

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Albany County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue**  
**Blue Shield of Northeastern New York**  
**518/453-5800**  
**800/459-7587**

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

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## Allegany County

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
d/b/a Univera Healthcare (ST)  
716/446-5555  
800/242-1199

	HMO	POS
Individual	\$1,119.27	\$1,320.16
Double	\$2,209.44	\$2,605.99
Family	\$3,290.47	\$3,975.63

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
d/b/a Community Blue, Blue Cross Blue  
Shield of Western New York  
716/884-2800  
800/544-2583

	HMO	POS
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

### HMO                      What You Pay Per Month

**Independent Health Association, Inc.**  
716/631-5392  
800/453-1910

	HMO	POS
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

# Premium Rates for Standard Individual Health Plans May 2012

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To verify the rates listed below, please call applicable HMO directly.

## Bronx County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

**HMO**                      **What You Pay Per Month**

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

**HMO**                      **What You Pay Per Month**

**Atlantis Health Plan, Inc.**  
**866/747-8422**

	HMO	POS
Individual	\$1,075.02	\$1,792.73
Husband/Wife	\$2,150.04	\$3,585.46
Parent & Child(ren)	\$2,107.04	\$3,513.75
Family	\$3,225.06	\$5,378.19

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

**HMO**                      **What You Pay Per Month**

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Broome County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,204.00	\$1,791.00
Husband/Wife	\$2,408.00	\$3,582.00
Parent & Child(ren)	\$2,227.00	\$3,313.00
Family	\$3,732.00	\$5,552.00

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

### HMO                      What You Pay Per Month

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	<b>HMO</b>	<b>POS</b>
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

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## Cattaraugus County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Univera Healthcare (ST)**  
**716/446-5555**  
**800/242-1199**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,119.27	\$1,320.16
Double	\$2,209.44	\$2,605.99
Family	\$3,290.47	\$3,975.63

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue, Blue Cross Blue**  
**Shield of Western New York**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

**HMO**                      **What You Pay Per Month**

**Independent Health Association, Inc.**  
**716/631-5392**  
**800/453-1910**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
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## Cayuga County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,204.00	\$1,791.00
Husband/Wife	\$2,408.00	\$3,582.00
Parent & Child(ren)	\$2,227.00	\$3,313.00
Family	\$3,732.00	\$5,552.00

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

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## Chautauqua County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Univera Healthcare (ST)**  
**716/446-5555**  
**800/242-1199**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,119.27	\$1,320.16
Double	\$2,209.44	\$2,605.99
Family	\$3,290.47	\$3,975.63

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue, Blue Cross Blue**  
**Shield of Western New York**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

**HMO**                      **What You Pay Per Month**

**Independent Health Association, Inc.**  
**716/631-5392**  
**800/453-1910**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

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## Chemung County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$882.60	\$988.91
Family	\$2,213.85	\$2,480.46

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

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## Chenango County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798 4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

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## Clinton County

**HMO**

**What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

**HMO**

**What You Pay Per Month**

**HealthNow New York, Inc.**  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.**  
d/b/a Upstate HMO (Utica Operating Region)  
315/798-4384  
800/722-7884

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.**  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,189.68	\$1,479.69
Husband/Wife	\$2,379.36	\$2,959.39
Parent & Child(ren)	\$2,260.39	\$2,811.42
Family	\$3,331.10	\$4,143.14

# Premium Rates for Standard Individual Health Plans May 2012

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## Columbia County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

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**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue**  
**Blue Shield of Northeastern New York**  
**518/453-5800**  
**800/459-7587**

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

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## Cortland County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.  
d/b/a Upstate HMO  
Syracuse Operating Region  
315/448-6820  
800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.  
518/388-8888  
888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

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## Delaware County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

### HMO                      What You Pay Per Month

Excellus Health Plan, Inc.  
d/b/a Upstate HMO (Utica Operating Region)  
315/798-4384  
800/722-7884

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

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Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross BlueShield HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
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914/340-2300  
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	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

# Premium Rates for Standard Individual Health Plans May 2012

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## Dutchess County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,230.31	\$1,537.23
Husband/Wife	\$2,460.62	\$3,074.46
Parent & Child(ren)	\$2,288.38	\$2,859.25
Family	\$3,813.96	\$4,765.42

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,120.62	\$1,461.82
Family	\$2,913.62	\$3,800.76

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,419.96	\$2,903.89
Family	\$6,170.91	\$7,404.89

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

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## Erie County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Univera Healthcare (WNY)**  
**800/336-2014**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,119.27	\$1,320.16
Husband/Wife	\$2,350.47	\$2,772.33
Parent & Child(ren)	\$2,053.70	\$2,481.33
Family	\$3,422.82	\$4,135.54

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue, Blue Cross Blue**  
**Shield of Western New York**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

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**716/631-5392**  
**800/453-1910**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

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## Essex County

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**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,189.68	\$1,479.69
Husband/Wife	\$2,379.36	\$2,959.39
Parent & Child(ren)	\$2,260.39	\$2,811.42
Family	\$3,331.10	\$4,143.14

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue**  
**Blue Shield of Northeastern New York**  
**518/453-5800**  
**800/459-7587**

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Franklin County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,189.68	\$1,479.69
Husband/Wife	\$2,379.36	\$2,959.39
Parent & Child(ren)	\$2,260.39	\$2,811.42
Family	\$3,331.10	\$4,143.14

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Fulton County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

Excellus Health Plan, Inc.  
d/b/a Upstate HMO (Utica Operating Region)  
315/798-4384  
800/722-7884

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Genesee County

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
d/b/a Univera Healthcare (WNY)  
800/336-2014

	<b>HMO</b>	<b>POS</b>
Individual	\$1,119.27	\$1,320.16
Husband/Wife	\$2,350.47	\$2,772.33
Parent & Child(ren)	\$2,053.70	\$2,481.33
Family	\$3,422.82	\$4,135.54

### HMO                      What You Pay Per Month

**Independent Health Association, Inc.**  
716/631-5392  
800/453-1910

	<b>HMO</b>	<b>POS</b>
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
d/b/a Community Blue, Blue Cross Blue  
Shield of Western New York  
716/884-2800  
800/544-2583

	<b>HMO</b>	<b>POS</b>
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
518/388-8888  
888/687-6277

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Greene County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross BlueShield HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Hamilton County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Herkimer County

### HMO                      What You Pay Per Month

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Jefferson County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4394**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Kings County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

### HMO                      What You Pay Per Month

**Atlantis Health Plan, Inc.**  
**866/747-8422**

	HMO	POS
Individual	\$1,075.02	\$1,792.73
Husband/Wife	\$2,150.04	\$3,585.46
Parent & Child(ren)	\$2,107.04	\$3,513.75
Family	\$3,225.06	\$5,378.19

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

### HMO                      What You Pay Per Month

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Lewis County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Livingston County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.  
d/b/a Finger Lakes HMO  
716/454-4810  
800/462-0108**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.  
518/388-8888  
888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Madison County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Monroe County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Finger Lakes HMO**  
**716/454-4810**  
**800/462-0108**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$823.84	\$922.94
Family	\$2,066.51	\$2,315.04

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Montgomery County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

Excellus Health Plan, Inc.  
d/b/a Upstate HMO (Utica Operating Region)  
315/798-4384  
800/722-7884

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Nassau County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

### HMO                      What You Pay Per Month

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

### HMO                      What You Pay Per Month

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## New York County (Manhattan)

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

**HMO**                      **What You Pay Per Month**

**Health Insurance Plan**  
**of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

**HMO**                      **What You Pay Per Month**

**Atlantis Health Plan, Inc.**  
**866/747-8422**

	HMO	POS
Individual	\$1,075.02	\$1,792.73
Husband/Wife	\$2,150.04	\$3,585.46
Parent & Child(ren)	\$2,107.04	\$3,513.75
Family	\$3,225.06	\$5,378.19

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

**HMO**                      **What You Pay Per Month**

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Niagara County

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
d/b/a Univera Healthcare (WNY)  
800/336-2014

	HMO	POS
Individual	\$1,119.27	\$1,320.16
Husband/Wife	\$2,350.47	\$2,772.33
Parent & Child(ren)	\$2,053.70	\$2,481.33
Family	\$3,422.82	\$4,135.54

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
d/b/a Community Blue, Blue Cross Blue  
Shield of Western New York  
716/884-2800  
800/544-2583

	HMO	POS
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

### HMO                      What You Pay Per Month

**Independent Health Association, Inc.**  
716/631-5392  
800/453-1910

	HMO	POS
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Oneida County

### HMO                      What You Pay Per Month

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Onondaga County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,204.00	\$1,791.00
Husband/Wife	\$2,408.00	\$3,582.00
Parent & Child(ren)	\$2,227.00	\$3,313.00
Family	\$3,732.00	\$5,552.00

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$942.58	\$1,056.07
Family	\$2,498.58	\$2,799.31

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Ontario County

### HMO

### What You Pay Per Month

**Excellus Health Plan, Inc.**  
d/b/a Finger Lakes HMO  
716/454-4810  
800/462-0108

	HMO	POS
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

### HMO

### What You Pay Per Month

**MVP Health Plan, Inc.**  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Orange County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,230.31	\$1,537.23
Husband/Wife	\$2,460.62	\$3,074.46
Parent & Child(ren)	\$2,288.38	\$2,859.25
Family	\$3,813.96	\$4,765.42

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

### HMO                      What You Pay Per Month

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,175.30	\$1,530.75
Family	\$3,055.78	\$3,979.94

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,419.96	\$2,903.89
Family	\$6,170.91	\$7,404.89

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

**HMO**                      **What You Pay Per Month****Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Orleans County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Univera Healthcare (WNY)**  
**800/336-2014**

	HMO	POS
Individual	\$1,119.27	\$1,320.16
Husband/Wife	\$2,350.47	\$2,772.33
Parent & Child(ren)	\$2,053.70	\$2,481.33
Family	\$3,422.82	\$4,135.54

**HMO**                      **What You Pay Per Month**

**Independent Health Association, Inc.**  
**716/631-5392**  
**800/453-1910**

	HMO	POS
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue, Blue Cross Blue**  
**Shield of Western New York**  
**716/884-2800**  
**800/544-2583**

	HMO	POS
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Oswego County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,204.00	\$1,791.00
Husband/Wife	\$2,408.00	\$3,582.00
Parent & Child(ren)	\$2,227.00	\$3,313.00
Family	\$3,732.00	\$5,552.00

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$942.58	\$1,056.07
Family	\$2,498.58	\$2,799.31

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Otsego County

### HMO                      What You Pay Per Month

**Capital District Physicians' Health Plan, Inc.**  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
d/b/a Upstate HMO (Utica Operating Region)  
315/798-4384  
800/722-7884

	HMO	POS
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Putnam County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,419.96	\$2,903.89
Family	\$6,170.91	\$7,404.89

### HMO                      What You Pay Per Month

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,230.31	\$1,537.23
Husband/Wife	\$2,460.62	\$3,074.46
Parent & Child(ren)	\$2,288.38	\$2,859.25
Family	\$3,813.96	\$4,765.42

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Queens County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

**HMO**                      **What You Pay Per Month**

**Health Insurance Plan**  
**of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

**HMO**                      **What You Pay Per Month**

**Atlantis Health Plan, Inc.**  
**866/747-8422**

	HMO	POS
Individual	\$1,075.02	\$1,792.73
Husband/Wife	\$2,150.04	\$3,585.46
Parent & Child(ren)	\$2,107.04	\$3,513.75
Family	\$3,225.06	\$5,378.19

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

**HMO**                      **What You Pay Per Month**

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

**HMO**                      **What You Pay Per Month****Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Rensselaer County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending on the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Richmond County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan**  
**of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

### HMO                      What You Pay Per Month

**Atlantis Health Plan, Inc.**  
**866/747-8422**

	HMO	POS
Individual	\$1,075.02	\$1,792.73
Husband/Wife	\$2,150.04	\$3,585.46
Parent & Child(ren)	\$2,107.04	\$3,513.75
Family	\$3,225.06	\$5,378.19

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

### HMO                      What You Pay Per Month

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

**HMO**                      **What You Pay Per Month****Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Rockland County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,419.96	\$2,903.89
Family	\$6,170.91	\$7,404.89

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO	POS
Adult	\$920.73	Individual \$1,579.36
Per Child *	\$428.28	Husband/Wife \$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children \$2,763.78
		Family \$4,551.58

### HMO                      What You Pay Per Month

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child(ren)	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Saratoga County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Schenectady County

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**d/b/a Community Blue**  
**Blue Shield of Northeastern New York**  
**518/453-5800**  
**800/459-7587**

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Schoharie County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Schuyler County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Seneca County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Finger Lakes HMO**  
**716/454-4810**  
**800/462-0108**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## St. Lawrence County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO (Utica Operating Region)**  
**315/798-4384**  
**800/722-7884**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,398.54	\$1,623.30
Double	\$2,699.17	\$3,132.95
Family	\$3,678.04	\$4,373.20

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,189.68	\$1,479.69
Husband/Wife	\$2,379.36	\$2,959.39
Parent & Child(ren)	\$2,260.39	\$2,811.42
Family	\$3,331.10	\$4,143.14

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Steuben County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.  
d/b/a Upstate HMO  
Syracuse Operating Region  
315/448-6820  
800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.  
518/388-8888  
888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Suffolk County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

### HMO                      What You Pay Per Month

**Managed Health, Inc.**  
**d/b/a HealthFirst New York**  
**888/260-1010**

	HMO	POS
Individual	\$1,116.74	\$1,532.28
Husband/Wife	\$2,232.28	\$3,063.07
Parent & Child(ren)	\$1,975.49	\$2,710.59
Family	\$3,316.56	\$4,550.94

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

### HMO                      What You Pay Per Month

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Sullivan County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	<b>HMO</b>	<b>POS</b>
Individual	\$2,419.96	\$2,903.89
Family	\$6,170.91	\$7,404.89

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,230.31	\$1,537.23
Husband/Wife	\$2,460.62	\$3,074.46
Parent & Child(ren)	\$2,288.38	\$2,859.25
Family	\$3,813.96	\$4,765.42

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Tioga County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,204.00	\$1,791.00
Husband/Wife	\$2,408.00	\$3,582.00
Parent & Child(ren)	\$2,227.00	\$3,313.00
Family	\$3,732.00	\$5,552.00

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Upstate HMO**  
**Syracuse Operating Region**  
**315/448-6820**  
**800/447-6269**

	HMO	POS
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,092.76	\$1,428.28
Family	\$2,841.16	\$3,713.52

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Tompkins County

**HMO**

**What You Pay Per Month**

**Excellus Health Plan, Inc.  
d/b/a Upstate HMO  
Syracuse Operating Region  
315/448-6820  
800/447-6269**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,287.69	\$1,313.26
Family	\$3,124.00	\$3,263.67

**HMO**

**What You Pay Per Month**

**MVP Health Plan, Inc.  
518/388-8888  
888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,144.25	\$1,412.98
Husband/Wife	\$2,288.50	\$2,825.95
Parent & Child(ren)	\$2,174.07	\$2,684.65
Family	\$3,203.89	\$3,956.33

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Ulster County

**HMO**                      **What You Pay Per Month**

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

**HMO**                      **What You Pay Per Month**

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,230.31	\$1,537.23
Husband/Wife	\$2,460.62	\$3,074.46
Parent & Child(ren)	\$2,288.38	\$2,859.25
Family	\$3,813.96	\$4,765.42

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,155.85	\$1,430.01
Husband/Wife	\$2,311.69	\$2,860.03
Parent & Child(ren)	\$2,196.11	\$2,717.03
Family	\$3,236.37	\$4,004.04

**HMO**                      **What You Pay Per Month**

**Capital District Physicians' Health Plan, Inc.**  
**518/641-3700**  
**800/777-2273**

	HMO	POS
Individual	\$1,175.30	\$1,530.75
Family	\$3,055.78	\$3,979.94

**HMO**                      **What You Pay Per Month**

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,304.78	\$2,765.60
Family	\$5,877.25	\$7,052.27

**HMO**                      **What You Pay Per Month**

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Warren County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Washington County

### HMO                      What You Pay Per Month

Capital District Physicians' Health Plan, Inc.  
518/641-3700  
800/777-2273

	HMO	POS
Individual	\$905.16	\$1,189.26
Family	\$2,353.43	\$3,092.10

### HMO                      What You Pay Per Month

GHI HMO Select, Inc.  
d/b/a GHI HMO  
914/340-2300  
877/244-4466

	HMO	POS
Individual	\$2,166.45	\$2,599.68
Family	\$5,524.46	\$6,629.16

### HMO                      What You Pay Per Month

MVP Health Plan, Inc.  
518/388-8888  
888/687-6277

	HMO	POS
Individual	\$1,113.20	\$1,367.38
Husband/Wife	\$2,226.40	\$2,734.77
Parent & Child(ren)	\$2,115.08	\$2,598.03
Family	\$3,116.97	\$3,828.68

### HMO                      What You Pay Per Month

Empire HealthChoice HMO, Inc.  
d/b/a Empire BlueCross HMO  
800/662-5193

	HMO	POS
Individual	\$1,025.23	\$1,280.95
Husband/Wife	\$2,050.46	\$2,561.90
Parent & Child(ren)	\$1,906.93	\$2,382.56
Family	\$3,178.21	\$3,970.95

### HMO                      What You Pay Per Month

HealthNow New York, Inc.  
d/b/a Community Blue  
Blue Shield of Northeastern New York  
518/453-5800  
800/459-7587

	HMO	POS
Individual	\$1,060.75	\$1,215.05
Family	\$2,804.94	\$3,212.01

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Wayne County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Finger Lakes HMO**  
**716/454-4810**  
**800/462-0108**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

**HMO**                      **What You Pay Per Month**

**HealthNow New York, Inc.**  
**716/884-2800**  
**800/544-2583**

	<b>HMO</b>	<b>POS</b>
Individual	\$823.84	\$922.94
Family	\$2,066.51	\$2,315.04

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Westchester County

### HMO                      What You Pay Per Month

**Aetna Health, Inc.**  
**800/435-8742**

	HMO	POS
Individual	\$1,338.00	\$1,990.00
Husband/Wife	\$2,676.00	\$3,980.00
Parent & Child(ren)	\$2,475.00	\$3,681.00
Family	\$4,147.00	\$6,169.00

### HMO                      What You Pay Per Month

**GHI HMO Select, Inc.**  
**d/b/a GHI HMO**  
**914/340-2300**  
**877/244-4466**

	HMO	POS
Individual	\$2,765.60	\$3,318.77
Family	\$7,052.27	\$8,462.86

### HMO                      What You Pay Per Month

**Oxford Health Plans (NY), Inc.**  
**800/216-0778**

	HMO	POS
Individual	\$1,337.20	\$1,970.03
Husband/Wife	\$2,674.40	\$3,940.06
Parent & Child	\$2,690.45	\$3,963.70
Family	\$4,111.89	\$6,057.84

### HMO                      What You Pay Per Month

**Empire HealthChoice HMO, Inc.**  
**d/b/a Empire BlueCross BlueShield HMO**  
**800/662-5193**

	HMO	POS
Individual	\$1,366.99	\$1,707.95
Husband/Wife	\$2,733.98	\$3,415.90
Parent & Child(ren)	\$2,542.60	\$3,176.79
Family	\$4,237.67	\$5,294.65

### HMO                      What You Pay Per Month

**Health Insurance Plan  
of Greater New York, Inc.**  
**800/447-8255**

	HMO		POS
Adult	\$920.73	Individual	\$1,579.36
Per Child *	\$428.28	Husband/Wife	\$3,158.72
* Maximum of \$1,713.12 for 4 or more children.		Parent & children	\$2,763.78
		Family	\$4,551.58

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Wyoming County

### HMO                      What You Pay Per Month

**Excellus Health Plan, Inc.**  
**d/b/a Univera Healthcare (WNY)**  
**800/336-2014**

	HMO	POS
Individual	\$1,119.27	\$1,320.16
Husband/Wife	\$2,350.47	\$2,772.33
Parent & Child(ren)	\$2,053.70	\$2,481.33
Family	\$3,422.82	\$4,135.54

### HMO                      What You Pay Per Month

**Independent Health Association, Inc.**  
**716/631-5392**  
**800/453-1910**

	HMO	POS
Individual	\$1,275.58	\$1,351.83
Family	\$3,536.71	\$3,748.11

### HMO                      What You Pay Per Month

**HealthNow New York, Inc.**  
**d/b/a Community Blue, Blue Cross Blue**  
**Shield of Western New York**  
**716/884-2800**  
**800/544-2583**

	HMO	POS
Individual	\$1,014.40	\$1,337.61
Family	\$2,860.94	\$3,772.22

### HMO                      What You Pay Per Month

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	HMO	POS
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56

# Premium Rates for Standard Individual Health Plans May 2012

Rates may vary depending upon the month in which you enroll.  
To verify the rates listed below, please call applicable HMO directly.

## Yates County

**HMO**                      **What You Pay Per Month**

**Excellus Health Plan, Inc.**  
**d/b/a Finger Lakes HMO**  
**716/454-4810**  
**800/462-0108**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,161.91	\$1,264.89
Double	\$2,323.74	\$2,529.79
Family	\$3,553.03	\$3,794.64

**HMO**                      **What You Pay Per Month**

**MVP Health Plan, Inc.**  
**518/388-8888**  
**888/687-6277**

	<b>HMO</b>	<b>POS</b>
Individual	\$1,026.74	\$1,240.56
Husband/Wife	\$2,053.48	\$2,481.12
Parent & Child(ren)	\$1,950.80	\$2,357.06
Family	\$2,874.87	\$3,473.56