

## Postal Premium Rates for the Federal Employees Health Benefits Program

| Fee-for-Service Plans (FFS)                            |                 | 2011 Total Biweekly Premium | 2012 Biweekly Postal Premium Rates Category 1 |           |            |                         | 2011 Total Biweekly Premium | 2012 Biweekly Postal Premium Rates Category 2 |           |            |                         |       |
|--|-----------------|-----------------------------|---|-----------|------------|-------------------------|-----------------------------|---|-----------|------------|-------------------------|-------|
|  |                 |                             | Total Premium                                 | Govt Pays | Empl. Pays | Change in empl. payment |                             | Total Premium                                 | Govt Pays | Empl. Pays | Change in empl. payment |       |
| Plan - Option - Enrollment Code                        |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
| <b>APWU Health Plan</b>                                |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | High Self       | 471                         | 220.19  | 235.60    | 196.73     | 38.87                   | 4.74                        | 220.19  | 235.60    | 199.08     | 36.52                   | 2.39  |
|  | High Family     | 472                         | 497.87  | 532.72    | 444.82     | 87.90                   | 10.73                       | 497.87  | 532.72    | 450.15     | 82.57                   | 5.40  |
|  | CDHP Self       | 474                         | 155.40  | 164.73    | 137.55     | 27.18                   | 3.09                        | 155.40  | 164.73    | 139.20     | 25.53                   | 1.44  |
|  | CDHP Family     | 475                         | 349.60  | 370.57    | 309.43     | 61.14                   | 6.95                        | 349.60  | 370.57    | 313.13     | 57.44                   | 3.25  |
| <b>Blue Cross and Blue Shield Service Benefit Plan</b> |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | Standard Self   | 104                         | 267.05  | 271.33    | 206.38     | 64.95                   | 1.14                        | 267.05  | 271.33    | 208.96     | 62.37                   | -1.44 |
|  | Standard Family | 105                         | 603.18  | 612.83    | 460.39     | 152.44                  | 3.74                        | 603.18  | 612.83    | 466.15     | 146.68                  | -2.02 |
| <b>Blue Cross and Blue Shield Service Benefit Plan</b> |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | Basic Self      | 111                         | 209.30  | 225.02    | 187.89     | 37.13                   | 4.69                        | 209.30  | 225.02    | 190.14     | 34.88                   | 2.44  |
|  | Basic Family    | 112                         | 490.14  | 526.94    | 439.99     | 86.95                   | 10.98                       | 490.14  | 526.94    | 445.26     | 81.68                   | 5.71  |
| <b>Compass Rose Health Plan</b>                        |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | High Self       | 421                         | 235.61  | 245.03    | 204.60     | 40.43                   | 3.91                        | 235.61  | 245.03    | 207.05     | 37.98                   | 1.46  |
|  | High Family     | 422                         | 546.89  | 563.31    | 460.39     | 102.92                  | 10.51                       | 546.89  | 563.31    | 466.15     | 97.16                   | 4.75  |
| <b>Foreign Service Benefit Plan</b>                    |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | High Self       | 401                         | 227.98  | 227.98    | 190.36     | 37.62                   | 2.28                        | 227.98  | 227.98    | 192.64     | 35.34                   | .00   |
|  | High Family     | 402                         | 545.29  | 556.20    | 460.39     | 95.81                   | 5.00                        | 545.29  | 556.20    | 466.15     | 90.05                   | -.76  |
| <b>GEHA Benefit Plan</b>                               |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | High Self       | 311                         | 261.98  | 271.15    | 206.38     | 64.77                   | 6.03                        | 261.98  | 271.15    | 208.96     | 62.19                   | 3.45  |
|  | High Family     | 312                         | 595.83  | 616.68    | 460.39     | 156.29                  | 14.94                       | 595.83  | 616.68    | 466.15     | 150.53                  | 9.18  |
|  | Standard Self   | 314                         | 159.98  | 171.18    | 142.94     | 28.24                   | 3.44                        | 159.98  | 171.18    | 144.65     | 26.53                   | 1.73  |
|  | Standard Family | 315                         | 363.82  | 389.29    | 325.06     | 64.23                   | 7.84                        | 363.82  | 389.29    | 328.95     | 60.34                   | 3.95  |
| <b>GEHA High Deductible Health Plan</b>                |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | HDHP Self       | 341                         | 175.76  | 184.55    | 154.10     | 30.45                   | 3.21                        | 175.76  | 184.55    | 155.94     | 28.61                   | 1.37  |
|  | HDHP Family     | 342                         | 401.44  | 421.51    | 351.96     | 69.55                   | 7.33                        | 401.44  | 421.51    | 356.18     | 65.33                   | 3.11  |
| <b>MHBP - Consumer Option</b>                          |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | HDHP Self       | 481                         | 182.20  | 213.36    | 178.16     | 35.20                   | 6.96                        | 182.20  | 213.36    | 180.29     | 33.07                   | 4.83  |
|  | HDHP Family     | 482                         | 412.85  | 483.44    | 403.67     | 79.77                   | 15.78                       | 412.85  | 483.44    | 408.51     | 74.93                   | 10.94 |
| <b>MHBP - Std</b>                                      |                 |                             |   |           |            |                         |                             |   |           |            |                         |       |
|  | Standard Self   | 454                         | 282.09  | 282.09    | 206.38     | 75.71                   | -3.14                       | 282.09  | 282.09    | 208.96     | 73.13                   | -5.72 |

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|---------------------------------------|-----------------|-----|-----------------------------|---|---------------|-----------|------------|-----------------------------|---|---------------|-----------|------------|
|                                       |                 |     |                             | Plan - Option - Enrollment Code               | Total Premium | Govt Pays | Empl. Pays |                             | Change in empl. payment                       | Total Premium | Govt Pays | Empl. Pays |
|                                       | Standard Family | 455 | 645.58                      | 645.58  | 460.39        | 185.19    | -5.91      | 645.58                      | 645.58  | 466.15        | 179.43    | -11.67     |
| <b>MHBP - Value Plan</b>              |                 |     |                             |   |               |           |            |                             |   |               |           |            |
|                                       | Value Self      | 414 | 131.96                      | 158.35  | 132.22        | 26.13     | 5.68       | 131.96                      | 158.35  | 133.81        | 24.54     | 4.09       |
|                                       | Value Family    | 415 | 314.60                      | 377.52  | 315.23        | 62.29     | 13.53      | 314.60                      | 377.52  | 319.00        | 58.52     | 9.76       |
| <b>NALC</b>                           |                 |     |                             |   |               |           |            |                             |   |               |           |            |
|                                       | High Self       | 321 | 254.80                      | 260.42  | 206.38        | 54.04     | 2.48       | 254.80                      | 260.42  | 208.96        | 51.46     | -.10       |
|                                       | High Family     | 322 | 555.05                      | 565.55  | 460.39        | 105.16    | 4.59       | 555.05                      | 565.55  | 466.15        | 99.40     | -1.17      |
| <b>Panama Canal Area Benefit Plan</b> |                 |     |                             |   |               |           |            |                             |   |               |           |            |
|                                       | High Self       | 431 | 188.88                      | 194.55  | 162.45        | 32.10     | 2.82       | 188.88                      | 194.55  | 164.39        | 30.16     | .88        |
|                                       | High Family     | 432 | 394.25                      | 406.08  | 339.08        | 67.00     | 5.89       | 394.25                      | 406.08  | 343.14        | 62.94     | 1.83       |
| <b>Rural Carrier Benefit Plan</b>     |                 |     |                             |   |               |           |            |                             |   |               |           |            |
|                                       | High Self       | 381 | 261.15                      | 270.30  | 206.38        | 63.92     | 6.01       | 261.15                      | 270.30  | 208.96        | 61.34     | 3.43       |
|                                       | High Family     | 382 | 533.44                      | 552.10  | 460.39        | 91.71     | 9.03       | 533.44                      | 552.10  | 466.15        | 85.95     | 3.27       |
| <b>SAMBA</b>                          |                 |     |                             |   |               |           |            |                             |   |               |           |            |
|                                       | High Self       | 441 | 305.39                      | 305.39  | 206.38        | 99.01     | -3.14      | 305.39                      | 305.39  | 208.96        | 96.43     | -5.72      |
|                                       | High Family     | 442 | 719.19                      | 719.19  | 460.39        | 258.80    | -5.91      | 719.19                      | 719.19  | 466.15        | 253.04    | -11.67     |
|                                       | Standard Self   | 444 | 231.59                      | 243.16  | 203.04        | 40.12     | 4.22       | 231.59                      | 243.16  | 205.47        | 37.69     | 1.79       |
|                                       | Standard Family | 445 | 528.90                      | 555.35  | 460.39        | 94.96     | 12.98      | 528.90                      | 555.35  | 466.15        | 89.20     | 7.22       |