

COBRA Rates

If you have continued health coverage through the Consolidated Omnibus Budget Reconciliation Act (COBRA), contact your employer for your monthly premium rate. Refer to [COBRA](#) for information on continuing health coverage for yourself and your dependents if you involuntarily lose your health benefits.

COBRA rates are calculated at 102% of the Basic premiums, but some carriers may charge less than these maximum amounts.

Regional Rates for January 1, 2019 to December 31, 2019

BAY AREA REGION

Alameda, Amador, Contra Costa, Marin, Napa, Nevada, San Francisco, San Joaquin,
San Mateo, Santa Clara, Santa Cruz, Solano, Sonoma, Sutter, Yuba

PLAN NAME	Single	2-Party	Family
Anthem Select HMO	\$848.07	\$1,696.14	\$2,204.97
Anthem Traditional HMO	\$1,133.35	\$2,266.71	\$2,946.72
Blue Shield Access+	\$990.32	\$1,980.64	\$2,574.83
Health Net SmartCare	\$919.58	\$1,839.16	\$2,390.91
Kaiser	\$783.62	\$1,567.23	\$2,037.40
PERS Choice	\$883.60	\$1,767.19	\$2,297.35
PERS Select	\$554.05	\$1,108.11	\$1,440.54
PERSCare	\$1,154.31	\$2,308.63	\$3,001.22
PORAC	\$789.48	\$1,655.46	\$2,117.52
Western Health Advantage	\$782.35	\$1,564.70	\$2,034.11

SACRAMENTO AREA REGION

El Dorado, Placer, Sacramento, Yolo

PLAN NAME	Single	2-Party	Family
Anthem Select HMO	\$965.06	\$1,930.13	\$2,509.16
Anthem Traditional HMO	\$1,202.37	\$2,404.73	\$3,126.15
Blue Shield Access+	\$898.63	\$1,797.26	\$2,336.44
Kaiser	\$701.75	\$1,403.50	\$1,824.55
PERS Choice	\$814.55	\$1,629.10	\$2,117.84
PERS Select	\$518.85	\$1,037.71	\$1,349.02
PERSCare	\$1,048.55	\$2,097.10	\$2,726.23

PORAC	\$789.48	\$1,655.46	\$2,117.52
UnitedHealthcare	\$947.43	\$1,894.85	\$2,463.31
Western Health Advantage	\$710.61	\$1,421.23	\$1,847.60

LOS ANGELES AREA REGION

Los Angeles, San Bernardino, Ventura

PLAN NAME	Single	2-Party	Family
Anthem Select HMO	\$639.61	\$1,279.22	\$1,662.99
Anthem Traditional HMO	\$896.05	\$1,792.10	\$2,329.73
Blue Shield Access+	\$683.15	\$1,366.29	\$1,776.18
Health Net Salud y Más	\$363.63	\$727.26	\$945.44
Health Net SmartCare	\$595.96	\$1,191.91	\$1,549.48
Kaiser	\$631.01	\$1,262.03	\$1,640.63
PERS Choice	\$667.59	\$1,335.18	\$1,735.73
PERS Select	\$429.19	\$858.37	\$1,115.88
PERSCare	\$860.66	\$1,721.31	\$2,237.71
PORAC	\$789.48	\$1,655.46	\$2,117.52
UnitedHealthcare	\$683.00	\$1,366.00	\$1,775.81

OTHER SOUTHERN CALIFORNIA REGION

Fresno, Imperial, Inyo, Kern, Kings, Madera, Orange, Riverside, San Diego,
San Luis Obispo, Santa Barbara, Tulare

PLAN NAME	Single	2-Party	Family
Anthem Select HMO	\$637.57	\$1,275.14	\$1,657.68
Anthem Traditional HMO	\$847.51	\$1,695.02	\$2,203.52
Blue Shield Access+	\$775.24	\$1,550.48	\$2,015.62
Health Net Salud y Más	\$436.37	\$872.73	\$1,134.56
Health Net SmartCare	\$655.56	\$1,311.13	\$1,704.47
Kaiser	\$641.20	\$1,282.41	\$1,667.13
PERS Choice	\$735.53	\$1,471.06	\$1,912.39
PERS Select	\$471.96	\$943.93	\$1,227.11
PERSCare	\$925.44	\$1,850.87	\$2,406.13

PORAC	\$789.48	\$1,655.46	\$2,117.52
Sharp	\$605.53	\$1,211.07	\$1,574.39
UnitedHealthcare	\$659.58	\$1,319.17	\$1,714.92

OTHER NORTHERN CALIFORNIA REGION

Alpine, Butte, Calaveras, Colusa, Del Norte, Glenn, Humboldt, Lake, Lassen, Mariposa,
Mendocino, Merced, Modoc, Mono, Monterey, Plumas, San Benito, Shasta,
Sierra, Siskiyou, Stanislaus, Tehama, Trinity, Tuolumne

PLAN NAME	Single	2-Party	Family
Anthem EPO Del Norte	\$884.29	\$1,768.58	\$2,299.15
Anthem Select HMO	\$604.07	\$1,208.15	\$1,570.60
Anthem Traditional HMO	\$1,361.07	\$2,722.14	\$3,538.78
Blue Shield Access+	\$996.35	\$1,992.69	\$2,590.50
Blue Shield EPO	\$996.35	\$1,992.69	\$2,590.50
Kaiser	\$798.79	\$1,597.59	\$2,076.86
PERS Choice	\$884.29	\$1,768.58	\$2,299.15
PERS Select	\$521.57	\$1,043.13	\$1,356.07
PERSCare	\$1,107.55	\$2,215.09	\$2,879.62
PORAC	\$789.48	\$1,655.46	\$2,117.52
Western Health Advantage	\$710.61	\$1,421.23	\$1,847.60

OUT-OF-STATE REGION

Kaiser ¹	\$983.97	\$1,967.95	\$2,558.33
PERS Choice	\$643.02	\$1,286.04	\$1,671.85
PERSCare	\$829.74	\$1,659.48	\$2,157.32
PORAC	\$789.48	\$1,655.46	\$2,117.52

¹These premiums cover all Kaiser out-of-state areas.