

**Southern Health Insurance Rates -- Effective October 1, 2011**

	TOTAL MONTHLY PREMIUM	EMPLOYER MONTHLY SHARE	EMPLOYEE MONTHLY SHARE	EMPLOYEE SEMI-MONTHLY SHARE
<b>CARE POS - OPEN ACCESS</b>				
Employee	\$488.00	\$446.00	\$42.00	\$21.00
Employee + Child	\$732.00	\$548.00	\$184.00	\$92.00
Employee + Spouse <b>OR</b> Employee + 2 Children	\$976.00	\$650.00	\$326.00	\$163.00
Employee + Family	\$1,367.00	\$897.00	\$470.00	\$235.00
<b>VALUE POS - OPEN ACCESS</b>				
Employee	\$420.00	\$413.00	\$7.00	\$3.50
Employee + Child	\$631.00	\$550.00	\$81.00	\$40.50
Employee + Spouse <b>OR</b> Employee + 2 Children	\$841.00	\$659.00	\$182.00	\$91.00
Employee + Family	\$1,177.00	\$893.00	\$284.00	\$142.00

**Dental Insurance Rates -- Effective October 1, 2011**

	TOTAL MONTHLY PREMIUM	EMPLOYER MONTHLY SHARE	EMPLOYEE MONTHLY SHARE	EMPLOYEE SEMI-MONTHLY SHARE
<b>DELTACARE 4B (DHMO)</b>				
Employee	\$23.02	\$0.00	\$23.02	\$11.51
Employee + Child	\$39.94	\$0.00	\$39.94	\$19.97
Employee + Spouse <b>OR</b> Employee + 2 Children	\$42.34	\$0.00	\$42.34	\$21.17
Employee + Family	\$57.64	\$0.00	\$57.64	\$28.82
<b>DELTA PREFERRED (PPO)</b>				
Employee	\$25.50	\$0.00	\$25.50	\$12.75
Employee + Child	\$43.86	\$0.00	\$43.86	\$21.93
Employee + Spouse <b>OR</b> Employee + 2 Children	\$51.58	\$0.00	\$51.58	\$25.79
Employee + Family	\$92.44	\$0.00	\$92.44	\$46.22
<b>DELTA PREMIER (PPO)</b>				
Employee	\$33.94	\$0.00	\$33.94	\$16.97
Employee + Child	\$58.42	\$0.00	\$58.42	\$29.21
Employee + Spouse <b>OR</b> Employee + 2 Children	\$68.68	\$0.00	\$68.68	\$34.34
Employee + Family	\$113.26	\$0.00	\$113.26	\$56.63

**Benefit Contacts:**

Southern Health		<a href="http://www.southernhealth.com">www.southernhealth.com</a>
Customer Service	1-800 627-4872	
Richmond Office	804 747-3700	
Routine Vision Care Services	1-800 877-7195	<a href="http://www.vsp.com">www.vsp.com</a>
Pharmacy Help Desk	1-800 378-7040	
Bahavorial Health Services	1-800 975-8919	
Internet Support Team	1-866 213-0802	
DeltaCare Dental Program	1-800-862-0838	<a href="http://www.deltadentalva.com">www.deltadentalva.com</a>
DeltaPreferred/Premier	1-800-237-6060	
Standard Long Term/Short Term Disability	1-888-309-7772 ext 11	
Lincoln Alliance	1-866-281-8899	<a href="http://www.lincolnalliance.com">www.lincolnalliance.com</a>
AFLAC Insurance	1-800-992-3522	<a href="http://www.aflac.com">www.aflac.com</a>
Virginia Retirement System	1-800-510-8668	<a href="http://www.varetire.org">www.varetire.org</a>