

State NYSHIP Enrollee Biweekly Premium Contributions

January 1, 2026

The following represents the biweekly premium contributions for CSEA active State employees
(and Unified Court System) effective January 1, 2026. Please note there are two sets of rates. The first set reflects
2026 biweekly rates for CSEA represented employees who are Grade 9 and below. The second set reflects
2026 biweekly rates for CSEA represented State employees who are Grade 10 and above

Grade 9 and below:

		<u>Individual</u>	Change	<u>Family</u>	Change
The Empire Plan	001	\$65.99	\$5.76	\$298.75	\$26.08
Blue Choice	066	\$52.97	\$3.04	\$227.14	\$12.77
CDPHP (Capital)	063	\$84.56	\$18.03	\$256.02	\$27.05
CDPHP (Central)	300	\$113.41	\$15.38	\$276.16	\$27.71
CDPHP (Hudson Valley)	310	\$188.66	\$26.55	\$422.78	\$53.98
Emblem Health - HIP (Downstate)	050	\$171.02	-\$2.18	\$445.52	-\$13.01
Emblem Health - HIP (Capital)	220	\$233.35	-\$47.62	\$602.96	\$5.36
Emblem Health - HIP (Hudson Valley)	350	\$156.87	-\$113.91	\$410.33	-\$259.21
Highmark BCBS of WNY	067	\$60.19	\$6.26	\$257.38	\$25.39
Highmark BCBS of Northeastern NY	069	\$64.07	\$8.73	\$252.67	\$14.10
HMO Blue (Central NY)	072	\$62.02	\$3.25	\$262.05	\$13.48
HMO Blue (Utica Region)	160	\$82.29	-\$0.69	\$301.99	\$10.53
Independent Health	059	\$60.47	\$7.27	\$257.21	\$31.17
MVP Rochester	058	\$59.85	\$8.15	\$235.44	\$32.32
MVP (East)	060	\$62.37	\$7.45	\$245.98	\$29.95
MVP (Central)	330	\$130.14	\$42.60	\$287.91	\$42.56
MVP (Mid-Hudson)	340	\$121.28	\$26.56	\$278.53	\$31.05
MVP (North)	360	\$118.43	\$45.10	\$278.48	\$41.90

Grade 10 and above:

		<u>Individual</u>	Change	<u>Family</u>	Change
The Empire Plan	001	\$87.99	\$7.68	\$355.24	\$31.02
Blue Choice	066	\$70.62	\$4.04	\$270.59	\$15.21
CDPHP (Capital)	063	\$105.32	\$19.80	\$305.98	\$32.32
CDPHP (Central)	300	\$134.47	\$17.18	\$329.89	\$33.03
CDPHP (Hudson Valley)	310	\$209.96	\$28.56	\$478.62	\$59.62
Emblem Health - HIP (Downstate)	050	\$194.44	-\$0.56	\$506.98	-\$8.24
Emblem Health - HIP (Capital)	220	\$257.64	-\$43.28	\$666.53	\$10.47
Emblem Health - HIP (Hudson Valley)	350	\$180.20	-\$107.21	\$471.55	-\$242.04
Highmark BCBS of WNY	067	\$80.25	\$8.34	\$306.65	\$30.30
Highmark BCBS of Northeastern NY	069	\$85.43	\$11.65	\$301.97	\$17.82
HMO Blue (Central NY)	072	\$82.70	\$4.34	\$312.37	\$16.09
HMO Blue (Utica Region)	160	\$104.11	\$0.93	\$359.23	\$14.32
Independent Health	059	\$80.63	\$9.69	\$306.51	\$37.12
MVP Rochester	058	\$79.81	\$10.88	\$281.41	\$38.63
MVP (East)	060	\$83.16	\$9.94	\$293.97	\$35.77
MVP (Central)	330	\$151.59	\$44.52	\$344.09	\$50.90
MVP (Mid-Hudson)	340	\$142.29	\$28.28	\$332.77	\$37.09
MVP (North)	360	\$139.76	\$47.04	\$332.79	\$50.05