



**2023 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	\$655	\$1,632	\$759	\$1,996	\$31	\$58	\$60	\$131
15-19	\$579	\$1,321	\$709	\$1,616	\$31	\$58	\$60	\$131
20-24	\$443	\$1,011	\$542	\$1,236	\$31	\$58	\$60	\$131
25-29	\$307	\$700	\$375	\$855	\$31	\$58	\$60	\$131
30+	\$170	\$389	\$209	\$476	\$31	\$58	\$60	\$131

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