

Heart 1.0
Health and Dental Plans
Premium and Contributions Summary
Bi-Weekly Pay Cycle (26 Pay Periods)
January 1, 2026

Regence Standard Bronze Preferred Network

	Total	Employer monthly	Employee monthly	Employee Contribution
	Premium	Contribution	Contribution	Each Payroll Cycle (26)
Employee	\$411.64	\$308.73	\$102.91	\$47.49
Employee + Spouse	\$823.28	\$308.73	\$514.55	\$237.48
Family	\$1,173.18	\$308.73	\$864.45	\$398.97
Employee+Children	\$761.54	\$308.73	\$452.81	\$208.98

Regence Standard Silver Preferred Network

	Total	Employer monthly	Employee monthly	Employee Contribution
	Premium	Contribution	Contribution	Each Payroll Cycle (26)
Employee	\$450.53	\$308.73	\$141.80	\$65.44
Employee + Spouse	\$901.06	\$308.73	\$592.33	\$273.38
Family	\$1,284.01	\$308.73	\$975.28	\$450.12
Employee+Children	\$833.48	\$308.73	\$524.75	\$242.19

Regence Gold 1500 Preferred Network

	Total	Employer monthly	Employee monthly	Employee Contribution
	Premium	Contribution	Contribution	Each Payroll Cycle (26)
Employee	\$569.61	\$308.73	\$260.88	\$120.40
Employee + Spouse	\$1,139.22	\$308.73	\$830.49	\$383.30
Family	\$1,623.39	\$308.73	\$1,314.66	\$606.76
Employee+Children	\$1,053.78	\$308.73	\$745.05	\$343.86

Regence PPO Dental 1500

	Total	Employer monthly	Employee monthly	Employee Contribution
	Premium	Contribution	Contribution	Each Payroll Cycle (26)
Employee	\$39.44	\$29.58	\$9.86	\$4.55
Employee + Spouse	\$80.49	\$29.58	\$50.91	\$23.49
Family	\$134.09	\$29.58	\$104.51	\$48.23
Employee+Children	\$90.71	\$29.58	\$61.13	\$28.21

Non-Owners: Employer pays 75% for employee only on Standard Bronze, and PPO 1500 Dental, and 0% for dependents. Employees can buy up to a higher level of coverage with additional premium contributions

Some monthly employee premium contributions are not divisible by two, so a .01 rounding is included in employer cost

This page is provided as a guide to employee premium contributions. Confirm rates used with carrier contracted rates

Employee contributions may be taken on a pre-tax basis provided compliance and eligibility criteria are met