



**2010 VIRGINIA CONFERENCE HEALTHCARE  
MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65  
WITH 10-14 YEARS OF CREDIT TOWARD THE RETIREE HEALTH PLAN**

MEDICAL					
	OPTION 1				OPTION 2
	HMO				PPO
<i>Individual</i>	N/A				\$586
<i>Family</i>	N/A				\$1128
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	



**2010 VIRGINIA CONFERENCE HEALTHCARE  
MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65  
WITH 15-19 YEARS OF CREDIT TOWARD THE RETIREE HEALTH PLAN**

MEDICAL					
	OPTION 1				OPTION 2
	HMO				PPO
<i>Individual</i>	N/A				\$475
<i>Family</i>	N/A				\$914
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	



**2010 VIRGINIA CONFERENCE HEALTHCARE  
 MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65  
 WITH 20-24 YEARS OF CREDIT TOWARD THE RETIREE HEALTH PLAN**

MEDICAL					
	OPTION 1				OPTION 2
	HMO				PPO
<i>Individual</i>	N/A				\$363
<i>Family</i>	N/A				\$699
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	



**2010 VIRGINIA CONFERENCE HEALTHCARE  
MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65  
WITH 25-29 YEARS OF CREDIT TOWARD THE RETIREE HEALTH PLAN**

MEDICAL					
	OPTION 1				OPTION 2
	HMO				PPO
<i>Individual</i>	N/A				\$252
<i>Family</i>	N/A				\$484
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	



**2010 VIRGINIA CONFERENCE HEALTHCARE  
MONTHLY CONTRIBUTIONS FOR RETIREES UNDER 65  
WITH 30 YEARS OF CREDIT TOWARD THE RETIREE HEALTH PLAN**

MEDICAL					
	OPTION 1				OPTION 2
					PPO
<i>Individual</i>					\$140
<i>Family</i>					\$268
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	



MEDICAL					
	OPTION 1				OPTION 2
	HMO				PPO
<i>Individual</i>	N/A				\$140
<i>Family</i>	N/A				\$268
DENTAL					
		CORE		MAJOR	
				Includes Major & Orthodontic Services	
<i>Individual</i>		\$37		\$55	
<i>Family</i>		\$54		\$126	