

Effective January 1, 2025

# 2025 Flex COBRA Rates

The following chart provides the 2025 COBRA medical plan rates by health plan option. Additional details about COBRA are provided in the *Benefits Book* on the HR Services & Support site.

Regular and fixed term full-time employees	You	You + spouse <sup>1</sup>	You + children <sup>2</sup>	You + spouse <sup>1</sup> + children <sup>2</sup>
Flexible High-Deductible Health Plan (HDHP) All states except Hawaii	\$631.18	\$1,325.34	\$1,136.12	\$1,830.28
POS Kaiser Added Choice — Hawaii	\$876.19	\$1,840.00	\$1,577.14	\$2,540.95

1. Includes domestic partner.

2. Includes domestic partner's children.

## BenefitConnect™ | COBRA

For questions about your COBRA benefits, call BenefitConnect™ | COBRA at 1-877-29-COBRA (1-877-292-6272). For international callers only: 858-314-5108. Specialists are available Monday through Friday, 8:00 a.m. to 6:00 p.m. Central Time. Relay service calls are accepted. You may also access plan information online at [cobra.ehr.com](https://cobra.ehr.com).