MILA MANAGED HEALTH CARE TRUST FUND

December 16, 2025

TO: LOCAL WELFARE FUND ADMINISTRATORS

FROM: LaVerne Thompson, Executive Director

RE: **NEW COBRA RATES - 2026**

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Below are the new COBRA rates for the year 2026:

COBRA RATES – PREMIER, BASIC AND CORE PLAN

	Premier	Basic	Core
Single Individual	**$958.57**	**$680.25**	**$494.67**
Parent & child(ren)	**$2013.00**	**$1,428.53**	**$1,038.80**
Husband & Wife	**$1,754.18**	**$1,244.86**	**$905.24**
Single & one dependent (other than spouse/child)	**$1,514.54**	**$1,074.80**	**$781.58**
Single & two dependents (other than spouse/child)	**$2,051.34**	**$1,455.74**	**$1058.59**
Family (employee, spouse & child(ren)	**$2,923.64**	**$2,074.76**	**$1,508.74**

COBRA RATES – DENTAL AND VISION PLAN

	DENTAL	VISION
Single Individual	**$33.17**	**$2.57**
Parent & child(ren)	**$69.67**	**$5.40**
Husband & Wife	**$60.71**	**$4.70**
Single & one dependent (other than spouse/child)	**$52.42**	**$4.06**
Single & two dependents (other than spouse/child)	**$70.99**	**$5.50**
Family (employee, spouse & child(ren)	**$101.18**	**$7.84**

Individuals who are currently on COBRA will be advised of the new rates.

If you have any questions, please give us a call.

cc: *Benny Holland, Co-Chairman*
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