

**Rate Comparisons for Medical and Dental Insurance Plans  
in the Diocese of Southwestern Virginia**

<b>MEDICAL Tier and Plan Name</b>	<b>2007 Rates</b>				<b>2008 Rates</b>			
	<b>Single</b>	<b>Plus Spouse</b>	<b>Plus Child(ren)</b>	<b>Family</b>	<b>Single</b>	<b>Plus Spouse</b>	<b>Plus Child(ren)</b>	<b>Family</b>
<b>BCBS EPO-80</b>	\$322	\$644	\$579	\$965	\$357	\$715	\$643	\$1071
<b>BCBS PPO 75/</b>	<b>Plan not available in 2007.</b>				\$344	\$688	\$619	\$1032
<b>BCBS PPO 80/60</b>	\$352	\$704	\$634	\$1056	\$391	\$781	\$704	\$1172
<b>Empire BC/BS High Deductible Health Plan/Health Savings Account I</b>	\$310	\$621	\$559	\$931	<b>Plan not available in 2008.</b>			
<b>Empire BC/BS High Deductible Health Plan/Health Savings Account II</b>	\$256	\$512	\$461	\$769	\$275	\$550	\$496	\$827
<b>DENTAL Tier and Plan Name</b>	<b>2007 Single</b>	<b>2007 Plus One</b>	<b>2007 Family</b>	<b>2008 Single</b>	<b>2008 Plus Spouse</b>	<b>2008 Plus Child(ren)</b>	<b>2008 Family</b>	
<b>Basic Dental PPO</b>	\$39	\$70	\$108	\$41	\$83	\$75	\$124	

EPO and PPO plans include eye care coverage through EyeMed Vision, prescription drug coverage through Medco, and Mental Health Supplementary coverage through CIGNA. Dental coverage through CIGNA is purchased separately. There is no Open Enrollment period for dental. Dental enrollment requires a letter from one's dentist stating any upcoming work to be done.