72	168.36	85.36	10.69
NJ	QualMed Plans for Health						
	High Self	271	75.13	82.33	73.07	9.26	0.81
	High Family	272	185.78	190.26	168.36	21.90	-4.20
NM	FHP NM						
	High Self	P21	54.62	49.44	43.88	5.56	-0.58
	High Family	P22	147.08	129.04	114.52	14.52	-2.03
NM	Lovelace Health Plan						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	Q11	61.57	61.57	54.64	6.93	0.00
	High Family	Q12	160.11	160.11	142.10	18.01	0.00
NM	QualMed Plans for Health						
	High Self	PX1	63.88	65.23	57.89	7.34	0.15
	High Family	PX2	168.64	172.21	152.84	19.37	0.40
NY	Aetna U.S. Healthcare						
	High Self	JC1	80.86	86.12	76.43	9.69	0.59
	High Family	JC2	204.72	218.03	168.36	49.67	4.63
NY	Blue Choice						
	High Self	MK1	71.66	66.86	59.34	7.52	-0.54
	High Family	MK2	181.15	169.03	150.01	19.02	-2.45
NY	BlueChoice HMO						
	High Self	5K1	69.78	85.51	75.89	9.62	1.77
	High Family	5K2	183.34	224.60	168.36	56.24	32.58
NY	BlueChoice HMO						
	High Self	5L1	60.72	71.58	63.53	8.05	1.22
	High Family	5L2	159.61	188.15	166.98	21.17	3.21
NY	BlueChoice HMO						
	High Self	S71	79.09	89.13	78.06	11.07	2.17
	High Family	S72	207.75	234.07	168.36	65.71	17.64
NY	C.D.P.H.P.						
	High Self	SG1	74.29	71.28	63.26	8.02	-0.34
	High Family	SG2	197.80	189.80	168.36	21.44	-16.68
NY	CHP/Kaiser Permanente						
	High Self	QH1	79.34	80.39	71.35	9.04	0.11
	High Family	QH2	191.63	196.07	168.36	27.71	-4.24
NY	CIGNA HealthCare of NY						
	High Self	HU1	81.82	79.48	70.54	8.94	-0.26
	High Family	HU2	209.55	212.20	168.36	43.84	-6.03
NY	Community Health Plan						
	High Self	PW1	69.19	72.46	64.31	8.15	0.37
	High Family	PW2	176.20	183.49	162.85	20.64	0.82

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

NY	Community Health Plan						
	High Self	QB1	82.88	85.23	75.64	9.59	0.27
	High Family	QB2	213.29	218.17	168.36	49.81	-3.80
NY	Harvard Community Hlth Plan						
	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
NY	HealthCarePlan						
	High Self	Q81	64.32	66.42	58.95	7.47	0.23
	High Family	Q82	183.76	189.80	168.36	21.44	-2.64
NY	Healthsource HMO of NY						
	High Self	XL1	84.70	88.22	78.06	10.16	-0.19
	High Family	XL2	230.74	236.95	168.36	68.59	-2.47
NY	HIP of Greater New York						
	High Self	511	84.47	75.13	66.68	8.45	-1.67
	High Family	512	212.50	183.39	162.76	20.63	-32.19
NY	HMO Blue						
	High Self	AH1	74.13	67.55	59.95	7.60	-0.74
	High Family	AH2	186.77	171.62	152.31	19.31	-7.78
NY	HMO-CNY						
	High Self	EB1	80.44	71.90	63.81	8.09	-0.96
	High Family	EB2	204.50	182.80	162.24	20.56	-24.26
NY	Independent Health Assoc						
	High Self	C11	89.01	98.94	78.06	20.88	6.22
	High Family	C12	236.35	262.71	168.36	94.35	17.68
NY	Independent Health Assoc						
	High Self	QA1	55.04	56.76	50.37	6.39	0.20
	High Family	QA2	154.50	159.34	141.41	17.93	0.55
NY	MVP Health Plan						
	High Self	GA1	71.04	74.74	66.33	8.41	0.42
	High Family	GA2	180.59	189.98	168.36	21.62	0.71
NY	MVP Health Plan						
	High Self	M91	66.27	71.98	63.88	8.10	0.64

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	M92	168.45	182.98	162.39	20.59	1.64
NY	MVP Health Plan						
	High Self	MX1	81.54	84.90	75.35	9.55	0.38
	High Family	MX2	207.31	215.77	168.36	47.41	-0.22
NY	NYLCare Health Plans						
	High Self	HV1	78.22	89.45	78.06	11.39	2.59
	High Family	HV2	203.34	232.58	168.36	64.22	20.56
NY	PHP/Slocum-Dickson						
	High Self	SH1	74.56	81.62	72.44	9.18	0.79
	High Family	SH2	197.50	216.25	168.36	47.89	10.07
NY	Preferred Care						
	High Self	GV1	74.41	71.44	63.40	8.04	-0.33
	High Family	GV2	188.82	181.27	160.88	20.39	-8.75
NY	Prepaid Health Plan						
	High Self	QE1	77.21	83.26	73.89	9.37	0.68
	High Family	QE2	204.38	219.89	168.36	51.53	6.83
NY	Prudential HealthCare HMO						
	High Self	9P1	83.00	93.35	78.06	15.29	5.95
	High Family	9P2	199.12	223.97	168.36	55.61	16.17
NY	United HealthCare of New York						
	High Self	3M1	86.23	94.83	78.06	16.77	4.89
	High Family	3M2	227.12	249.80	168.36	81.44	14.00
NY	Vytra Healthcare						
	High Self	J61	85.05	89.24	78.06	11.18	0.48
	High Family	J62	222.44	233.40	168.36	65.04	2.28
NY	WellCare of New York						
	High Self	6V1	101.86	87.19	77.38	9.81	-17.70
	High Family	6V2	265.99	219.22	168.36	50.86	-55.45
NY	WellCare of New York						
	High Self	X41	88.44	77.71	68.97	8.74	-5.35
	High Family	X42	230.99	195.57	168.36	27.21	-44.10
NC	Aetna U.S. Healthcare						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	3G1	74.71	74.71	66.31	8.40	0.00
	High Family	3G2	195.35	195.35	168.36	26.99	-8.68
NC	Doctors Health Plan, Inc.						
	High Self	6D1	67.41	81.88	72.67	9.21	1.63
	High Family	6D2	178.63	221.08	168.36	52.72	32.62
NC	Kaiser Permanente						
	High Self	QT1	54.91	59.51	52.82	6.69	0.51
	High Family	QT2	156.69	178.53	158.45	20.08	2.45
NC	Maxicare North Carolina						
	High Self	Q51	76.88	76.20	67.63	8.57	-0.08
	High Family	Q52	188.66	186.61	165.62	20.99	-7.99
NC	PARTNERS NHP of NC						
	High Self	EQ1	78.84	83.82	74.39	9.43	0.56
	High Family	EQ2	177.40	188.58	167.36	21.22	1.26
NC	Personal Care Plan of NC						
	High Self	4X1	77.24	84.58	75.06	9.52	0.83
	High Family	4X2	180.94	198.13	168.36	29.77	8.51
NC	Prudential HealthCare HMO						
	High Self	Q41	59.92	61.66	54.72	6.94	0.20
	High Family	Q42	167.78	172.63	153.21	19.42	0.54
NC	UHC of North Carolina						
	High Self	XM1	89.90	96.44	78.06	18.38	2.83
	High Family	XM2	202.92	217.69	168.36	49.33	6.09
NC	WellPath Select						
	High Self	2E1	70.38	70.22	62.32	7.90	-0.02
	High Family	2E2	182.97	182.55	162.01	20.54	-2.75
ND	Altru Health Plan						
	High Self	2R1	73.84	64.16	56.94	7.22	-1.09
	High Family	2R2	212.09	184.69	163.91	20.78	-31.63
ND	HealthPartners Health Plan						
	High Self	HQ1	82.50	84.69	75.16	9.53	0.25
	High Family	HQ2	206.26	211.72	168.36	43.36	-3.22

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

ND	Heart of America HMO						
	High Self	RU1	68.58	80.48	71.43	9.05	1.33
	High Family	RU2	181.25	205.18	168.36	36.82	15.25
OH	Advantage Health Plan-OH/WVA						
	High Self	QJ1	60.15	74.15	65.81	8.34	1.57
	High Family	QJ2	155.69	181.64	161.21	20.43	2.91
OH	Advantage Health Plan-OH/WVA						
	High Self	QL1	64.37	74.68	66.28	8.40	1.16
	High Family	QL2	166.59	176.94	157.03	19.91	1.17
OH	Aetna U.S. Healthcare						
	High Self	RD1	79.59	88.02	78.06	9.96	1.01
	High Family	RD2	192.76	213.16	168.36	44.80	11.72
OH	AultCare HMO						
	High Self	3A1	66.05	79.19	70.28	8.91	1.48
	High Family	3A2	162.15	206.66	168.36	38.30	20.06
OH	CHP of Ohio						
	High Self	MG1	89.77	72.87	64.67	8.20	-7.22
	High Family	MG2	177.59	137.80	122.30	15.50	-4.48
OH	CIGNA of Ohio						
	High Self	R41	79.76	73.78	65.48	8.30	-0.67
	High Family	R42	199.40	184.44	163.69	20.75	-18.97
OH	DayMed Hlth Maintenance Plan						
	High Self	Q31	75.34	85.29	75.69	9.60	1.12
	High Family	Q32	183.42	207.67	168.36	39.31	15.57
OH	Health Maintenance Plan(HMP)						
	High Self	R51	82.67	82.67	73.37	9.30	0.00
	High Family	R52	190.14	190.14	168.36	21.78	-8.68
OH	Health Plan Upper OH Valley						
	High Self	U41	82.96	96.17	78.06	18.11	8.78
	High Family	U42	207.25	240.42	168.36	72.06	24.49
OH	Health Power HMO						
	High Self	3R1	80.27	92.31	78.06	14.25	5.22



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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	3R2	200.69	230.80	168.36	62.44	21.43
OH	Health Power HMO						
	High Self	XR1	73.41	84.42	74.92	9.50	1.24
	High Family	XR2	183.55	211.08	168.36	42.72	18.85
OH	HealthAssurance HMO						
	High Self	5X1	New Plan	86.75	76.99	9.76	N/A
	High Family	5X2	New Plan	201.81	168.36	33.45	N/A
OH	Healthsource Ohio						
	High Self	3H1	82.23	75.63	67.12	8.51	-0.74
	High Family	3H2	179.26	186.04	165.11	20.93	0.76
OH	HMO Health Ohio						
	High Self	L41	70.43	87.58	77.73	9.85	1.93
	High Family	L42	180.16	224.01	168.36	55.65	35.17
OH	HMO Health Ohio						
	High Self	OH1	71.16	125.35	78.06	47.29	39.28
	High Family	OH2	185.49	320.65	168.36	152.29	126.48
OH	Kaiser Permanente						
	High Self	641	80.75	81.04	71.92	9.12	0.04
	High Family	642	172.80	186.40	165.43	20.97	1.53
OH	Medical Value Plan						
	High Self	EV1	77.31	77.39	68.68	8.71	0.01
	High Family	EV2	204.12	204.30	168.36	35.94	-8.50
OH	PacifiCare of Ohio, Inc.						
	High Self	R81	80.06	84.06	74.60	9.46	0.45
	High Family	R82	189.01	198.46	168.36	30.10	0.77
OH	Paramount Health Care						
	High Self	U21	79.12	80.78	71.69	9.09	0.19
	High Family	U22	209.64	214.03	168.36	45.67	-4.29
OH	Personal Physician Care						
	High Self	PL1	76.20	85.27	75.68	9.59	1.02
	High Family	PL2	204.77	221.71	168.36	53.35	8.26
OH	Prudential HealthCare HMO						

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Health Maintenance Organization Plans (HMOs)  Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	AY1	79.00	88.98	78.06	10.92	2.03
	High Family	AY2	214.31	195.36	168.36	27.00	-27.63
OH	Prudential HealthCare HMO						
	High Self	Q91	72.24	77.37	68.67	8.70	0.57
	High Family	Q92	196.00	181.40	160.99	20.41	-15.91
OH	Prudential HealthCare HMO						
	High Self	S31	62.00	72.09	63.98	8.11	1.14
	High Family	S32	168.24	187.25	166.18	21.07	2.14
OH	SummaCare Health Plan						
	High Self	5W1	New Plan	71.42	63.39	8.03	N/A
	High Family	5W2	New Plan	178.55	158.46	20.09	N/A
OH	Super Med HMO						
	High Self	5M1	70.16	90.03	78.06	11.97	4.08
	High Family	5M2	179.45	230.33	168.36	61.97	41.78
OH	United Health Care of Ohio						
	High Self	3U1	85.22	90.57	78.06	12.51	1.64
	High Family	3U2	186.64	203.41	168.36	35.05	8.09
OH	United Health Care of Ohio						
	High Self	VC1	91.56	99.73	78.06	21.67	4.46
	High Family	VC2	200.54	229.37	168.36	61.01	20.15
OK	BlueLincs HMO						
	High Self	N51	67.03	76.02	67.47	8.55	1.01
	High Family	N52	163.70	184.26	163.53	20.73	2.31
OK	CommunityCare HMO						
	High Self	7C1	New Plan	63.22	56.11	7.11	N/A
	High Family	7C2	New Plan	162.94	144.61	18.33	N/A
OK	Foundation Health Oklahoma						
	High Self	6G1	New Plan	74.22	65.87	8.35	N/A
	High Family	6G2	New Plan	185.57	164.69	20.88	N/A
OK	Healthcare Oklahoma						
	High Self	6W1	68.82	71.43	63.39	8.04	0.30
	High Family	6W2	178.82	186.06	165.13	20.93	0.81

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

OK	PacifiCare OK						
	High Self	2N1	63.93	68.03	60.38	7.65	0.46
	High Family	2N2	167.47	185.88	164.97	20.91	2.07
OK	Prudential HealthCare HMO						
	High Self	RR1	67.03	67.03	59.49	7.54	0.00
	High Family	RR2	178.40	178.40	158.33	20.07	0.00
OK	Prudential HealthCare HMO						
	High Self	RS1	71.69	70.25	62.35	7.90	-0.17
	High Family	RS2	177.96	174.41	154.79	19.62	-0.40
OR	Health Maintenance of Oregon						
	High Self	6B1	82.11	83.14	73.79	9.35	0.11
	High Family	6B2	181.79	184.06	163.35	20.71	-1.40
OR	Kaiser Permanente						
	High Self	571	84.57	92.80	78.06	14.74	4.52
	High Family	572	195.04	212.35	168.36	43.99	8.63
	Standard Self	574	75.77	80.70	71.62	9.08	0.56
	Standard Family	575	162.15	185.58	164.70	20.88	2.64
OR	PacifiCare of Oregon						
	High Self	SS1	82.88	81.73	72.54	9.19	-0.13
	High Family	SS2	187.95	181.56	161.13	20.43	-7.84
OR	QualMed Oregon Health Plan						
	High Self	AF1	86.22	86.84	77.07	9.77	-2.10
	High Family	AF2	210.37	212.75	168.36	44.39	-6.30
OR	Regence HMO Oregon						
	High Self	7A1	82.11	83.14	73.79	9.35	0.11
	High Family	7A2	181.79	184.06	163.35	20.71	-1.40
OR	SelectCare						
	High Self	SD1	73.00	79.98	70.98	9.00	0.79
	High Family	SD2	176.97	193.88	168.36	25.52	5.61
PA	Advantage Health Plan-PA						
	High Self	241	77.73	77.63	68.90	8.73	-0.01

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	242	202.09	201.83	168.36	33.47	-8.94
PA	Aetna U.S. Healthcare						
	High Self	KL1	79.08	84.22	74.75	9.47	0.57
	High Family	KL2	205.43	224.39	168.36	56.03	10.28
	Standard Self	KL4	73.17	72.82	64.63	8.19	-0.04
	Standard Family	KL5	193.29	194.40	168.36	26.04	-7.57
PA	Aetna U.S. Healthcare						
	High Self	SU1	88.68	95.51	78.06	17.45	3.12
	High Family	SU2	235.70	253.84	168.36	85.48	9.46
	Standard Self	SU4	72.81	79.36	70.43	8.93	0.74
	Standard Family	SU5	191.57	208.81	168.36	40.45	8.56
PA	Alliance Hlth Network, Inc.						
	High Self	5A1	69.82	76.28	67.70	8.58	0.73
	High Family	5A2	198.66	216.64	168.36	48.28	9.30
PA	First Priority Hlth						
	High Self	C81	67.00	74.95	66.52	8.43	0.89
	High Family	C82	172.65	193.22	168.36	24.86	5.44
PA	HealthAmerica Pennsylvania						
	High Self	261	67.04	77.02	68.36	8.66	1.12
	High Family	262	199.21	227.50	168.36	59.14	19.61
PA	HealthAmerica Pennsylvania						
	High Self	4N1	72.33	89.61	78.06	11.55	3.41
	High Family	4N2	179.34	222.18	168.36	53.82	33.64
PA	HealthAmerica Pennsylvania						
	High Self	SW1	74.54	82.04	72.81	9.23	0.84
	High Family	SW2	192.60	211.93	168.36	43.57	10.65
PA	HealthAmerica Pennsylvania						
	High Self	ZN1	60.32	77.79	69.04	8.75	1.96
	High Family	ZN2	169.20	217.93	168.36	49.57	30.54
PA	HealthGuard						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	NQ1	66.97	74.26	65.91	8.35	0.82
	High Family	NQ2	176.63	197.53	168.36	29.17	9.30
PA	HIP Health Plan of Pennsylvania						
	High Self	5J1	86.96	85.52	75.90	9.62	-2.99
	High Family	5J2	231.33	227.55	168.36	59.19	-12.46
PA	Keystone Health Plan Central						
	High Self	S41	75.72	82.34	73.08	9.26	0.74
	High Family	S42	181.92	200.83	168.36	32.47	10.23
PA	Keystone Health Plan East						
	High Self	ED1	76.26	82.92	73.59	9.33	0.75
	High Family	ED2	201.98	219.60	168.36	51.24	8.94
PA	KeystoneBlue						
	High Self	EF1	76.74	85.90	76.24	9.66	1.03
	High Family	EF2	228.08	255.75	168.36	87.39	18.99
PA	Prudential HealthCare HMO						
	High Self	VV1	70.46	70.46	62.53	7.93	0.00
	High Family	VV2	193.77	193.77	168.36	25.41	-8.68
PA	QualMed Plans for Health						
	High Self	271	75.13	82.33	73.07	9.26	0.81
	High Family	272	185.78	190.26	168.36	21.90	-4.20
PA	QualMed Plans for Health						
	High Self	2K1	72.69	77.23	68.54	8.69	0.51
	High Family	2K2	179.75	178.48	158.40	20.08	-0.14
RI	Aetna U.S. Healthcare						
	High Self	5U1	83.84	72.09	63.98	8.11	-1.38
	High Family	5U2	227.26	195.43	168.36	27.07	-40.51
RI	Harvard Community Hlth Plan						
	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
RI	Harvard Pilgrim Hlth Care-NE						
	High Self	701	71.23	68.50	60.79	7.71	-0.30
	High Family	702	170.97	164.37	145.88	18.49	-0.74

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

SC	Aetna U.S. Healthcare						
	High Self	3G1	74.71	74.71	66.31	8.40	0.00
	High Family	3G2	195.35	195.35	168.36	26.99	-8.68
SC	Companion HealthCare						
	High Self	SE1	87.08	90.03	78.06	11.97	-0.76
	High Family	SE2	217.70	225.09	168.36	56.73	-1.29
SC	Doctors Health Plan, Inc.						
	High Self	6D1	67.41	81.88	72.67	9.21	1.63
	High Family	6D2	178.63	221.08	168.36	52.72	32.62
SC	Kaiser Permanente						
	High Self	QT1	54.91	59.51	52.82	6.69	0.51
	High Family	QT2	156.69	178.53	158.45	20.08	2.45
SC	Maxicare North Carolina						
	High Self	Q51	76.88	76.20	67.63	8.57	-0.08
	High Family	Q52	188.66	186.61	165.62	20.99	-7.99
SC	Maxicare North Carolina						
	High Self	TA1	89.40	80.45	71.40	9.05	-6.00
	High Family	TA2	216.75	195.05	168.36	26.69	-30.38
SC	PARTNERS NHP of NC						
	High Self	EQ1	78.84	83.82	74.39	9.43	0.56
	High Family	EQ2	177.40	188.58	167.36	21.22	1.26
SC	Prudential HealthCare HMO						
	High Self	Q41	59.92	61.66	54.72	6.94	0.20
	High Family	Q42	167.78	172.63	153.21	19.42	0.54
SC	WellPath Select						
	High Self	2E1	70.38	70.22	62.32	7.90	-0.02
	High Family	2E2	182.97	182.55	162.01	20.54	-2.75
SD	Care Choices						
	High Self	FA1	66.98	76.04	67.49	8.55	1.01
	High Family	FA2	180.18	204.57	168.36	36.21	15.71
SD	Community Health Plan Plus						
	High Self	8S1	New Plan	66.41	58.94	7.47	N/A

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

TN	High Family	8S2	New Plan	179.91	159.67	20.24	N/A
	Aetna U.S. Healthcare						
	High Self	6J1	New Area	60.25	53.47	6.78	N/A
	High Family	6J2	New Area	167.09	148.29	18.80	N/A
TN	American Healthcare Trust, Inc						
	High Self	4U1	New Plan	64.15	56.93	7.22	N/A
	High Family	4U2	New Plan	182.29	161.78	20.51	N/A
TN	Healthsource Tennessee, Inc.						
	High Self	HT1	62.31	68.80	61.06	7.74	0.73
	High Family	HT2	181.79	200.78	168.36	32.42	10.31
TN	Heritage National Healthplan						
	High Self	4T1	79.59	86.32	76.61	9.71	0.76
	High Family	4T2	175.17	189.99	168.36	21.63	1.92
TN	Prudential HealthCare HMO						
	High Self	UA1	59.51	61.02	54.16	6.86	0.17
	High Family	UA2	167.82	172.05	152.69	19.36	0.48
TN	Prudential HealthCare HMO						
	High Self	UB1	59.17	59.85	53.12	6.73	0.07
	High Family	UB2	180.43	182.52	161.99	20.53	-0.22
TN	United HealthCare of Tennessee						
	High Self	QR1	64.96	71.29	63.27	8.02	0.71
	High Family	QR2	188.38	206.73	168.36	38.37	9.67
TX	Aetna U.S. Healthcare						
	High Self	5B1	New Area	92.82	78.06	14.76	N/A
	High Family	5B2	New Area	251.74	168.36	83.38	N/A
TX	Aetna U.S. Healthcare						
	High Self	TS1	65.18	71.50	63.46	8.04	0.71
	High Family	TS2	231.35	253.79	168.36	85.43	13.76
TX	Certus HealthCare						
	High Self	3Y1	New Plan	66.40	58.93	7.47	N/A
	High Family	3Y2	New Plan	154.91	137.48	17.43	N/A
TX	Exclusive Healthcare						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	6E1	New Plan	74.86	66.44	8.42	N/A
	High Family	6E2	New Plan	202.85	168.36	34.49	N/A
TX	FHP NM						
	High Self	P21	54.62	49.44	43.88	5.56	-0.58
	High Family	P22	147.08	129.04	114.52	14.52	-2.03
TX	FIRSTCARE						
	High Self	6U1	New Area	71.43	63.39	8.04	N/A
	High Family	6U2	New Area	153.38	136.12	17.26	N/A
TX	FIRSTCARE						
	High Self	CK1	106.29	107.92	78.06	29.86	-2.08
	High Family	CK2	228.08	231.77	168.36	63.41	-4.99
TX	Harris Methodist						
	High Self	SC1	80.60	85.34	75.74	9.60	0.53
	High Family	SC2	215.20	227.88	168.36	59.52	4.00
TX	HMO BLUE - West Texas						
	High Self	5Q1	60.14	66.11	58.67	7.44	0.67
	High Family	5Q2	159.36	176.34	156.50	19.84	1.91
TX	HMO Blue, SouthWest TX						
	High Self	5R1	62.77	69.99	62.12	7.87	0.81
	High Family	5R2	166.35	186.71	165.71	21.00	2.29
TX	HMO Blue						
	High Self	4Y1	69.52	67.52	59.92	7.60	-0.22
	High Family	4Y2	180.60	179.06	158.92	20.14	-0.78
TX	HMO Blue						
	High Self	4Z1	62.60	64.49	57.23	7.26	0.22
	High Family	4Z2	165.92	172.28	152.90	19.38	0.71
TX	Humana Health Plan of Texas						
	High Self	S51	82.22	86.21	76.51	9.70	0.45
	High Family	S52	211.29	221.50	168.36	53.14	1.53
TX	Humana Health Plan of Texas						
	High Self	UE1	61.65	67.83	60.20	7.63	0.69
	High Family	UE2	172.85	190.21	168.36	21.85	2.40



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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

TX	Humana Health Plan of Texas						
	High Self	UR1	70.71	71.95	63.86	8.09	0.14
	High Family	UR2	181.75	184.93	164.13	20.80	-1.27
TX	Humana Health Plan of Texas						
	High Self	UV1	81.52	81.01	71.90	9.11	-0.06
	High Family	UV2	209.47	208.17	168.36	39.81	-9.98
TX	Humana of Corpus Christi						
	High Self	TX1	59.83	81.33	72.18	9.15	2.42
	High Family	TX2	180.65	195.18	168.36	26.82	5.85
TX	Kaiser Permanente						
	High Self	UK1	65.64	87.85	77.97	9.88	2.50
	High Family	UK2	168.70	216.99	168.36	48.63	29.65
TX	NYLCare Health Plans SW						
	High Self	V21	75.15	80.12	71.11	9.01	0.56
	High Family	V22	174.42	191.73	168.36	23.37	3.75
TX	NYLCARE HP of the Gulf Coast						
	High Self	UM1	78.19	85.38	75.77	9.61	0.81
	High Family	UM2	203.31	222.03	168.36	53.67	10.04
TX	NYLCARE HP of the Gulf Coast						
	High Self	ZE1	63.97	64.88	57.58	7.30	0.10
	High Family	ZE2	166.49	168.83	149.84	18.99	0.26
TX	NYLCARE HP of the Gulf Coast						
	High Self	ZF1	80.45	83.62	74.21	9.41	0.36
	High Family	ZF2	179.90	186.97	165.94	21.03	0.79
TX	PacifiCare of Texas						
	High Self	GF1	61.63	68.56	60.85	7.71	0.78
	High Family	GF2	171.94	182.06	161.58	20.48	1.14
TX	PCA Health Plans of Texas						
	High Self	TW1	61.93	67.45	59.86	7.59	0.62
	High Family	TW2	169.69	184.83	164.04	20.79	1.70
TX	Principal Health Care of TX						
	High Self	T51	82.04	89.98	78.06	11.92	2.69

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	T52	209.20	229.44	168.36	61.08	11.56
TX	Prudential HealthCare HMO						
	High Self	6P1	74.50	74.50	66.12	8.38	0.00
	High Family	6P2	163.92	163.92	145.48	18.44	0.00
TX	Prudential HealthCare HMO						
	High Self	UN1	56.62	56.62	50.25	6.37	0.00
	High Family	UN2	152.63	152.63	135.46	17.17	0.00
TX	Prudential HealthCare HMO						
	High Self	UP1	60.94	65.98	58.56	7.42	0.56
	High Family	UP2	177.22	191.84	168.36	23.48	3.54
TX	Prudential HealthCare HMO						
	High Self	VX1	63.49	69.85	61.99	7.86	0.72
	High Family	VX2	165.00	181.50	161.08	20.42	1.86
TX	Scott and White						
	High Self	UF1	93.90	99.91	78.06	21.85	2.30
	High Family	UF2	243.70	259.20	168.36	90.84	6.82
TX	United HealthCare of Texas						
	High Self	U31	74.72	82.40	73.13	9.27	0.86
	High Family	U32	189.10	208.53	168.36	40.17	10.75
TX	WellChoice						
	High Self	3Z1	New Plan	62.40	55.38	7.02	N/A
	High Family	3Z2	New Plan	162.24	143.99	18.25	N/A
UT	IHC						
	High Self	6S1	87.38	94.52	78.06	16.46	3.43
	High Family	6S2	198.61	214.53	168.36	46.17	7.24
UT	PacifiCare of Utah						
	High Self	KU1	63.48	63.59	56.44	7.15	0.01
	High Family	KU2	167.35	169.08	150.06	19.02	0.19
VT	Community Health Plan						
	High Self	8M1	83.47	73.03	64.81	8.22	-1.17
	High Family	8M2	225.36	189.88	168.36	21.52	-44.16
VT	Harvard Community Hlth Plan						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	681	92.01	102.28	78.06	24.22	6.56
	High Family	682	243.85	271.04	168.36	102.68	18.51
VT	MVP Health Plan						
	High Self	VW1	70.46	79.96	70.96	9.00	1.07
	High Family	VW2	176.18	199.95	168.36	31.59	11.77
VA	Aetna U.S. Healthcare						
	High Self	V81	79.84	95.51	78.06	17.45	8.47
	High Family	V82	175.38	233.42	168.36	65.06	45.33
VA	Aetna U.S. Healthcare						
	High Self	Z11	76.04	82.25	73.00	9.25	0.70
	High Family	Z12	167.47	206.22	168.36	37.86	19.02
VA	CapitalCare						
	High Self	2G1	64.63	73.48	65.21	8.27	1.00
	High Family	2G2	177.73	202.07	168.36	33.71	13.72
VA	CIGNA HealthCare of VA						
	High Self	W21	89.64	77.56	68.83	8.73	-6.56
	High Family	W22	202.71	172.91	153.46	19.45	-23.58
VA	CIGNA HealthCare of VA						
	High Self	W31	88.16	81.31	72.16	9.15	-4.66
	High Family	W32	198.37	183.05	162.46	20.59	-18.10
VA	CIGNA HlthCare Mid-Atlantic						
	High Self	XF1	77.81	57.76	51.26	6.50	-2.25
	High Family	XF2	210.17	163.92	145.48	18.44	-32.05
VA	George Washington Univ HP						
	High Self	E51	94.91	104.49	78.06	26.43	5.87
	High Family	E52	204.81	228.80	168.36	60.44	15.31
	Standard Self	E54	63.09	68.26	60.58	7.68	0.58
	Standard Family	E55	135.04	148.80	132.06	16.74	1.55
VA	Healthkeepers						
	High Self	X81	70.53	71.97	63.87	8.10	0.17
	High Family	X82	184.02	188.13	166.97	21.16	-3.18
VA	Heritage National Healthplan						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	4T1	79.59	86.32	76.61	9.71	0.76
	High Family	4T2	175.17	189.99	168.36	21.63	1.92
VA	Kaiser Permanente						
	High Self	E31	71.51	79.05	70.16	8.89	0.85
	High Family	E32	176.44	195.22	168.36	26.86	7.01
VA	MD-IPA						
	High Self	JP1	73.64	79.09	70.19	8.90	0.62
	High Family	JP2	176.75	189.82	168.36	21.46	1.58
VA	NYLCare/Mid-Atlantic						
	High Self	JN1	74.08	90.06	78.06	12.00	3.67
	High Family	JN2	174.08	211.65	168.36	43.29	23.71
	Standard Self	JN4	55.16	61.36	54.46	6.90	0.69
	Standard Family	JN5	129.62	144.19	127.97	16.22	1.64
VA	OPTIMA Health Plan						
	High Self	V91	76.90	94.02	78.06	15.96	7.31
	High Family	V92	195.03	233.59	168.36	65.23	29.88
VA	PARTNERS NHP of NC						
	High Self	EQ1	78.84	83.82	74.39	9.43	0.56
	High Family	EQ2	177.40	188.58	167.36	21.22	1.26
VA	Priority Health Care, Inc.						
	High Self	W71	70.82	74.38	66.01	8.37	0.40
	High Family	W72	191.24	202.77	168.36	34.41	2.85
VA	Prudential HealthCare HMO						
	High Self	V61	61.53	61.09	54.22	6.87	-0.05
	High Family	V62	166.13	164.93	146.38	18.55	-0.14
VA	QualChoice of Virginia						
	High Self	2Q1	68.52	81.70	72.51	9.19	1.48
	High Family	2Q2	176.91	212.19	168.36	43.83	23.93
VA	Southern Health Services						
	High Self	5S1	69.66	62.69	55.64	7.05	-0.79

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Family	5S2	188.07	169.27	150.23	19.04	-9.35
WA	First Choice Health Plan						
	High Self	5G1	New Plan	74.62	66.23	8.39	N/A
	High Family	5G2	New Plan	193.75	168.36	25.39	N/A
WA	Group Health Coop						
	High Self	541	84.96	86.87	77.10	9.77	-0.84
	High Family	542	200.89	205.16	168.36	36.80	-4.41
	Standard Self	544	64.68	66.22	58.77	7.45	0.17
	Standard Family	545	149.74	153.29	136.04	17.25	0.40
WA	Group Health Northwest						
	High Self	VR1	79.14	95.18	78.06	17.12	8.22
	High Family	VR2	201.83	242.57	168.36	74.21	32.06
WA	Health Maintenance of Oregon						
	High Self	6B1	82.11	83.14	73.79	9.35	0.11
	High Family	6B2	181.79	184.06	163.35	20.71	-1.40
WA	Kaiser Permanente						
	High Self	571	84.57	92.80	78.06	14.74	4.52
	High Family	572	195.04	212.35	168.36	43.99	8.63
	Standard Self	574	75.77	80.70	71.62	9.08	0.56
	Standard Family	575	162.15	185.58	164.70	20.88	2.64
WA	Kitsap Physicians Service						
	High Self	VT1	158.02	158.02	78.06	79.96	-3.71
	High Family	VT2	337.98	337.98	168.36	169.62	-8.68
	Standard Self	VT4	85.56	90.72	78.06	12.66	1.45
	Standard Family	VT5	186.96	198.23	168.36	29.87	2.59
WA	NYLCare Northwest						
	High Self	8N1	87.56	78.87	70.00	8.87	-4.34
	High Family	8N2	206.59	190.26	168.36	21.90	-25.01
WA	PacifiCare of Oregon						
	High Self	SS1	82.88	81.73	72.54	9.19	-0.13
	High Family	SS2	187.95	181.56	161.13	20.43	-7.84
WA	PacifiCare of Washington						

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

	High Self	WB1	61.96	64.51	57.25	7.26	0.29
	High Family	WB2	160.28	166.91	148.13	18.78	0.75
WA	QualMed Oregon Health Plan						
	High Self	AF1	86.22	86.84	77.07	9.77	-2.10
	High Family	AF2	210.37	212.75	168.36	44.39	-6.30
WA	QualMed WA Health Plan						
	High Self	TM1	80.46	84.14	74.67	9.47	0.42
	High Family	TM2	200.78	204.10	168.36	35.74	-5.36
WA	SelectCare						
	High Self	SD1	73.00	79.98	70.98	9.00	0.79
	High Family	SD2	176.97	193.88	168.36	25.52	5.61
WV	Advantage Health Plan-OH/WVA						
	High Self	QJ1	60.15	74.15	65.81	8.34	1.57
	High Family	QJ2	155.69	181.64	161.21	20.43	2.91
WV	Carelink Health Plans						
	High Self	4C1	85.27	95.83	78.06	17.77	6.85
	High Family	4C2	191.86	215.58	168.36	47.22	15.04
WV	Health Plan Upper OH Valley						
	High Self	U41	82.96	96.17	78.06	18.11	8.78
	High Family	U42	207.25	240.42	168.36	72.06	24.49
WV	HealthAssurance HMO						
	High Self	6L1	New Plan	86.83	77.06	9.77	N/A
	High Family	6L2	New Plan	219.19	168.36	50.83	N/A
WV	PrimeONE						
	High Self	9W1	78.25	85.55	75.93	9.62	0.82
	High Family	9W2	198.19	216.67	168.36	48.31	9.80
WV	SuperBlue HMO						
	High Self	8T1	New Plan	85.43	75.82	9.61	N/A
	High Family	8T2	New Plan	214.92	168.36	46.56	N/A
WI	Compcare Health Services						
	High Self	691	82.88	86.16	76.47	9.69	0.37
	High Family	692	214.70	223.19	168.36	54.83	-0.19

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
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[NOTE: If your plan is not in this HMO section, check the POS section.]

WI	Compcare Health Services						
	High Self	6X1	New Area	82.19	72.94	9.25	N/A
	High Family	6X2	New Area	212.92	168.36	44.56	N/A
WI	DEAN HEALTH PLAN						
	High Self	WD1	72.86	79.14	70.24	8.90	0.70
	High Family	WD2	196.75	213.70	168.36	45.34	8.27
WI	Family Health Plan						
	High Self	WH1	87.36	91.03	78.06	12.97	-0.04
	High Family	WH2	226.58	236.09	168.36	67.73	0.83
WI	Green Bay Hlth Protection Plan						
	High Self	4L1	New Plan	85.98	76.31	9.67	N/A
	High Family	4L2	New Plan	216.17	168.36	47.81	N/A
WI	Group Health Coop						
	High Self	WJ1	75.44	78.46	69.63	8.83	0.34
	High Family	WJ2	201.21	209.26	168.36	40.90	-0.63
WI	Group Hlth Coop/Eau Claire						
	High Self	WT1	83.32	85.58	75.95	9.63	0.26
	High Family	WT2	215.07	220.80	168.36	52.44	-2.95
WI	HealthPartners Classic						
	High Self	531	70.25	75.82	67.29	8.53	0.63
	High Family	532	193.19	201.30	168.36	32.94	-0.57
	Standard Self	534	55.10	60.91	54.06	6.85	0.65
	Standard Family	535	151.50	161.68	143.49	18.19	1.15
WI	HealthPartners Health Plan						
	High Self	HQ1	82.50	84.69	75.16	9.53	0.25
	High Family	HQ2	206.26	211.72	168.36	43.36	-3.22
WI	Humana Wisconsin Hlth Org.						
	High Self	X11	88.40	93.04	78.06	14.98	0.93
	High Family	X12	220.56	232.12	168.36	63.76	2.88
WI	Maxicare Wisconsin						
	High Self	WG1	84.61	86.37	76.65	9.72	-0.54
	High Family	WG2	215.90	220.40	168.36	52.04	-4.18

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Health Maintenance Organization Plans (HMOs) Location -- Plan Option -- Enrollment Code	1997 total premium	1998 Biweekly premium rates			
		Total premium	Gov't pays	Empl. pays	Change in empl. payment

[NOTE: If your plan is not in this HMO section, check the POS section.]

WI	No. Ctrl Hlth Protection Plan						
	High Self	8R1	New Plan	98.27	78.06	20.21	N/A
	High Family	8R2	New Plan	246.98	168.36	78.62	N/A
WI	Physicians Plus HMO						
	High Self	7P1	100.95	93.32	78.06	15.26	-11.34
	High Family	7P2	242.52	240.73	168.36	72.37	-10.47
WI	PrimeCare Health Plan, Inc.						
	High Self	WK1	100.06	95.89	78.06	17.83	-7.88
	High Family	WK2	225.13	215.75	168.36	47.39	-18.06
WI	Unity Health Plans						
	High Self	W41	81.93	84.39	74.90	9.49	0.27
	High Family	W42	215.42	215.42	168.36	47.06	-8.68
WI	Valley Health Plan						
	High Self	VH1	94.49	97.47	78.06	19.41	-0.73
	High Family	VH2	241.89	249.54	168.36	81.18	-1.03