

2020 NHRMC Medical Plan	
Monthly Cobra	
EE Only	\$ 722.04
EE / Children	\$ 1,101.79
*EE / Spouse	\$ 1,516.41
*Family	\$ 1,942.87
2020 NHRMC Standard Medical Plan	
Monthly Cobra	
EE Only	\$ 1,284.59
EE / Children	\$ 2,944.33
*EE / Spouse	\$ 1,899.39
*Family	\$ 3,992.36
2020 NHRMC Dental Plan	
Monthly Cobra	
EE/Only	\$34.29
EE/Child(ren)	\$92.00
EE/Spouse	\$68.19
Family	\$132.43
2020 NHRMC Vision Plan	
Monthly Cobra	
EE Only	\$ 11.14
EE + 1 Dependent	\$ 21.19
Family	\$ 30.40