

2019 MONTHLY COBRA RATES

All Employees (except SPOC)

Health	Single	Family
Iowa Choice	\$712.98	\$1,674.84
National Choice	\$784.38	\$1,842.12

Dental

Delta Dental	\$30.45	\$81.82
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SPOC-covered

Alliance Select

Employee	\$499.53
Employee & Spouse	\$1,023.05
Employee & Child(ren)	\$945.62
Family	\$1,533.07

Dental

	Single	Family
SPOC-covered	\$34.36	\$86.41