

## **Health & Life Insurance Information as of 7/1/2025**

### **Health Plans:**

If you are not eligible for Social Security and Medicare and wish to continue coverage at the time of retirement, the following plans are available (premiums are listed as monthly amounts):

(1) Blue Cross Blue Shield Blue Care Elect PPO:	\$396.23 Individual
(2) Blue Cross Blue Shield Blue Care Elect PPO:	\$999.59 Family
(3) Blue Cross Blue Shield Blue NE HMO:	\$266.12 Individual
(4) Blue Cross Blue Shield Blue NE HMO:	\$672.19 Family
(5) Blue Cross Blue Shield Blue NE Basic HMO:	\$227.15 Individual
(6) Blue Cross Blue Shield Blue NE Basic HMO:	\$567.86 Family

If you do not continue coverage at retirement and wish to pick it up at a later date, you must do so during an open enrollment period and/or qualifying event.

### **Vision Plans:**

The following plans are available (premiums are listed as monthly amounts):

(1) VSP Vision:	\$ 6.39 Individual
(2) VSP Vision:	\$12.79 Two
(3) VSP Vision:	\$20.58 Family

### **Dental Plans:**

The following plans are available (premiums are listed as monthly amounts):

(1) Delta Dental:	\$ 52.31 Individual
(2) Delta Dental:	\$135.59 Family

### **Medicare Supplement Plan:**

If you do qualify for Social Security, and are enrolled in Medicare parts A & B, we will transfer your health insurance to a Medicare supplement plan if you are age 65 or older. The cost per month is as follows:

(1) Medex:	\$ 98.80 Individual
(2) Medex:	\$197.60 Two Individual

**For details regarding plan transfer, coverage and prescription plan information, please contact Sheila Pelczar at 978-983-8577.**

### **Important Medicare Reminders:**

If you are retired and not receiving Social Security benefits, and you (or your spouse) are approaching age 65, you must apply for Medicare Part A and Part B. Your initial enrollment period begins 3 months before your 65th birthday through 3 months after your 65th birthday. Failure to enroll during this period can result in a lifetime premium penalty of 10% for every year you did not sign up, AND a restrictive window of enrollment.

Filing for Medicare is fast and easy. Go to [socialsecurity.gov](http://socialsecurity.gov) and apply online in less than 30 minutes, or call 1-800-772-1213 to make an appointment with your local office.

If you are receiving Social Security payments already and you are approaching 65, your Medicare enrollment is automatic. You will receive a Medicare card within 4 months of your birthday. The card will show that you have Part A and Part B. Sign the card and keep it in your wallet. Social Security will deduct Part B premiums from your benefits.

If you are still actively working, covered by a group health plan, and approaching age 65, your active plan remains your primary provider. You should go to [socialsecurity.gov](http://socialsecurity.gov), file online for Part A ONLY, and defer Part B. You will NOT incur a penalty when you do enroll for Part B. Social Security will confirm your retirement date and coverage under the group health plan from your employer. You can enroll in Part B without penalty and no lapse in coverage. This is called a SPECIAL ENROLLMENT PERIOD. This also applies to your spouse who has coverage through your current employment. You should contact Social Security about 3 months before you retire to get the necessary paperwork for Part B. Medicare is the CORE of your health insurance and works seamlessly with the supplement you choose through your employer.

**Life Insurance:**

At retirement, you have the option of increasing your \$2,000 policy to \$5,000. Otherwise, your policy drops to \$1,000. The cost of the policy is as follows:

- (a) \$5,000.00 policy is \$2.87 per month
- (b) \$1,000.00 policy is \$0.57 per month

**Make sure you keep your beneficiary information up to date. Please contact Sheila Pelzcar at 978-983-8577 if you should have any questions regarding your health/life insurance benefits.**