

EmblemHealth HSA-HD
Health Plan Monthly Premium Rates
Sole Proprietor Groups

Rates Effective July 1, 2010 – September 30, 2010

Region	PPO		EPO	
	Individual	Ind & Dep	Individual	Ind & Dep
Albany/Capital Region	\$347.25	\$1,007.03	\$256.23	\$743.06
Buffalo	\$327.99	\$951.15	\$242.05	\$701.96
Downstate	\$366.82	\$1,063.79	\$270.78	\$785.26
Mid-Hudson	\$370.61	\$1,074.76	\$273.51	\$793.20
Rochester	\$323.31	\$937.61	\$238.69	\$692.20
Syracuse	\$334.51	\$970.10	\$246.86	\$715.90
Utica	\$333.46	\$967.02	\$246.03	\$713.49

Albany/Capital Region Albany, Clinton, Columbia, Essex, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington

Buffalo Allegheny, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, Wyoming

Downstate Bronx, Kings, Nassau, New York, Queens, Richmond, Rockland, Suffolk, Westchester

Mid-Hudson Delaware, Dutchess, Orange, Putnam, Sullivan, Ulster

Rochester Livingston, Monroe, Ontario, Seneca, Wayne, Yates

Syracuse Broome, Cayuga, Chemung, Cortland, Onondaga, Schuyler, Steuben, Tioga, Tompkins

Utica Chenango, Franklin, Hamilton, Herkimer, Jefferson, Lewis, Madison, Oneida, Oswego, Otsego, St. Lawrence

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