

Effective January 1, 2026

2026 Flex COBRA Rates

The following chart provides the 2026 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 ¹	You + children ²	You + spouse ¹ + children ²
Flexible High-Deductible Health Plan (HDHP) All states except Hawaii	\$731.02	\$1,535.11	\$1,315.79	\$2,120.01
POS Kaiser Added Choice — Hawaii	\$947.38	\$1,989.49	\$1,705.28	\$2,747.39

- 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.