

J-1 Exchange Visitor

2023 RATES

	Semi-Monthly Employee Contribution	Monthly Employee Contribution	Monthly Carnegie Contribution	Monthly Total Cost
Cigna Global – Open Access Plus				
Employee Only	\$54.59	\$109.18	\$327.53	\$436.71
Employee/Spouse	\$142.22	\$284.43	\$853.30	\$1,137.73
Employee/Child(ren)	\$113.99	\$227.99	\$683.96	\$911.95
Family	\$201.73	\$403.46	\$1,210.37	\$1,613.82
Delta Dental HMO				
Employee Only	\$9.62	\$19.24	\$6.42	\$25.66
Two-Party	\$15.93	\$31.85	\$10.62	\$42.47
Family	\$23.52	\$47.04	\$15.68	\$62.72
Delta Dental PPO				
Employee Only	\$17.32	\$34.64	\$11.55	\$46.19
Two-Party	\$30.95	\$61.90	\$20.63	\$82.53
Family	\$53.33	\$106.65	\$35.56	\$142.21
EyeMed				
Employee Only	\$2.85	\$5.69	\$1.42	\$7.11
Two-Party	\$5.41	\$10.82	\$2.70	\$13.52
Family	\$7.94	\$15.88	\$3.97	\$19.85