

ALASKA TEAMSTER-EMPLOYER WELFARE TRUST

RETIREE MONTHLY SELF-PAYMENT RATES <i>Effective 2009</i>	
Non-Medicare Eligible (*)	\$842.00
(*) This non-Medicare self-payment rate is tentative until after the Board of Trustees meeting on May 14, 2009.	
Medicare Eligible - Tier 6 ➤ <i>less than 10,000 hours worked</i>	\$344.00
Medicare Eligible - Tier 5 ➤ <i>10,000 to 14,999 hours worked</i>	\$310.00
Medicare Eligible - Tier 4 ➤ <i>15,000 to 19,999 hours worked</i>	\$275.00
Medicare Eligible - Tier 3 ➤ <i>20,000 to 29,999 hours worked</i>	\$241.00
Medicare Eligible - Tier 2 ➤ <i>30,000 to 39,999 hours worked</i>	\$206.00
Medicare Eligible - Tier 1 ➤ <i>over 40,000 hours worked</i>	\$172.00
Children	\$529.00

COBRA SELF-PAYMENT RATES <i>Effective January 1, 2009</i>	
Single Individual (Employee; Spouse; or Child)	\$ 598.00 per month
Employee & Spouse	\$ 1,226.00 per month
Employee, Spouse & Child(ren)	\$ 1,674.00 per month
Employee & Child(ren)	\$ 1,136.00 per month
Spouse & Child(ren)	\$ 1,167.00 per month

If you are receiving a monthly benefit through the Alaska Teamster-Employer Pension Plan, you may arrange to have the monthly self-payment for the Retiree Health Plan or the COBRA self-payment deducted *directly* from your retirement check. Self-payment rates are adjusted annually.

Please contact the Trust Customer Service Office at 907-565-8300 or 800-478-4450 (*toll free*) if you have any questions.