

# NYSHIP RATES & INFORMATION FOR 2023

For Leave Without Pay (LWOP) status enrollees, COBRA enrollees and Young Adult Option (YAO) enrollees whose parents are enrolled in NYSHIP through employment with the State of New York (NY) or a Participating Employer (PE) and their spouse/domestic partner and other enrolled dependents, if eligible

**Your Only Notice of Health Insurance Rate Changes for 2023**



**NYSHIP**  
New York State  
Health Insurance Program

# New York State Health Insurance Program 2023 Rates

NY and PE LWOP, YAO and COBRA Enrollees		NY LWOP Biweekly Premium*		NY/PE LWOP & YAO Monthly Premium*		NY/PE COBRA Monthly Premium†	
		Individual	Family	Individual	Family	Individual	Family
001	The Empire Plan	466.77	1,154.83	1,014.12	2,508.99	1,034.40	2,559.17
066	Blue Choice	359.80	884.74	781.70	1,922.20	797.33	1,960.64
063	Capital District Physicians' Health Plan (CDPHP) (Capital)	403.50	984.75	876.65	2,139.47	894.18	2,182.26
300	Capital District Physicians' Health Plan (CDPHP) (Central)	402.41	979.09	874.28	2,127.17	891.77	2,169.71
310	Capital District Physicians' Health Plan (CDPHP) (Hudson Valley)	424.50	1,037.24	922.27	2,253.52	940.72	2,298.59
050	EmblemHealth – HIP (Downstate)	540.16	1,300.82	1,173.57	2,826.17	1,197.04	2,882.69
220	EmblemHealth – HIP (Capital)	599.34	1,445.81	1,302.14	3,141.19	1,328.18	3,204.01
350	EmblemHealth – HIP (Hudson Valley)	538.92	1,297.77	1,170.87	2,819.56	1,194.29	2,875.95
067	Highmark Blue Cross Blue Shield of Western New York	377.67	927.33	820.53	2,014.72	836.94	2,055.01
069	Highmark Blue Shield of Northeastern New York	412.71	1,016.13	896.67	2,207.66	914.60	2,251.81
072	HMOBlue (Central New York Region)	408.34	992.06	887.17	2,155.35	904.91	2,198.46
160	HMOBlue (Utica Region)	425.83	1,080.89	925.16	2,348.36	943.66	2,395.33
059	Independent Health	374.16	912.26	812.91	1,981.99	829.17	2,021.63
058	MVP Health Care (Rochester)	376.67	865.48	818.34	1,880.34	834.71	1,917.95
060	MVP Health Care (East)	391.62	900.66	850.82	1,956.77	867.84	1,995.91
330	MVP Health Care (Central)	437.85	1,008.56	951.28	2,191.20	970.31	2,235.02
340	MVP Health Care (Mid-Hudson)	439.54	1,016.78	954.96	2,209.08	974.06	2,253.26
360	MVP Health Care (North)	405.73	933.77	881.50	2,028.72	899.13	2,069.29

\* LWOP coverage is not available to retirees and Family coverage is not available to YAO enrollees.

† Includes a 2 percent administrative fee.

## Keep Your Information Up to Date

It's important for you to keep the Employee Benefits Division (EBD) up to date with any changes to your enrollment record (address, adding or removing dependents, marital status changes) in a timely manner as deadlines may apply. See your *General Information Book* for more information on enrollment changes and applicable deadlines.

## Choose Your Health Insurance Option

The annual Option Transfer Period is here. This is the time to choose the health insurance option you want for 2023. The New York State Health Insurance Program (NYSHIP) offers you the choice of The Empire Plan or a NYSHIP-approved Health Maintenance Organization (HMO) serving the area where you live or work.

Except under very defined circumstances, LWOP and YAO enrollees cannot change options outside of the annual Option Transfer Period, which ends **December 30, 2022**.

If you would like to change your NYSHIP option for the 2023 plan year, see page 4 for instructions.

**NO ACTION IS REQUIRED IF YOU WISH TO KEEP YOUR CURRENT HEALTH INSURANCE OPTION AND STILL QUALIFY FOR IT.**

## General Information

**Your premium bill must be paid in full upon receipt each month in order to continue coverage.**

To enroll in an HMO, you must live or work in the HMO's service area. If you no longer live or work in the NYSHIP service area of the HMO in which you are enrolled, you must change to another option. Service areas may change from year to year. Please check *Health Insurance Choices for 2023* or call the HMO for NYSHIP service area information.

## LWOP Premium Information

You will be billed once every 28 days for any premiums due. Your first bill should arrive approximately 2–4 weeks after you are reported on LWOP and will include all premiums due from your start date in LWOP status through the current coverage period. PE enrollees will be billed by their employer.

## YAO and COBRA Premium Information

Your first bill will include any past premiums owed from the start date of your enrollment in YAO or COBRA through the current billing period. The monthly premium is due by the last day of each month. This bill is for coverage for the following month. **Reminder:** YAO Enrollees pay the Individual full share monthly premium. Family coverage is not available for YAO enrollees. Eligibility for YAO coverage is dependent upon the parent's continued participation in NYSHIP.

## How to Change Options

To change your health insurance option, complete the enclosed *NYSHIP Option Transfer Request Form* and return it to:

NYS Department of Civil Service  
Employee Benefits Division  
Program Administration Unit  
Albany, NY 12239

**COBRA enrollees:** You may change health insurance options for any reason at any time once during a 12-month period. **Consider your options carefully. You are choosing a benefit package for yourself and your dependent(s) for the year.**

**LWOP and YAO enrollees:** You may change options outside of the designated Option Transfer Period only under certain circumstances. Read your *General Information Book* for a list of events that allow you to change options outside of the Option Transfer Period. Contact the Employee Benefits Division for more information. **The deadline for submitting a signed and dated *NYSHIP Option Transfer Request Form* to the Employee Benefits Division is December 30, 2022.**

### Dental and Vision Rates for 2023

The rate chart (pages 2–3) does not include dental and vision costs for COBRA and LWOP enrollees, whose dental and/or vision coverage is administered by the Employee Benefits Division. For COBRA and LWOP enrollees, the dental and vision premiums for the 2023 plan year are:

Direct Pay Dental & Vision	LWOP Individual* Biweekly rate	LWOP Family* Biweekly rate	COBRA Individual Monthly rate	COBRA Family Monthly rate
Dental premium	\$12.38	\$33.09	\$27.43	\$73.34
Vision premium	\$1.90	\$4.55	\$4.21	\$10.09

\* LWOP enrollees are billed once every 28 days.

**Note:** These rates do not apply to YAO enrollees. Dental and/or vision coverage is not available to YAO enrollees through NYSHIP. If your dental and/or vision coverage is provided by an Employee Benefit Fund, contact the Fund for 2023 rates.

It is the policy of the New York State Department of Civil Service to provide reasonable accommodation to ensure effective communication of information in benefits publications to individuals with disabilities. These publications are also available on NYSHIP Online at [www.cs.ny.gov/employee-benefits](http://www.cs.ny.gov/employee-benefits). Visit NYSHIP Online for timely information that meets universal accessibility standards adopted by New York State for NYS agency websites. If you need an auxiliary aid or service to make benefits information available to you, please contact your Health Benefits Administrator. COBRA Enrollees, Preferred List Enrollees and Vesteas: Contact the Employee Benefits Division at 518-457-5754 or 1-800-833-4344 (U.S., Canada, Puerto Rico, Virgin Islands).

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