

2010 Healthy NY Rates By County

Please note premium rates are subject to change.
Be sure to contact the HMO directly to verify current rates.

Herkimer County

Capital District Physicians' Health Plan

500 Patroon Creek Corporate Center
Albany, NY 12206

1-800-993-7299 - Sm. Group/Sole Prop.

1-800-777-2273 - Individuals

What You Pay Per Month

Plan Type	w/ drugs	w/o drugs	HDHP w/ drugs	HDHP w/o drugs
Individual	\$ 328.17	\$ 295.23	\$ 266.41	\$ 241.03
Two Adult	\$ 656.34	\$ 590.46	\$ 532.82	\$ 482.06
Parent & Child(ren)	\$ 623.51	\$ 560.93	\$ 506.18	\$ 457.96
Family	\$ 918.87	\$ 826.64	\$ 745.96	\$ 674.89

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Excelsus Health Plan, Inc. d/b/a Excelsus Blue Cross and Blue Shield Utica/Watertown Region

Individuals/Sole Proprietors:

P.O. Box 22999

Rochester, NY 14692

1-800-462-0108

Small Groups:

165 Court Street

Rochester, NY 14647

1-877-872-9308

What You Pay Per Month

Plan Type	w/ drugs	w/o drugs*	HDHP w/ drugs	HDHP w/o drugs*
Individual	\$ 302.77	\$ 206.84	\$ 244.95	\$ 161.41
Two Adult	\$ 605.54	\$ 413.68	\$ 489.89	\$ 322.83
Parent & Child(ren)	\$ 590.40	\$ 403.34	\$ 477.65	\$ 314.76
Family	\$ 814.45	\$ 556.40	\$ 658.91	\$ 434.20

* The non-drug product for this company is an EPO product. The provider network for the EPO product is different from the HMO product. Members do not have to obtain referrals from their primary care physician, but must use providers in the health plan's network. For more information, please contact the company directly.

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MVP Health Plan, Inc.
625 State Street
Schenectady, NY 12305

1-518-370-4793
1-888-MVP-MBRS

What You Pay Per Month

Plan Type	w/ drugs	w/o drugs	HDHP w/ drugs	HDHP w/o drugs
Individual	\$ 293.68	\$ 249.85	\$ 241.43	\$ 193.75
Two Adult	\$ 587.35	\$ 499.69	\$ 482.86	\$ 387.50
Parent & Child(ren)	\$ 572.69	\$ 487.22	\$ 470.80	\$ 377.83
Family	\$ 844.32	\$ 718.31	\$ 694.11	\$ 557.03

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United Healthcare - Healthcore

* Healthcore is a Healthy NY pilot program that offers coverage with a 15% premium subsidy to individuals, sole proprietors and small employers. People who complete an optional confidential health risk assessment receive an additional 5% subsidy. The program is administered by Benefit Specialists of New York, and coverage is provided by United Healthcare. For more information including premium rates, please visit www.hnyhealthcore.com or call 800-427-1551 or (315) 470-1930.