



2010 COBRA Rates

Your 2010 premium rates are shown below. Please note that the rates are based on your ZIP Code. Generally, the Los Angeles premiums apply to Los Angeles, San Bernardino, and Ventura Counties; the other Southern California premiums apply to Riverside, Orange, San Diego, and Santa Barbara Counties. You may choose your health plan based on either your home or work ZIP Code.

Medical Plans – Los Angeles*			
	Single	Two Party	Family
Blue Shield Access+ HMO	\$433.18	\$866.37	\$1,126.27
Blue Shield NetValue HMO	\$375.42	\$750.84	\$976.10
Kaiser Permanente HMO	\$421.43	\$842.87	\$1,095.72
PERS Choice PPO	\$461.46	\$922.92	\$1,199.80
PERS Select PPO	\$430.80	\$861.59	\$1,120.07
PERSCare PPO	\$787.49	\$1,574.98	\$2,047.48
Medical Plans – Other Southern California*			
Blue Shield Access+ HMO	\$495.00	\$989.99	\$1,286.99
Blue Shield NetValue HMO	\$429.00	\$858.00	\$1,115.40
Kaiser Permanente HMO	\$464.09	\$928.18	\$1,206.63
PERS Choice PPO	\$482.29	\$964.57	\$1,253.95
PERS Select PPO	\$450.24	\$900.48	\$1,170.62
PERSCare PPO	\$823.03	\$1,646.06	\$2,139.87
Medical Plans – Bay Area*			
	Single	Two Party	Family
Blue Shield Access+ HMO	\$588.88	\$1,177.75	\$1,531.08
Blue Shield NetValue HMO	\$510.36	\$1,020.71	\$1,326.93
Kaiser Permanente HMO	\$543.21	\$1,086.42	\$1,412.35
PERS Choice PPO	\$518.91	\$1,037.83	\$1,349.17
PERS Select PPO	\$484.43	\$968.86	\$1,259.52
PERSCare PPO	\$885.53	\$1,771.07	\$2,302.38
Medical Plans – Sacramento*			
Blue Shield Access+ HMO	\$529.96	\$1,059.92	\$1,377.90
Blue Shield NetValue HMO	\$482.95	\$965.90	\$1,255.67
Kaiser Permanente HMO	\$512.61	\$1,025.22	\$1,332.79
PERS Choice PPO	\$467.53	\$935.05	\$1,215.57
PERS Select PPO	\$436.46	\$872.92	\$1,134.79
PERSCare PPO	\$797.83	\$1,595.67	\$2,074.36
Medical Plans – Other Northern California*			
Blue Shield Access+ HMO	\$597.74	\$1,195.48	\$1,554.12
Kaiser Permanente HMO	\$550.28	\$1,100.56	\$1,430.72
PERS Choice PPO	\$502.26	\$1,004.52	\$1,305.88
PERS Select PPO	\$468.88	\$937.77	\$1,219.09
PERSCare PPO	\$857.12	\$1,714.23	\$2,228.51
Medical Plans – Out of State*			
Kaiser Permanente HMO	\$739.18	\$1,478.37	\$1,921.87
PERS Choice PPO	\$591.17	\$1,182.34	\$1,537.05
PERSCare PPO	\$1,008.85	\$2,017.70	\$2,623.01
Dental Plans			
	Single	Two Party	Family
Delta Dental PPO	\$49.23	\$98.48	\$138.77
SafeGuard HMO	\$20.36	\$38.67	\$48.84
Vision Plan			
	Single	Two Party	Family
Vision Service Plan	\$10.96	\$15.90	\$18.58

*COBRA rates might vary by a few cents from actual CalPERA COBRA rates.