

## 2019 Rate Information for QualChoice

To compare your FEHB health plan options please go to [www.opm.gov/fehbcompare](http://www.opm.gov/fehbcompare).

To review premium rates for all FEHB health plan options please go to [www.opm.gov/FEHBpremiums](http://www.opm.gov/FEHBpremiums) or [www.opm.gov/Tribalpremium](http://www.opm.gov/Tribalpremium).

**Non-Postal rates apply to most non-Postal employees. If you are in a special enrollment category, contact the agency that maintains your health benefits enrollment.**

**Postal rates apply to certain United States Postal Service employees as follows:**

- **Postal Category 1 rates** apply to career bargaining unit employees who are represented by the following agreements: APWU, IT/AS, NALC, NPMHU, and NRLCA.
- If you are a career bargaining unit employee represented by the agreement with NPPN, you will find your premium rates on <https://liteblue.usps.gov/fehb>.
- **Postal Category 2 rates** apply to career bargaining unit employees who are represented by the following agreement: PPOA.

**Non-Postal rates apply to all career non-bargaining unit Postal Service employees. Postal rates do not apply to non-career Postal employees, Postal retirees, and associate members of any Postal employee organizations who are not career Postal employees.**

If you are a Postal Service employee and have questions or require assistance, please contact:

USPS Human Resources Shared Service Center: 877-477-3273, option 5, Federal Relay Service 800-877-8339.

Premiums for Tribal employees are shown under the monthly non-Postal column. The amount shown under employee contribution is the maximum you will pay. Your Tribal employer may choose to contribute a higher portion of your premium. Please contact your Tribal Benefits Officer for exact rates.

Type of Enrollment	Enrollment Code	Non-Postal Premium				Postal Premium	
		Biweekly		Monthly		Biweekly	
		Gov't Share	Your Share	Gov't Share	Your Share	Category 1 Your Share	Category 2 Your Share

**All of Arkansas, Arkansas**

High Option Self Only	DH1	\$230.18	\$100.45	\$498.72	\$217.65	\$97.25	\$87.66
High Option Self Plus One	DH3	\$481.70	\$160.56	\$1,043.67	\$347.89	\$154.14	\$133.27
High Option Self and Family	DH2	\$525.32	\$337.06	\$1,138.19	\$730.30	\$329.76	\$307.88
Standard Option Self Only	DH4	\$193.61	\$64.53	\$419.48	\$139.82	\$61.95	\$53.56
Standard Option Self Plus One	DH6	\$376.08	\$125.36	\$814.84	\$271.61	\$120.35	\$104.05
Standard Option Self and Family	DH5	\$504.98	\$168.32	\$1,094.12	\$364.70	\$161.59	\$139.71