



**DIRECT PAY PREMIUM RATES
Effective January 1, 2009**

Premium Rates for TraditionPLUS Hospital Program

		Monthly Rate	Quarterly Rate
New York Region¹	Individual	\$151.22	\$453.66
	Family	\$340.07	\$1,020.21

		Monthly Rate	Quarterly Rate
Mid-Hudson Region²	Individual	\$135.51	\$406.53
	Family	\$304.64	\$913.92

		Monthly Rate	Quarterly Rate
Albany Region³	Individual	\$135.51	\$406.53
	Family	\$304.64	\$913.92

¹**New York Region:** Bronx, Kings, Nassau, New York (Manhattan), Queens, Richmond, Rockland, Suffolk, and Westchester county.

²**Mid-Hudson Region:** Dutchess, Orange, Putnam, Sullivan, and Ulster county.

³**Albany Region:** Albany, Clinton, Columbia, Delaware, Essex, Fulton, Greene, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, and Washington county.