



**Employee Monthly Premiums
Effective January 1, 2026**

Sentara Health Plans

PPO	Total Premium	Employer	Employee Monthly
Employee Only	\$ 836.00	\$ 644.00	\$ 192.00
Employee & Spouse	\$ 1,839.00	\$ 1,005.00	\$ 834.00
Employee & Child	\$ 1,254.00	\$ 749.00	\$ 505.00
Employee & Children	\$ 1,588.00	\$ 811.00	\$ 777.00
Family	\$ 2,591.00	\$ 1,114.00	\$ 1,477.00

POS	Total Premium	Employer	Employee Monthly
Employee Only	\$ 849.00	\$ 751.00	\$ 98.00
Employee & Spouse	\$ 1,868.00	\$ 1,395.00	\$ 473.00
Employee & Child	\$ 1,274.00	\$ 991.00	\$ 283.00
Employee & Children	\$ 1,613.00	\$ 1,178.00	\$ 435.00
Family	\$ 2,632.00	\$ 1,696.00	\$ 936.00

HMO	Total Premium	Employer	Employee Monthly
Employee Only	\$ 842.00	\$ 776.00	\$ 66.00
Employee & Spouse	\$ 1,853.00	\$ 1,609.00	\$ 244.00
Employee & Child	\$ 1,264.00	\$ 1,112.00	\$ 152.00
Employee & Children	\$ 1,601.00	\$ 1,367.00	\$ 234.00
Family	\$ 2,611.00	\$ 2,035.00	\$ 576.00

CDHP	Total Premium	Employer	Employee Monthly
Employee Only	\$ 795.00	\$ 768.00	\$ 27.00
Employee & Spouse	\$ 1,748.00	\$ 1,650.00	\$ 98.00
Employee & Child	\$ 1,192.00	\$ 1,131.00	\$ 61.00
Employee & Children	\$ 1,510.00	\$ 1,417.00	\$ 93.00
Family	\$ 2,464.00	\$ 2,234.00	\$ 230.00

Anthem Dental

Basic	Total Premium	Employer	Employee Monthly
Employee Only	\$ 30.60	\$ 13.72	\$ 16.88
Employee & Spouse	\$ 62.40	\$ 33.48	\$ 28.92
Employee & Children	\$ 79.52	\$ 48.40	\$ 31.12
Family	\$ 117.60	\$ 68.64	\$ 48.96

Enhanced	Total Premium	Employer	Employee Monthly
Employee Only	\$ 38.48	\$ 14.04	\$ 24.44
Employee & Spouse	\$ 78.48	\$ 33.76	\$ 44.72
Employee & Children	\$ 100.04	\$ 48.80	\$ 51.24
Family	\$ 147.96	\$ 69.28	\$ 78.68

Davis Vision

Basic	Employee Monthly
Employee Only	\$ 4.64
Employee & Spouse	\$ 8.16
Employee & Children	\$ 9.28
Family	\$ 13.44

Enhanced	Employee Monthly
Employee Only	\$ 5.40
Employee & Spouse	\$ 9.48
Employee & Children	\$ 10.76
Family	\$ 15.64