

2020 Rate Information for QualChoice

To compare your FEHB health plan options please go to www.opm.gov/fehbcompare.

To review premium rates for all FEHB health plan options please go to www.opm.gov/FEHBpremiums or 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

Arkansas

High Option Self Only	DH1	\$235.77	\$111.40	\$510.84	\$241.36	\$108.12	\$98.30
High Option Self Plus One	DH3	\$504.12	\$170.27	\$1,092.26	\$368.92	\$163.27	\$142.26
High Option Self and Family	DH2	\$546.47	\$359.05	\$1,184.02	\$777.94	\$351.46	\$328.70
Standard Option Self Only	DH4	\$203.28	\$67.76	\$440.44	\$146.81	\$65.05	\$56.24
Standard Option Self Plus One	DH6	\$394.88	\$131.63	\$855.58	\$285.19	\$126.36	\$109.25
Standard Option Self and Family	DH5	\$530.22	\$176.74	\$1,148.81	\$382.94	\$169.67	\$146.69