

NYSHIP HEALTH INSURANCE BIWEEKLY RATES: EFFECTIVE JAN. 1, 2026

New rates begin with check dated December 31, 2025

CSEA, M/C, NYSCOPBA, PBA-NYS, PEF & UUP

HEALTH PLAN (CODE #)		CSEA, MC Classified, NYSCOPBA, PBA-NYS & PEF employees equated to <i>Salary Grade 9 & below</i> ; UUP employees with annualized salary <i>< \$52,413</i> & MC Professional (13) with annualized salary <i>< \$54,205</i>		CSEA, MC Classified, NYSCOPBA, PBA-NYS & PEF employees equated to <i>Salary Grade 10 & above</i> ; UUP employees with annualized salary <i>at \$52,413+</i> & MC Professional (13) with annualized salary <i>\$54,205+</i>	
		<i>Individual</i>	<i>Family</i>	<i>Individual</i>	<i>Family</i>
EMPIRE (001)	2026	\$65.99	\$298.75	\$87.99	\$355.24
	2025	\$60.23	\$272.67	\$80.31	\$324.22
CDPHP (300)	2026	\$113.41	\$276.16	\$134.47	\$329.89
	2025	\$98.03	\$248.45	\$117.29	\$296.86
HMO BLUE (072)	2026	\$62.02	\$262.05	\$82.70	\$312.37
	2025	\$58.77	\$248.57	\$78.36	\$296.28
MVP (330)	2026	\$130.14	\$287.91	\$151.59	\$344.09
	2025	\$87.54	\$245.35	\$107.07	\$293.19

The 2026 NYSHIP Option Transfer Period will run December 1 - December 31, 2025, including the Pre-Tax Contribution Program. No action is required if you are not changing your health plan or tax election for 2026; or your change request PS404 Form is due in the Human Resources Office no later than December 31, 2025.

Paper copies of the 2026 Choices Booklet along with the PS-404 Health Insurance Transaction Form are available upon request from Human Resources, AD 242. *The HR Office will be closed 12/25/25 - 1/4/26.*

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