



2026 Monthly COBRA Rates

Effective 1/1/2026

2026 MONTHLY COBRA RATES HMA SELF-FUNDED

	HMA Medical/Rx COBRA Rates	HMA Dental/Vision COBRA Rates	TOTAL
Employee Only	867.18	89.03	956.21
Employee and Spouse	1,983.94	191.03	2,174.97
Employee and Child	1,436.75	167.99	1,604.74
Employee and Children	1,879.35	239.86	2,119.21
Employee, Spouse and Child	2,553.55	270.03	2,823.58
Employee, Spouse and Children	2,996.13	341.92	3,338.05
Spouse Only	1,116.76	102.00	1,218.76
Child Only	569.57	78.97	648.54
Children Only	1,012.17	150.83	1,163.00

2026 MONTHLY COBRA RATES KAISER PERMANENTE

	Kaiser Medical Rx Vision COBRA Rates	HMA Dental COBRA Rates	TOTAL
Employee Only	818.12	68.36	886.48
Employee and Spouse	2,064.70	143.72	2,208.42
Employee and Child	1,415.54	133.72	1,549.26
Employee and Children	1,937.37	195.06	2,132.43
Employee, Spouse and Child	2,662.08	209.12	2,871.20
Employee, Spouse and Children	3,183.89	270.42	3,454.31
Spouse Only	1,246.58	75.36	1,321.94
Child Only	597.41	65.36	662.77
Children Only	1,119.25	126.70	1,245.95