



2025 Monthly COBRA Premium Rates



Health Net CanopyCare HMO	
Employee Only	\$807.24
Employee +1	\$1,610.43
Employee +2 or More	\$2,277.05
Kaiser Permanente HMO	
Employee Only	\$899.01
Employee +1	\$1,793.96
Employee +2 or More	\$2,536.74
Blue Shield of California Trio HMO	
Employee Only	\$1,009.51
Employee +1	\$2,014.98
Employee +2 or More	\$2,849.50
Blue Shield of California Access+ HMO	
Employee Only	\$1,187.19
Employee +1	\$2,370.32
Employee +2 or More	\$3,352.33
Blue Shield of California PPO	
Employee Only	\$1,508.07
Employee +1	\$2,925.27
Employee +2 or More	\$4,133.58
VSP Premier	
Employee Only	\$12.11
Employee +1	\$18.47
Employee +2 or More	\$37.76

Contact SFUSD for information about enrolling in dental benefits for eligible employees and family members. Enrollment in dental benefits is administered by the **SFUSD Benefits Office**.

To enroll, log into your **EMPowerSF** profile and review your active enrollments under the benefits tab or submit a ticket for the benefits team at eis.sfusd.edu.