

Plan	COBRA Rates		
	Single	Two Party	Family
Blue Shield PPO	\$525.82	\$1,101.08	\$1,572.61
Blue Shield HMO	\$266.41	\$556.31	\$794.37
Kaiser	\$384.64	\$803.91	\$1,153.94
Safeguard DHMO	\$20.36	\$38.67	\$48.84
Delta Dental	\$46.95	\$93.93	\$132.36
VSP	\$10.33	\$14.98	\$17.51