

**Lawrence Livermore National Security  
2023 COBRA Monthly Rates**

<b>MEDICAL</b>	<b>COBRA Beneficiaries</b>			
	<b>Self Only</b>	<b>Self + Adult</b>	<b>Self + Child(ren)</b>	<b>Self + Family</b>
Kaiser N California	\$730.52	\$1,534.08	\$1,314.94	\$2,118.50
Kaiser S California	\$730.52	\$1,534.08	\$1,314.94	\$2,118.50
Kaiser HDHP N California	\$607.84	\$1,276.33	\$1,093.99	\$1,762.62
Kaiser HDHP S California	\$607.84	\$1,276.33	\$1,093.99	\$1,762.62
Anthem Blue Cross Core Value	\$813.48	\$1,713.74	\$1,450.27	\$2,415.85
Anthem Blue Cross PPO	\$1,530.91	\$3,214.71	\$2,755.55	\$4,439.42
Anthem Blue Cross Plus	\$1,816.16	\$3,813.99	\$3,269.12	\$5,266.85
Anthem Blue Cross EPO	\$1,429.55	\$3,002.10	\$2,573.19	\$4,145.70
Anthem Blue Cross HDHP	\$1,127.60	\$2,374.37	\$2,016.94	\$3,327.37

<b>DENTAL / VISION</b>	<b>COBRA Beneficiaries</b>			
	<b>Self Only</b>	<b>Self + Adult</b>	<b>Self + Child(ren)</b>	<b>Self + Family</b>
Delta Dental PPO	\$50.18	\$94.45	\$102.61	\$166.75
DeltaCare USA	\$26.45	\$45.37	\$45.68	\$65.82
VSP Basic Plan	\$9.38	\$18.69	\$20.03	\$32.03
VSP Plus Plan	\$16.61	\$33.21	\$35.58	\$56.79