

University of North Carolina Medical Insurance Plan 2025 – 2026 Postdoc Plan Monthly Rates

Postdoc	\$478.79
Spouse	\$447.68
Child/ren	\$426.15
Family	\$874.07

Please note: Effective July 1, 2025, the rate to insure a Postdoc will increase to \$478.79 per month. The Campus Health fee will be \$42.50 per month. For those Postdocs with insured spouses, their monthly premium will be an additional \$447.68. The monthly premium to cover children will be an additional \$426.15 (the child rate does not depend on the number of children enrolled). The monthly premium to cover family (spouse and child/ren) will be an additional \$874.07.

If a spouse and/or children are not currently insured under this plan, the Postdoc may add them with an effective date of July 1, 2025, during the open-enrollment period (July 1 through July 31).

Please feel free to call Blue Cross NC at 800-762-8505 if you have any questions with regard to the UNC Postdoc Medical Insurance Plan.