

Date: July 2025

To: All Employees

Subject: Health Benefits Program Rate Changes

I) Health Plan Rates Effective July 1, 2025

Enclosed please find the Health Benefits Program rate chart effective for the first full pay period in July 2025.

New Employee Rate Sheet (July 2025)

<https://www.nyc.gov/assets/olr/downloads/pdf/health/employee-rates-july-2025.pdf>

Previous Employee Rate Sheet (October 2024)

<https://www.nyc.gov/assets/olr/downloads/pdf/health/employee-rates-oct-2024.pdf>

Please be advised that these rates are subject to change. In the event of a rate change, your payroll deduction may either decrease or increase. Notice of any rate changes will be available through the Health Benefits Program website at <https://www.nyc.gov/site/olr/health/healthhome.page>

II) Fall Transfer Period (October 15, 2025 - November 30, 2025)

During the transfer period, employees can:

- Transfer to another health plan
- Add or drop an optional rider
- Add or drop dependents
- Change health premium contribution tax status
- Elect the Health Benefits Buy-Out Waiver Program

Any changes made during the Fall Transfer Period will become effective on the first day of the first full payroll period in January 2026.

The HR Benefits Unit can be reached at ohr.benefits@qc.cuny.edu with questions or concerns.