



**2019 VIRGINIA CONFERENCE HEALTH PLAN
MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65**

Total Years of VAUMC Service	Medical Plan Options				Dental Plan Options			
	PPO Core		PPO Buy-Up		Core		Major	
	Retiree Only	Family	Retiree Only	Family	Retiree Only	Family	Retiree Only	Family
10-14	\$701	\$1,600	\$772	\$1,760	\$31	\$58	\$60	\$131
15-19	\$568	\$1,295	\$625	\$1,425	\$31	\$58	\$60	\$131
20-24	\$434	\$991	\$478	\$1,090	\$31	\$58	\$60	\$131
25-29	\$301	\$686	\$331	\$754	\$31	\$58	\$60	\$131
30+	\$167	\$381	\$184	\$419	\$31	\$58	\$60	\$131

	Vision Plan
Employee Only	\$8.34
Employee + Spouse	\$15.05
Employee + Child(ren)	\$15.05
Family	\$24.19