

**COSUMNES COMMUNITY SERVICES DISTRICT**  
**PT-Over 30 Hours**  
**2026 Health Rate Sheet**  
**Effective: January 1, 2026 - December 31, 2026**

	<b>2026 Employee Contribution</b>	2025 Employee Contribution	25/26 Premium Change	<b>2026 District Contribution</b>	2025 District Contribution	25/26 Premium Change	<b>2026 Total Premium</b>	2025 Total Premium	25/26 Premium Change
<b>PPO's</b>									
PERS Gold	\$364.64	\$262.45	\$102.19	\$755.94	\$751.25	\$4.69	\$1,120.58	\$1,013.70	\$106.88
PERS Platinum	\$914.20	\$724.85	\$189.35	\$755.94	\$751.25	\$4.69	\$1,670.14	\$1,476.10	\$194.04
<b>HMO's</b>									
Kaiser	\$412.92	\$361.65	\$51.27	\$755.94	\$751.25	\$4.69	\$1,168.86	\$1,112.90	\$55.96
Western Health Advantage	\$213.64	\$163.02	\$50.62	\$755.94	\$751.25	\$4.69	\$969.58	\$914.27	\$55.31
Blue Shield Trio	\$410.64	\$383.54	\$27.10	\$755.94	\$751.25	\$4.69	\$1,166.58	\$1,134.79	\$31.79
Blue Shield Access+	\$546.01	\$418.92	\$127.09	\$755.94	\$751.25	\$4.69	\$1,301.95	\$1,170.17	\$131.78
United Healthcare Alliance	\$534.12	\$433.33	\$100.79	\$755.94	\$751.25	\$4.69	\$1,290.06	\$1,184.58	\$105.48
United Healthcare Harmony	\$377.15	\$253.77	\$123.38	\$755.94	\$751.25	\$4.69	\$1,133.09	\$1,005.02	\$128.07
Anthem Select	\$580.35	\$505.40	\$74.95	\$755.94	\$751.25	\$4.69	\$1,336.29	\$1,256.65	\$79.64
Anthem Traditional	\$856.14	\$749.15	\$106.99	\$755.94	\$751.25	\$4.69	\$1,612.08	\$1,500.40	\$111.68
<b>PPO's</b>									
PERS Gold	\$1,485.22	\$1,276.15	\$209.07	\$755.94	\$751.25	\$4.69	\$2,241.16	\$2,027.40	\$213.76
PERS Platinum	\$2,584.34	\$2,200.95	\$383.39	\$755.94	\$751.25	\$119.34	\$3,340.28	\$2,952.20	\$388.08
<b>HMO's</b>									
Kaiser	\$1,581.78	\$1,474.55	\$107.23	\$755.94	\$751.25	\$4.69	\$2,337.72	\$2,225.80	\$111.92
Western Health Advantage	\$1,183.22	\$1,077.29	\$105.93	\$755.94	\$751.25	\$4.69	\$1,939.16	\$1,828.54	\$110.62
Blue Shield Trio	\$1,577.22	\$1,518.33	\$58.89	\$755.94	\$751.25	\$4.69	\$2,333.16	\$2,269.58	\$63.58
Blue Shield Access+	\$1,847.96	\$1,589.09	\$258.87	\$755.94	\$751.25	\$4.69	\$2,603.90	\$2,340.34	\$263.56
United Healthcare Alliance	\$1,824.18	\$1,617.91	\$206.27	\$755.94	\$751.25	\$4.69	\$2,580.12	\$2,369.16	\$210.96
United Healthcare Harmony	\$1,510.24	\$1,258.79	\$251.45	\$755.94	\$751.25	\$4.69	\$2,266.18	\$2,010.04	\$256.14
Anthem Select	\$1,916.64	\$1,762.05	\$154.59	\$755.94	\$751.25	\$4.69	\$2,672.58	\$2,513.30	\$159.28
Anthem Traditional	\$2,468.22	\$2,249.55	\$218.67	\$755.94	\$751.25	\$4.69	\$3,224.16	\$3,000.80	\$223.36
<b>PPO's</b>									
<b>FAMILY</b>									
PERS Gold	\$2,157.57	\$1,884.37	\$273.20	\$755.94	\$751.25	\$4.69	\$2,913.51	\$2,635.62	\$277.89
PERS Platinum	\$3,586.42	\$3,086.61	\$499.81	\$755.94	\$751.25	\$4.69	\$4,342.36	\$3,837.86	\$504.50
<b>HMO's</b>									
Kaiser	\$2,283.10	\$2,142.29	\$140.81	\$755.94	\$751.25	\$4.69	\$3,039.04	\$2,893.54	\$145.50
Western Health Advantage	\$1,764.97	\$1,625.85	\$139.12	\$755.94	\$751.25	\$4.69	\$2,520.91	\$2,377.10	\$143.81
Blue Shield Trio	\$2,277.17	\$2,199.20	\$77.97	\$755.94	\$751.25	\$4.69	\$3,033.11	\$2,950.45	\$82.66
Blue Shield Access+	\$2,629.13	\$2,291.19	\$337.94	\$755.94	\$751.25	\$4.69	\$3,385.07	\$3,042.44	\$342.63
United Healthcare Alliance	\$2,598.22	\$2,328.66	\$269.56	\$755.94	\$751.25	\$4.69	\$3,354.16	\$3,079.91	\$274.25
United Healthcare Harmony	\$2,190.09	\$1,861.80	\$328.29	\$755.94	\$751.25	\$4.69	\$2,946.03	\$2,613.05	\$332.98
Anthem Select	\$2,718.41	\$2,516.04	\$202.37	\$755.94	\$751.25	\$4.69	\$3,474.35	\$3,267.29	\$207.06
Anthem Traditional	\$3,435.47	\$3,149.79	\$285.68	\$755.94	\$751.25	\$4.69	\$4,191.41	\$3,901.04	\$290.37

Delta Dental Insurance Employee Premium (Monthly)	Plan Options		
	Basic	Low	High
Employee Only	\$ 45.55	\$53.24	\$54.13
Employee + One Dependent	\$ 78.85	\$92.41	\$94.00
Employee + 2 or more	\$ 133.48	\$156.70	\$159.41
Vision Services Plan Employee Premium (Monthly)	Plan Options		
	Basic	Buy Up	
All	\$ 17.05	\$27.30	

\*All plan costs represent the monthly cost for health premiums. Employee premiums will be deducted according the bi-weekly pay schedule.