

2025 MONTHLY COBRA RATES

All Employees (except SPOC)		
Health	Single	Family
Iowa Choice	\$918.00	\$2,148.12
National Choice	\$1,007.76	\$2,360.28
Dental		
Delta Dental	\$36.72	\$93.84
SPOC-covered		
Alliance Select		
Employee	\$789.37	
Employee & Child(ren)	\$1,494.27	
Employee & Spouse	\$1,616.63	
Family	\$2,422.57	
Dental	Single	Family
SPOC-covered	\$37.74	\$93.84