



October 1, 2023
COBRA MONTHLY RATES

**Qualified Beneficiary Premiums for
 Social Security Disability Extension
 (150% of the Full Monthly Premium)**

BENEFIT AND CARRIER	Single Premium	2 Party Premium	Family Premium
MEDICAL			
Blue Cross Blue Shield of NM			
High Option Plan	\$1,384.04	\$2,632.15	\$3,515.56
Low Option Plan	\$959.56	\$1,824.99	\$2,437.61
Exclusive Provider Organization (EPO) Option*	\$1,245.60	\$2,368.89	\$3,163.96
Cigna			
High Option Plan	\$1,321.53	\$2,551.11	\$3,419.34
Low Option Plan	\$920.54	\$1,777.02	\$2,381.82
Presbyterian			
High Option Plan	\$1,119.20	\$2,350.20	\$3,133.84
Low Option Plan	\$776.09	\$1,629.54	\$2,172.84
DENTAL			
Delta Dental			
High Option Plan	\$42.90	\$81.68	\$128.33
Low Option Plan	\$21.48	\$40.89	\$64.17
United Concordia			
High Option Plan	\$42.90	\$81.68	\$128.33
Low Option Plan	\$21.48	\$40.89	\$64.17
VISION			
Davis Vision	\$9.40	\$15.72	\$21.22

* EPO Plan – A managed care plan where services are covered only if you go to providers (*doctors, specialists, hospitals, etc.*) in the plan’s network (*except in an emergency*).