



2025 **Monthly** COBRA Rates

Effective 1/1/2025

2025 MONTHLY COBRA RATES HMA SELF-FUNDED

	HMA Medical/Rx COBRA Rates	HMA Dental/Vision COBRA Rates	TOTAL
Employee Only	817.55	89.03	906.58
Employee and Spouse	1,870.41	191.03	2,061.44
Employee and Child	1,354.54	167.99	1,522.53
Employee and Children	1,771.80	239.86	2,011.66
Employee, Spouse and Child	2,407.42	270.03	2,677.45
Employee, Spouse and Children	2,824.67	341.92	3,166.59
Spouse Only	1,052.86	102.00	1,154.86
Child Only	536.99	78.97	615.96
Children Only	954.25	150.83	1,105.08

2025 MONTHLY COBRA RATES KAISER PERMANENTE

	Kaiser Medical Rx Vision COBRA Rates	HMA Dental COBRA Rates	TOTAL
Employee Only	757.21	68.36	825.57
Employee and Spouse	1,910.99	143.72	2,054.71
Employee and Child	1,310.15	133.72	1,443.87
Employee and Children	1,793.14	195.06	1,988.20
Employee, Spouse and Child	2,463.89	209.12	2,673.01
Employee, Spouse and Children	2,946.86	270.42	3,217.28
Spouse Only	1,153.78	75.36	1,229.14
Child Only	552.94	65.36	618.30
Children Only	1,035.93	126.70	1,162.63